

Comrades 2025 Finishers Programme by Lindsey Parry – Official coach of the Comrades Marathon Association:

Part 2 of your Comrades Journey starts now. Some of you may have been ready to run a marathon between October and December 2024, while many of you are still needing to qualify. The principles of this programme remain the same, to finish Comrades you must build up slowly, become consistent and remain healthy/injury free.

The eccentric load (pounding) on your legs is extremely high; to help prepare for this, strength training is highly recommended for the down run. Strength training is important for both directions, but I feel non-negotiable for the down run.

The earlier you start with your strength programme, the sooner you will be used to the added work and the lower the impact will be on your programme. My suggestion is to do your strength training on 2 of your 3 rest days in the week, leaving at least 1 full day between each gym session. **If you have not yet started strength training and have 30min 1-2 times per week then start NOW**

Who should follow this programme?

- Comrades finishers
- Comrades Novices who can run a half Marathon in close to 2hrs30
- Comrades Novices who have come close to/or have broken 5hrs for a Marathon

DO NOT follow other programmes for faster medals 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 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 day's training.

The aim is to run a sub 4:50 marathon before Comrades. We will aim to qualify in February/March, however you will have until April to do so, so do not panic if it does not work out at the first attempt.

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 on race day.

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.

The programme is written for a late February to early March marathon. If this does not fit into the available marathons in your area and you cannot travel to a marathon, you can shift the marathon a week or 2 earlier or later as required.

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Training Paces:

Easy (E): 7:00-7:36/km

Long (L): 7:10-7:55/km

Recovery (rec): 7:36-8:13/km

These paces are a guide for someone who is training for a 4:50 Marathon, aim to run at or around these paces taking note of how easily you recover.

Enjoy the training!

January 2025:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Dec	REST	Old Years Eve 10km if there is one	New Years Day	Walk 5min E; 1hr E, walk as needed	REST	1hr20 E, walk as needed on hills	1hr40 E, walk as needed on hills
6 Jan	REST	45min E	REST	55min E	REST	1hr E, walk as needed on hills	1hr20 E, walk as needed on hills
13 Jan	REST	50min E	REST	55min E	REST	1hr10 E, walk as needed on hills	1hr30 E, walk as needed on hills
20 Jan	REST	55min E	REST	1hr E	REST	1hr20 E, walk as needed on hills	1hr40 E, walk as needed on hills
27 Jan	REST	1hr E	REST	1hr05 E	REST		

February 2025:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb						1hr30 E, walk as needed on hills	2hrs L with 1min walk every 3-5km
3 Feb	REST	50min E	REST	5km Time Trial	REST	1hr E	2hrs30 L with 1min walk every 3-5km
10 Feb	REST	1hr10 E	REST	1hr10 E	REST	1hr30 E, walk as needed on hills	3hrs L with 1min walk every 3-5km
17 Feb	REST	1hr15 E	REST	1hr15 E	REST	1hr E	1hr E
24 Feb	REST	1hr E	REST	45min E	REST		

March 2025:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 March						20min E	Qualifying Marathon if necessary or Training Marathon
3 March	REST	REST	REST	30min E	REST	45min E	1hr E
10 March	REST	1hr20 E	REST	1hr25 E	REST	1hr45 E as needed on hills	3hrs L with 1min walk every 3-5km
17 March	REST	1hr20 E	REST	1hr30 E	REST	2hrs E with 1min walk every 3-5km	3hrs30 L with 1min walk every 3-5km
24 March	REST	45min E	REST	5km Time Trial	REST	1hr E	1hr45 E as needed on hills
31 March	REST						

April 2025:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 April		1hr20 E	REST	1hr30 E	REST	1hr E	2hrs L with 1min walk every 3-5km
7 April	REST	1hr20 E	REST	1hr30 E	REST	2hrs E with 1min walk every 3-5km	3hrs L with 1min walk every 3-5km
14 April	REST	REST	REST	20min E	REST	Marathon or Ultra as training	REST
21 April	REST	REST	REST	45min E	REST	1hr30 E	2hrs L with 1min walk every 3-5km
28 April	REST	1hr20 E	REST	1hr30 E	REST	2hrs L with 1min walk every 3-5km	4hrs30 L with 1min walk every 3-5km

May 2025:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May	REST	1hr E	REST	45min E	REST	30min E	REST or 50-55km Long Run
5 May	REST	REST	REST	45min E	REST	1hr E	2hrs L with 1min walk every 3-5km
12 May	REST	1hr20 E	REST	1hr30 E	REST	2hrs L with 1min walk every 3-5km	3hrs L with 1min walk every 3-5km
19 May	REST	1hr20 E	REST	1hr30 E	REST	2hrs L with 1min walk every 3-5km	2hrs L with 1min walk every 3-5km
26 May	REST	1hr E	REST	45min E	REST	1hr E	

June 2025:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 June				45min E	REST	1hr E	1hr E
2 June	REST	30min E	REST	20min E	REST	10min E	COMRADES
9 June	REST	REST	REST	REST	REST	REST	REST
16 June	REST	REST	REST	REST	REST	REST	REST
23 June	REST	REST	REST	REST	REST	REST	REST
30 June	REST	REST	REST	REST	REST	REST	REST

- **Continue to walk when necessary**