



## SCHEDULE A

### REFERENCE NUMBER CMA 4/2024: REQUEST FOR PROPOSALS FOR THE PROVISION OF ONLINE, WEBINAR AND SEMINAR COACHING SERVICES FOR A PERIOD OF THREE YEARS (2024 – 2027)

#### SPECIFICATIONS:

1. **Duration of Agreement**

The duration of this contract shall commence on 1 November 2024 and shall terminate on 31 October 2027.

2. **Comrades Marathon Race Dates**

The Comrades Marathon event will take place on the first Sunday of June annually.

3. **Coaching Services**

- 3.1 Provide online/virtual race-specific coaching and advice, which shall include a follow-along training plan for different levels of participant (which may, or may not, also be gender and/or goal-time specific);
- 3.2 Design and prepared official Comrades pacing charts;
- 3.3 Host physical seminars and bootcamps for race participants, specifically—
  - 3.3.1 The hosting of four (or more) novice seminars;
  - 3.3.2 The hosting of two (or more) women-focused seminars/bootcamps;
  - 3.3.3 The hosting of a pre-race day seminar at the Comrades EXPO;
- 3.4 Attend the Comrades Marathon EXPO in your capacity as “official Comrades coach” (3-days);
- 3.5 Host online/virtual seminars and workshops for race participants, specifically—
  - 3.5.1 The hosting of two (or more) general Comrades webinars;
  - 3.5.2 The hosting of one (or more) women-specific webinar; and
  - 3.5.3 The hosting of a pre-race day webinar; and
- 3.6 Generate a brief “coaching column” for the monthly Comrades newsletter;
- 3.7 Generate an “athletes guide for race day”.