



TEAM VITALITY

**12-WEEK COMRADES MARATHON
TRAINING PROGRAMME**

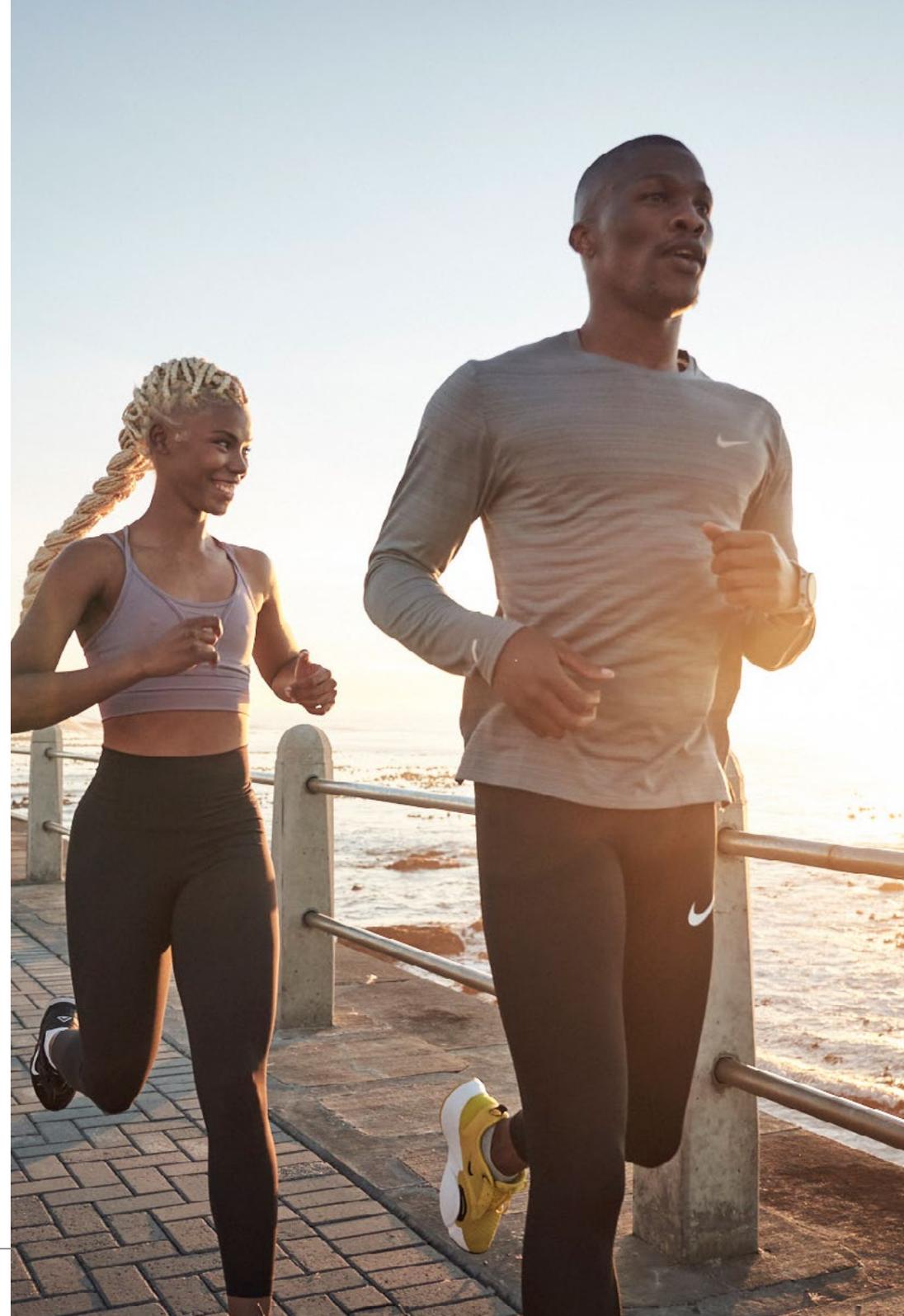
Introduction

Team Vitality has seen thousands of its members participate in the Comrades Marathon: The Ultimate Human Race over the years. To support our members, we have put together this 12 week programme to provide guidance and encourage engagement with other members, our coaches and experts who we have partnered with.

The programme runs for 12 weeks and focuses on how you need to consolidate the past few months of preparation and get optimal performance on race day.

TO DO THIS, THE PROGRAMME OUTLINES:

- 1** **Qualifying criteria:** the half marathon and marathon times you need to be able to run leading up to race day
- 2** **Training paces:** range of paces required for your various training sessions based on your targeted finishing time for Comrades
- 3** **Monthly training schedules**
- 4** **Cross training:** resource videos you can reference.



1. Qualifying criteria

TARGET TIMES LEADING UP TO COMRADES

Comrades Target	MARATHON	HALF MARATHON
Finisher (sub 12 hrs)	4 hrs 50 mins	2 hrs 20 mins
Bronze (sub 11 hrs)	4 hrs 25 mins	2 hrs 05 mins
Robert Mtshali (sub 10 hrs)	4 hrs	1 hr 55 mins
Bill Rowan (sub 9 hrs)	3 hrs 40 mins	1 hr 45 mins
Silver (sub 7 hrs 30 mins)	3 hrs 20 mins	1 hr 20 mins



2. Training paces

TRAINING PACES

Comrades target	EASY RUN PACE	LONG RUN PACE	RECOVERY PACE	QUALIFIER RACE PACE	HILLS	TIME TRIALS		TRACK		
						5 km	8 km	1 km	800 m	400 m
Finisher (sub 12 hrs)	7:15 - 7:30/km	7:25 - 7:40/km	7:45 - 8:00/km	6:49/km	7:15 - 7:30/km	5:40 - 6:10/km	5:55 - 6:10/km	6:00 - 6:10/km	5:45 - 5:55/km	5:30 - 5:40/km
Bronze (sub 11 hrs)	6:30 - 6:45/km	6:45 - 7:00/km	7:00 - 7:15/km	6:14/km	6:30 - 6:45/km	5:20 - 5:55/km	5:35 - 5:55/km	5:15 - 5:25/km	5:00 - 5:10/km	4:45 - 4:55/km
Robert Mtshali (sub 10 hrs)	6:00 - 6:15/km	6:15 - 6:30/km	6:30 - 6:45/km	5:38/km	6:00 - 6:15/km	4:45 - 5:30/km	5:00 - 5:30/km	4:45 - 4:55/km	4:30 - 4:40/km	4:15 - 4:25/km
Bill Rowan (sub 9 hrs)	5:25 - 5:40/km	5:35 - 5:50/km	5:55 - 6:10/km	5:09/km	5:25 - 5:40/km	4:05 - 5:12/km	4:20 - 5:12/km	4:00 - 4:10/km	3:45 - 3:55/km	3:30 - 3:40/km
Silver (sub 7 hrs 30 mins)	4:50 - 5:05/km	5:00 - 5:15/km	5:15 - 5:30/km	4:12/km	4:50 - 5:05/km	3:45 - 4:40/km	4:00 - 4:40/km	3:35 - 3:45/km	3:20 - 3:30/km	3:05 - 3:15/km

3. Monthly training schedules:

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
1	Rest/30 mins recovery run	15 mins warm up 5 × 400 metre hill repeats 15 mins cool down	Rest/10 km easy run	1 hour easy run	Rest/Strength Training	Rest/2 hour easy run	21 km long run pace
2	Rest/30 mins recovery run	16 min warm up 8 × 400 metre hill repeats 15 mins cool down	Rest/15 km easy run	1 hour easy run	Rest/Strength Training	Rest/2 hour easy run	2hour 30 mins to 3 hour easy run
3	Rest/30 mins recovery run	1 hour easy run	Rest (all 3 days if you are doing the 50 km or 1 day if you are running Saturday & Sunday)			50 km long run	Rest or 3 hour easy run
4	30 mins recovery run	REST	REST	1 hour easy run	Rest/Strength training	Rest/2 hour easy run	2 hour easy run



Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
5	REST	15 mins warm up 8 km time trial 15 mins cool down	Rest/60 mins long run pace	60 mins easy run	Rest/Strength training	Rest/2 hour easy run	3 hrs 30 mins long run
6	Rest/30 mins recovery run	15 mins warm up 8 km time trial 15 mins cool down	Rest/60 mins long run pace	2 hour long run		Rest/2 hour easy run	3 hrs 30 mins - 4 hour long run
7	Rest/30 mins recovery run	15 mins warm up 8 km time trial 15 mins cool down	1 hour easy run	REST			55 km – 65 km long run
8	Rest/30 mins recovery run	1 hour easy run	Rest/60 mins long run pace	1 hour easy run	Rest/Strength training	Rest/2 hour easy run	4 hour long run
9	Rest/30 mins recovery run	15 mins warm up 8 km time trial 15 mins cool down	Rest/60 mins long run pace	2 hour long run		90 mins easy run	3 hour easy run

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
10	REST	16 mins warm up 8 × 400 metre hill repeats 15 mins cool down	Rest/80 mins long run pace	90 mins easy run	Rest/Strength training	90 mins easy run	2 hour long run
11	Rest/30 mins recovery run	15 mins warm up 8 km time trial 15 mins cool down	Rest/10 km easy run	1 hour easy run		60 mins easy run	60 mins easy run
12	Rest/30 mins recovery run	30 mins easy run	REST	30 mins easy run		10 – 15 mins easy run	Comrades Marathon

STRENGTH TRAINING



BACK STRETCHES & EXERCISES



CORE STRENGTH TIPS



SQUAT TIPS



LUNGE TIPS



PLANK TIPS



LOW IMPACT EXERCISES



VITALITY AT HOME

GENERAL NOTES

- Wednesday rest days are for sub 12 hour and Sub 11 hour runners only. Your rest day does not always have to be a Wednesday. Be flexible based on your time schedule and constraints.
- You can replace your Tuesday, Wednesday or Thursday sessions with a time trial or track session.
- Weekend/long runs:
 - Sub 12 hour and sub 11 hour runners should rest on either Saturday or Sunday on almost all the weekends
 - Sub 10 hour and sub 9 hour runners should rest on either Saturday or Sunday on some of the weekends
 - Sub 7 hour 30 minutes runners should run on Saturdays and Sundays on almost all the weekends
 - These runs are geared at building strength and endurance as a strong foundation. This is why the focus is time spent on the legs and not the speed of the run.

TAPERING

This is the reduction of the volume of your training as the big race day gets nearer.

With two or three weeks to go there should be no long runs (30 kms to 60 kms) and just one or two more quality sessions.



4. Cross training

Cross training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- ✓ Reduce impact caused by regular running
- ✓ Use other muscle groups that you don't use when you run
- ✓ Become a complete athlete
- ✓ Supplement your other training by improving overall conditioning.

This usually includes gym and other forms of sports, such as swimming and cycling.

In conclusion, as Team Vitality, we are excited that thousands of our members will be participating at this year's Comrades Marathon.

With the above, we are hoping to leverage our experts and the knowledge of other runners with the sole purpose of giving you the best support leading up to race day.

Wishing you the very best!

See you on the road.

Team Vitality

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise as a result of any information, products or services obtained from this training programme including, without limitation, workouts, training regimen or information.

