

**Comrades 2026 Bronze Program by Coach Parry – Official coach of the Comrades Marathon Association:**

To Ask Questions sign up to: [www.coachparry.com](http://www.coachparry.com)

It is only 11 months until the 2026 UP Comrades Marathon. The UP RUN is known for The Big Five Hills: Kowies Hill, Fields Hill, Bothas Hill, Inchanga and Polly Shortts. The 1<sup>st</sup> 3 are all run in the 1<sup>st</sup> 40km with Inchanga taking you to 50km and Polly Shortts with a little over 10km to go. There are also many other climbs like Little Polly's and Umlaas Road, however it's the unnamed hills that get you down and creep into your mind. In summary: The UP Run is an enormous challenge.

It is important to prepare physically for the challenge, and equally important to prepare mentally for the challenge of running 87 odd kilometers from Durban to Pietermaritzburg.

If this is your first attempt at Comrades but you are a regular runner and can do a Half Marathon in 2hrs15 then this is the place for you to start. If you are not a regular runner and have not run a half marathon before or are slower than 2hrs15 then you need to follow the FINISHERS programme, if you find your Time Trial times are closer to this programme, use the finishers programme with the BRONZE pacing plan.

Essentially start out a little easier and build up a little slower to ensure you build up injury free.

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 run that route. It is easier to maintain discipline and run easy on easy days. The aim is to be able to run a sub 4:30 marathon before Comrades.

Because you will employ a run walk strategy for your Qualifier, Long run and Comrades we will use this strategy in training. Very important to note about using a run walk strategy is that the walk is not a Sunday stroll but fast walking with purpose. It is a change in focus on the muscles not a "rest". DO NOT add extra running, it will however be massively beneficial if you add cross training, and in particular, strength training to your schedule.

Training days are interchangeable, if your club does Time Trials on a different day or club long runs on a different day then you can change days around.

Training Paces for a 4:30 Marathon:

Recovery:	7:03-7:37/km (11:21-12:16/mile)
Easy (E):	6:29-7:03/km (10:27-11:21/mile)
Long Runs (LSD):	6:40-7:20/km (10:43-11:49/mile)
2min Hill Repeats:	5:31-5:38/km (8:51-9:02/mile)
Time Trials:	
4km	22:05
5km	27:00
8km	45:15

Start at the slower end of the training paces and move towards the faster end as you progress through the coming months of training.

Enjoy the training!

**July 2025:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 July	REST	Walk 5min E; Jog 20min E; Walk 5min	REST	Walk 5min E; Jog 20min E; Walk 5min	REST	Walk 5min E; Jog 20min E; Walk 5min	Walk 5min E; Jog 25min E; Walk 5min
7 July	REST	Walk 5min E; Jog 25min E; Walk 5min	REST	Walk 5min E; Jog 30min E; Walk 5min	REST	Walk 5min E; Jog 45min E; Walk 5min	Walk 5min E; Jog 40min E; Walk 5min
14 July	REST	Walk 5min E; Jog 30min E; Walk 5min	REST	Walk 5min E; Jog 35min E; Walk 5min	REST	Walk 5min E; Jog 50min E; Walk 5min	Walk 5min E; Jog 45min E; Walk 5min
21 July	REST	Walk 5min E; Jog 35min E; Walk 5min	REST	Walk 5min E; Jog 40min E; Walk 5min	REST	Walk 5min E; Run 1hr E	Walk 5min E; Jog 50min E; Walk 5min
28 July	REST	Walk 5min E; Jog 30min E; Walk 5min	REST	Walk 5min E; Jog 5min E; 5km TT; walk 5min E			

**August 2025:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug					REST	Walk 5min E; Jog 50min E; Walk 5min	Walk 5min E; Jog 40min E; Walk 5min
4 Aug	REST	Walk 5min E; Jog 40min E; Walk 5min	REST	Walk 5min E; Jog 45min E; Walk 5min	REST	Walk 5min E; Run 1hr15 E	Walk 5min E; Jog 55min E; Walk 5min
11 Aug	REST	Walk 5min E; Jog 45min E; Walk 5min	REST	Walk 5min E; Jog 50min E; Walk 5min	REST	Walk 5min E; Run 1hr30 E	Walk 5min E; Run 1hr E
18 Aug	REST	Walk 5min E; Jog 50min E; Walk 5min	REST	Walk 5min E; Jog 55min E; Walk 5min	REST	Walk 5min E; Run 1hr45 L	Walk 5min E; Run 1hr10 E
25 Aug	REST	Walk 5min E; Jog 40min E; Walk 5min	REST	Walk 5min E; Jog 5min E; 5km TT; walk 5min	REST	Walk 5min E; Run 1hr E	Walk 5min E; Run 1hr E

- Keep refining your run walk strategy, walking 1min for every 5-6km run

**September 2025:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sep	REST	Walk 5min E; Jog 55min E; Walk 5min	REST	Run 1hr E	REST	Walk 5min E; Run 2hr L	Walk 5min E; Run 1hr20 E
8 Sep	REST	Run 1hr E	REST	Run 1hr10 E	REST	Walk 5min E; Run 2hr20 L	Walk 5min E; Run 1hr30 L
15 Sep	REST	Run 10min E; 4x2min hills; 10min E	REST	Run 1hr20 E	REST	Walk 5min E; Run 2hr40 L	Walk 5min E; Run 1hr30 L
22 Sep	REST	Run 45min E	REST	Walk 5min E; Jog 5min E; 5km TT; walk 5min	REST	Walk 5min E; Run 1hr30 L	Walk 5min E; Run 1hr15 E
29 Sep	REST	Run 10min E; 5x2min hills; 10min E					

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**October 2025:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oct			REST	Run 1hr20 E	REST	Walk 5min E; Run 3hr L	Walk 5min E; Run 1hr30 L
6 Oct	REST	Run 10min E; 6x2min hills; 10min E	REST	Run 1hr20 E	REST	Walk 5min E; Run 3hr30 L	Walk 5min E; Run 1hr30 L
13 Oct	REST	Run 10min E; 6x3min hard, 3min E; 10min E	REST	Run 1hr20 E	REST	Walk 5min E; Run 2hr30 L	Walk 5min E; Run 1hr30 L
20 Oct	REST	Run 45min E	REST	5km Time Trial to be run hard but not at 100%	REST	Walk 5min E; Run 1hr E	Walk 5min E; Run 1hr E
27 Oct	REST	Run 10min E; 5x1min hard, 3min E; 10min E	REST	Run 30min E	REST		

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**November 2025:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Nov						Marathon OR REST	Marathon OR REST
3 Nov	REST	REST	REST	REST	REST	REST	REST
10 Nov	REST	REST	REST	REST	REST	REST	REST
17 Nov	REST	Run 30min E	REST	Run 45min E	REST	Run 1hr E	Run 1hr E
24 Nov	REST	Run 1hr E	REST	Run 1hr E	REST	Run 1hr15 E	Run 1hr E

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**December 2025:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Dec	REST	Run 1hr E	REST	Run 1hr E	REST	Run 1hr30 L	Run 1hr10 E
8 Dec	REST	Run 1hr E	REST	Run 1hr20 E	REST	Run 1hr40 L	Run 1hr20 E
15 Dec	REST	Run 45min E	REST	Run 1hr E	REST	Run 1hr30 L	Run 1hr E
22 Dec	REST	Run 1hr E	REST	Merry Christmas!!	REST	Run 1hr50 L	Run 1hr30 L
29 Dec	REST	Run 1hr E	Happy New Year!	Run 1hr20 E	REST	Run 2hr L	Run 1hr30 L

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