

# TEAM VITALITY

## Bruce Fordyce Comrades Vic Clapham medal programme

A note from Bruce:

“We now know that it is only possible to train specifically and hard for a marathon or ultra-marathon for about 8-10 weeks so my programmes are for that specific period. I am assuming that all serious runners have been training for a while beforehand and that they have a base and a running foundation on which to build. I have also allowed a few days to taper and build up strength before race day.”

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 1</b>	rest	10km on a hilly course	12km steady pace	10km	8km easy pace	Time trial parkrun total 8km	30km slow
<b>WEEK 2</b>	rest	10km on a hilly course	12km steady pace	10km	8km easy pace	rest	60km slow
<b>WEEK 3</b>	rest	10km on a hilly course	12km steady pace	10km	8km easy pace	Time trial parkrun total 8km	30km slow
<b>WEEK 4</b>	rest	10km on a hilly course	12km steady pace	10km	8km easy pace	rest	40km slow
<b>WEEK 5</b>	rest	10km on a hilly course	12km steady pace	10km	8km easy pace	Time trial parkrun total 8km	30km slow

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 6</b>	rest	10km on a hilly course	12km steady pace	10km	8km easy pace	rest	50km slow
<b>WEEK 7</b>	rest	10km on a hilly course	12km steady pace	10km	8km easy pace	Time trial parkrun total 8km	30km slow
<b>WEEK 8</b>	rest	10km on a hilly course	12km steady pace	10km	8km easy pace	rest	25km slow
<b>WEEK 9</b>	rest	10km on a hilly course	12km steady pace	10km	5km easy pace	Time trial parkrun total 8km	15km slow
<b>WEEK 10</b>	rest	8km light jog	5km light jog	rest	rest	rest	race

This is a 12 hour Vic Clapham medal training schedule for the Comrades. This is just a rough guide and some 12 hour runners might find it difficult to stick to. So this is strictly a guide and a rough idea of how to train for a Vic Clapham medal. This is an 8-10 week programme which assumes you have been running steadily beforehand and have something of a foundation and training base. This is the hardest training phase and allows for an 8 week hard training phase followed by a two week taper to race day.

**Saturday:** Race a time trial or parkrun every fortnight. This is the best session for being able to monitor your progress. As your times improve so this is a sign that your fitness level is improving.

**Sunday:** Long SLOW run. This session is important for the time you spend on your legs not for the speed it is run. You will develop speed in other sessions. Alternate a long run each Sunday with an ultra-long run.

