

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

Our goals for 2024 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

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.

69% of **D** (sub 4hrs) Batch Starters finish the race under 11:00 hours, while 36.46% of **F** (sub 4:20) Batch starters receive a Bronze Medal. The degree of difficulty increases because D Batches take on average 3min18sec to cross the start line and F batches take 5min35sec.

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 (4:12)
- Achieved in temperatures lower than 19 degrees Celsius (4:16)
- You do not follow a very strict, conservative race plan (4:15)
- It is compounded by combing 2 or more of these factors (4:07)

(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 10hrs30
- 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 appropriately. 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 every day's 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 September and October.

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): 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 are a guide for someone who is training for a 4hr25 Marathon, aim to run at or around these paces taking note of how well you recover.

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Enjoy the training!

August 2024:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug				Walk 5min E; 1hr E	jhkjh	1hr10 E walk as needed on hills	1hr30 L with 1min walk every 3-5km
5 Aug	REST	Walk 5min E; 1hr E	REST	Walk 5min E; 1hr E	REST	1hr20 E walk as needed on hills	1hr45 L with 1min walk every 3-5km
12 Aug	REST	Walk 5min E; 1hr E	REST	Walk 5min E; 1hr E	REST	1hr30 L walk as needed on hills	2hr L with 1min walk every 3-5km
19 Aug	REST	Walk 5min E; 45min rec	REST	Walk 5min E; 45min rec	REST	5min E; 5x30sec RP, 30sec E; 5min E	*10km race
26 Aug	REST	Walk 5min E; 1hr E	REST	Walk 5min E; 1hr E	REST	1hr30 L walk as needed on hills	

September 2024:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sep							2hr20 L with 1min walk every 3-5km
2 Sep	REST	1hr E	REST	1hr E	REST	1hr30 L walk as needed on hills	2hr40 L with 1min walk every 3-5km
9 Sep	REST	1hr E	REST	1hr E	REST	1hr30 L walk as needed on hills	3hr L with 1min walk every 3-5km
16 Sep	REST	45min rec	REST	45min rec	REST	1hr15 E walk as needed on hills	1hr30 L with 1min walk every 3-5km
23 Sep	REST	10min E; 4x2min hills; 10min E	REST	1hr05 E	Hjgjh	5min E; 5x30sec RP, 30sec E; 5min E	*10/15km race
30 Sep	REST						

October 2024:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oct		10min E; 5x2min hills; 10min E	REST	1hr10 E	REST	1hr30 L walk as needed on hills	3hr30 L with 1min walk every 3-5km
7 Oct	REST	10min E; 6x2min hills; 10min E	REST	1hr15 E	REST	5min E; 5x30sec RP, 30sec E; 5min E	*21.1km at Planned Marathon Pace
14 Oct	REST	45min rec	REST	40min E; 5km TT – Flat out; 10min E	REST	1hr15 E walk as needed on hills	2hr30 L with 1min walk every 3-5km
21 Oct	REST	10min E; 8x400m, 1min rest; 10min E	REST	1hr E	REST	1hr E	1hr E
28 Oct	REST	10min E; 10x1min RP, 1min E; 5min E	REST	30min E			

November 2024:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1					REST	5min E; 5x30sec RP, 30sec E; 5min E	32km or 42km Race
4	REST	REST	REST	REST	REST	REST	REST
11	REST	Walk 5min E; 30min E	REST	Walk 5min E; 45min E	REST	1hr E with 1min walk every 3-5km	45min E, walk as needed on hills
18	REST	Walk 5min E; 50min E	REST	Walk 5min E; 55min E	REST	90min L with 1min walk every 3-5km	1hr E walk as needed on hills
25	REST	Walk 5min E; 40min rec	REST	Walk 5min E; 40min rec	REST	10min E; Parkrun or TT; 5min E	

December 2024:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							45min rec
2	REST	10min E; 4x2min hills; 10min E	REST	1hr E	REST	2hr L with 1min walk every 3-5km	1hr30 L walk as needed on hills
9	REST	10min E; 5x2min hills; 10min E	REST	1hr E	REST	2hr20 L with 1min walk every 3-5km	1hr30 L walk as needed on hills
16	REST	10min E; 6x2min hills; 10min E	REST	1hr E	REST	2hr40 L with 1min walk every 3-5km	1hr30 L walk as needed on hills
23	REST	45min rec	Christmas Day	Boxing Day	REST	90min L with 1min walk every 3-5km	1hr15 E walk as needed on hills
30	REST	Old Years Eve 10km if there is one	New Year's Day	1hr E	REST	2hr L with 1min walk every 3-5km	1hr30 L walk as needed on hills