

Comrades 2025 Silver 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 plans will take us into October and the rest of the plans will be uploaded towards the end of Oct.

Our goals for 2019 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 3-hour Marathon.

On the way to achieving the sub 3 hour we will look to break the following times:

| | |
|----------------|---------|
| 5km: | 18:25 |
| 8km: | 30:15 |
| 10km: | 38:00 |
| 15km: | 59:00 |
| 21.1km: | 1:25:00 |
| 20 Miles/32km: | 2:14:00 |

Moving the qualifier forward slightly means we can get into a better training groove early in 2025, opening the door to either improving your speed a bit more or doing another qualifier if necessary. Particularly with Comrades falling on the 8th of June in 2025.

For the 2025 Comrades, I have also considered the stats, kindly provided to me by Mark Dowdeswell and Comrades to plan the programme. The main changes will be seen in Jan to June 2025, and to plan the pacing charts.

Only 37.87% of A Batch Starters finish the race under 7:30, this number includes Golds and Wally Hayward medals, while 4.76% of B batch starters finish under 7:30.

Training for a Silver and getting an A seed are by no means a Guarantee for achieving a Silver 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 Silver is at risk if your Sub 3 is borderline and:

- Achieved at Sea Level (2:54)
- Achieved on a downhill course (2:52)
- Achieved in temperatures lower than 19 degrees Celsius (2:52)
- You do not follow a very strict, conservative race plan (2:50)
- It is compounded by combing 2 or more of these factors (2:50)

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

Who should follow the Silver programme?

- Comrades finishers who have run sub 8hrs
- Comrades Novices who can run a half Marathon in sub 90min
- Comrades Novices who have come close to/or have broken 3hrs 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 appropriately. Time based programs 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 every days 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.

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 8 June 2025.

Training Paces:

Easy (E): 4:25-5:00/km
 Long (L): 4:30-5:10/km
 Recovery (rec): 5:00-5:25/km
 Hills: 3:48-3:56/km
 1minhills/1km: 3:33-3:41/km
 400m: 80-82sec
 RP: 4:15/km

These paces are a guide for someone who is training for a 3hr Marathon, aim to run at or around these paces taking note of how easily you recover.

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Enjoy the training!

August 2024:

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|---------------|--|------------------|--------------------------------|---------------|--|--------------------------------|
| 1 Aug | | | | 15min E; 5km TT; 10min E | REST | 1hr20 E | 1hr45 L |
| 5 Aug | 45min rec | 15min E; 6x2min hills; 10min E | 1hr05 E | 1hr E | REST | 1hr30 E | 2hr L |
| 12 Aug | 45min rec | 15min E; 7x2min hills; 10min E | 1hr10 E | 1hr E | REST | 1hr30 E | 2hr L |
| 19 Aug | 45min rec | 15min E; 4x2min hills; 10min E | 1hr E | 45min E | REST | 5min E; 5x30sec RP, 30sec E; 5min E | *10km Race Or Time Trial |
| 26 Aug | 45min rec | 15min E; 12x1min hills; 10min E | 1hr15 E | 1hr05 E | REST | 1hr30 L | |

September 2024:

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|---------------|--|------------------|--------------------------------|---------------|--|-----------------------------|
| 1 Sep | | | | | | | 2hrs15 L |
| 2 Sep | 45min rec | 15min E; 12x1min hills rest; 10min E | 1hr20 E | 1hr10 E | REST | 1hr45 L | 2hr30 L |
| 9 Sep | 45min rec | 15min E; 12x1min hills rest; 10min E | 1hr30 L | 1hr15 E | REST | 5min E; 5x30sec RP, 30sec E; 5min E | *10/15km Race |
| 16 Sep | 45min rec | 1hr E | 1hr E | 15min E; 8km TT; 10min E | REST | 1hr15 E | 1hr30 L |
| 23 Sep | 45min rec | 20min E; 6x1000m with 3min rest; 10min E | 1hr45 L | 1hr15 E | REST | 5min E; 5x30sec RP, 30sec E; 5min E | *Race a Half Marathon |
| 30 Sep | 30min rec | | | | | | |

October 2024:

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|---------------|---|------------------|--|---------------|--|---|
| 1 Oct | | 45min E run | 1hr30 L | 20min E; 6x1000m with 3min rest; 10min E | REST | 1hr45 L | 2hr45 L |
| 7 Oct | 45min rec | 20min E; 6x1000m with 3min rest; 10min E | 1hr45 L | 40min E; 5km TT – Firm; 10min E | REST | 1hr45 L | 3hr L |
| 14 Oct | 45min rec | 15min E; 10x1min Race pace, 1min E; 10min E | 1hr E | 45min E | REST | 5min E; 5x30sec RP, 30sec E; 5min E | * Half Marathon at Marathon race Pace |
| 21 Oct | 45min rec | 20min E; 12x400m with 200m rec; 10min E | 1hr20 E | 25min E; 5km TT – Firm; 10min E | REST | 1hr E | 1hr E |
| 28 Oct | 30min rec | 15min E; 10x1min Race pace, 1min E; 10min E | 45min rec | 30min rec | REST | 5min E; 5x30sec RP; 30sec E; 5min E | *Race a Marathon |