

## Comrades 2023 Bronze Medal Programme by Lindsey Parry – Official coach of the Comrades Marathon Association:

This year we will be doing things just a little bit differently, the changes in the programme are due to us having 8 months to prep for 2023. The major change will be doing our Qualifier in late Feb/early March to allow for full recovery from 2022 and preparing well for 2023.

Our goals for 2022 are 3-fold: 1) to continue to improve your consistency and capacity to do work 2) Make you a stronger and faster runner 3) to qualify with a sub 4:25 Marathon.

On the way to achieving the sub 4:25 Marathon we will look to break the following times:

5km:	27:00
8km:	44:45
10km:	56:15
15km:	1:27:15
21.1km:	2:05:30
20 Miles/32km:	3:17:30

In putting this plan together, I have also considered the 2022 stats, kindly provided to me by The Comrades Marathon Association as follows:

24% of E (Green Number) Batch Starters finish the race under 11:00 hours, while 42.2% of F (sub 4:20) Batch starters receive a Bill Rowan Medal. The degree of difficulty increases because E Batchers take on average 3:35 to cross the start line and F batchers take 4:20.

Training for a Bronze and getting a Sub 4:25 Marathon are therefore no Guarantee for achieving a bronze finish. Based on my experience and discussions with runners who were not successful, this year and in past years, I have come up with a few possible reasons for this.

Your Bronze is at risk if your Sub 4:25 was:

- Achieved at Sea Level (4:17)
- Achieved on a downhill course (4:17)
- Achieved in temperatures lower than 19 degrees Celsius (4:20)
- You do not follow a very strict, conservative race plan (4:20)
- It is compounded by combing 2 or more of these factors (4:12)

(In brackets, I have put down what I believe to be more appropriate times in these conditions)

Who should follow this programme?

- Comrades finishers who have run sub 11hrs
- Comrades Novices who can run a half Marathon in sub 2hr10
- Comrades Novices who have come close to/or have broken 4hrs30 for a Marathon

If you do not fall into these categories, then read through the introduction to the other programme options to select the appropriate programme. **DO NOT** follow this programme thinking that the extra mileage will guarantee a finish. The biggest single threat to you finishing Comrades is getting injured, place a premium on recovery and ensuring this through following the appropriately designed programme for you.

This programme is time based so people of more experience and greater running ability will get relatively more out of the programme and progress faster. Time based programmes also prevent you from settling on a route that you need to run faster every time you do it. It is easier to maintain discipline and run easy on the easy days. I must again emphasise here that being injury free and consistent in your training is the key to a successful race, easy days are there to ensure full recovery so you can get the most out of training.

There are recovery weeks built into the programme every 4 weeks, do not be tempted to do more as this will only compromise you later in the programme, leading to injury, illness and under performance in goal races.

Training days are interchangeable, if your club has Time Trials (TT) on a Tuesday or Wednesday you can swap Thursday with one of these days.

If you did not run Comrades and have been training consistently for several weeks already, you can adapt this programme to focus on races in October and November.

For the dates of races in your area you can go to [www.runnersguide.co.za](http://www.runnersguide.co.za) for a full fixture list.

In closing, the down run offers a unique challenge in terms of the eccentric load (Pounding). It is therefore highly recommended that you start following a strength programme now to ensure your legs are very strong come June 2023.

Training Paces:

Easy (E): 6:20-6:45/km  
 Long (L): 6:25-7:00/km  
 Recovery (rec): 6:50-7:20/km  
 Hills: 5:25-5:30/km  
 800m:  
 RP: 6:23/km

These paces area guide for someone who is training for a 4hr25 Marathon, aim to run at or around these paces taking note of how easily you recover.

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Enjoy the training!

### **October 2022:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
26 Sep	REST	Walk 5min E; 30min E	REST	Walk 5min E; 40min E	REST	Walk 5min E; 50min E	Walk 5min E; 40min E
3	REST	Walk 5min E; 35min E	REST	Walk 5min E; 45min E	REST	Walk 5min E; 1hr E	Walk 5min E; 45min E
10	REST	Walk 5min E; 45min E	REST	Walk 5min E; 40min E	REST	Walk 5min E; 1hr10 E	Walk 5min E; 50min E
17	REST	Walk 5min E; 50min E	REST	Walk 5min E; 50min E	REST	Walk 5min E; 1hr20 E	Walk 5min E; 1hr E
24	REST	Walk 5min E; 50min E	REST	Walk 5min E; 55min E	REST	1hr30 L with 1min walk every 3-5km	1hr E walk as needed on hills
31	REST						

## November 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Walk 5min E; 45min rec	REST	Walk 5min E; 45min rec	REST	1hr15 E with 1min walk every 3-5km	Walk 5min E; 1hr E
7	REST	Walk 5min E; 55min E	REST	Walk 5min E; 1hr E	REST	1hr40 L with 1min walk every 3-5km	1hr20 E walk as needed on hills
14	REST	Walk 5min E; 1hr E	REST	Walk 5min E; 1hr E	REST	2hr L with 1min walk every 3-5km	1hr30 L walk as needed on hills
21	REST	Walk 5min E; 1hr E	REST	Walk 5min E; 1hr E	REST	2hr20 L with 1min walk every 3-5km	1hr30 L walk as needed on hills
28	REST	Walk 5min E; 40min rec	REST				

## December 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1				Walk 5min E; 40min rec	REST	10min E; Parkrun or TT; 5min E	45min rec
5	REST	10min E; 4x2min hills; 10min E	REST	1hr E	REST	2hr40 L with 1min walk every 3-5km	1hr30 L walk as needed on hills
12	REST	10min E; 5x2min hills; 10min E	REST	1hr E	REST	3hr L with 1min walk every 3-5km	1hr30 L walk as needed on hills
19	REST	10min E; 6x2min hills; 10min E	REST	1hr E run	REST	2hr20 L with 1min walk every 3-5km	<b>Christmas Day</b>
26	<b>Boxing Day</b>	45min rec	REST	45min rec	REST	1hr15 E walk as needed on hills	<b>New Year's Day</b>