

**Comrades 2024 Silver Medal Programme by Lindsey Parry – Official coach of the Comrades Marathon Association:**

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It is only 5 months until the 2024 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 and other unnamed hills, in short, the UP Run is an enormous challenge. It is important to prepare physically for the challenge and in so doing also prepare for the psychological challenge of running 87 odd kilometers from Durban to Pietermaritzburg.

The programme continues to build speed before we build strength in March and April to carry you through 7hrs30 of hard running.

If this is your first attempt at Comrades but you are a regular runner and can do a Half Marathon in 1hr25min 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 1h25min then you will be better served by the Bill Rowan or Bronze programme which will start out gentler and allow you to build up without injury.

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 E (E) on E days. The aim is to be able to run close to a sub 3:00 marathon before Comrades.

As the programme progresses you may need to add an extra rest day. You need to monitor your recovery: If you are in good shape, feel rested and ready for each workout then you can follow the programme. If however you are always feeling tired and struggling through workouts you need to add an additional rest day. This is crucial; it is during recovery that we improve and get stronger, in the absence of recovery we get sick and injured.

Also note that 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. Or if you prefer long runs on a Sunday, you can swap Saturday and Sunday.

Training Paces for 3:00 marathon:

Recovery (R):	5:10-5:30
E (E):	4:30-5:00
Long Runs (L):	4:35-5:10
Tempo:	3:50-4:00/km
Hill Repeats (H):	4:05-4:10/km
3min Hills	4:15-4:25/km
1000's:	3:35-3:40
400s	76-80sec
200s	40-45sec

8km Time Trial (TT): 30:25

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!

**January 2024:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jan	45min rec	15min E run 6x1km, 1min rest; 10min E	1hr45 L run	15min E; 8km TT; 15min E	REST	2hr30 L run	1hr30: 1hr E; 30min @ 4:15/km
8 Jan	45min rec	15min E run 8x1km, 1min rest; 10min E	2hr L run	15min E; 8km TT; 15min E	REST	2hr L run	1hr30 L run
15 Jan	45min rec run	15min E run 10x1km, 1min rest; 10min E	2hr L run	15min E; 8km TT; 15min E	REST	3hr L run	1hr30: 1hr E; 30min @ 4:15/km
22 Jan	45min rec run	1hr E run	1hr30 L run	15min E; 8km TT; 15min E	REST	1hr E run	45min E run
29 Jan	45min rec run	15min E; 10x200m, 1min rest; 10min E	40min E run				

- On your Long runs or 3hrs plus, walk 1min for every 50min run

**February 2024:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb				30min E run	REST	25min E run with 5x30sec at RP, 30sec E	Qualifier
5 Feb	REST	REST	45min rec run	1hr E run	REST	1hr E run	1hr E run
12 Feb	45min rec run	15min E run 10x1km, 1min rest; 10min E	2hr L run	15min E; 8km TT; 15min E	REST	2hr L run	1hr30 L run
19 Feb	45min rec run	15min E run 10x1km, 1min rest; 10min E	2hr L run	15min E; 8km TT; 15min E	REST	2hr20 L run	1hr30 L run
26 Feb	45min rec run	15min E run 10x1km, 1min rest; 10min E	2hr L run	15min E; 8km TT; 15min E			

- On your Long runs or 3hrs plus, walk 1min for every 50min run

**March 2024:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar					REST	2hr40 L run	1hr30 L run
4 Mar	45min rec run	1hr E run	1hr15 E run	15min E; 8km TT; 15min E	REST	2hr L run	1hr E run
11 Mar	45min rec run	15min E run; 8x3min Hills; 15min E	2hr L run	15min E; 8km TT; 15min E	REST	1hr E run	3hr L run
18 Mar	45min rec run	15min E run; 7x3min Hills; 15min E	2hr L run	15min E; 8km TT; 15min E	REST	3hr20 L run	1hr30 4:05- 4:15/km
25 Mar	45min rec run	15min E run; 8x3min Hills; 15min E	2hr L run	15min E; 8km TT; 15min E	REST	3hr20 L run	1hr30 4:05- 4:15/km

