

12-week Training plan: Comrades Marathon – Silver Medal

Description: This program is designed for runners aiming to finish the Comrades marathon under 7h30 (an average pace of –5:02 /km for 89km).

Notes:

WU: Warm up easy jog before your workout: recommended 7-20mins

CD: Cool down easy jog after your workout: recommended 7-20mins

Easy: Refer to “Easy runs” under the OWN MY PB tab for a full description

Long Runs: A good option for Long Runs, is to incorporate it into club organized runs or races where possible. Reminder: Please avoid the temptation to run too fast. Focus on your own effort and remember that long runs should be slower than your planned race pace.

Club Time Trials: We recommend joining your local club time trials/group runs as much as possible. If club run days differ from this program, feel free to shuffle days around to fit your schedule better.

Two Oceans Runners: If you are running Two Oceans leading up to Comrades, please replace race week program with a taper week, similar to Comrades race week. Pay close attention to recovery afterwards to avoid overuse injuries. Run to feel and take rest days as needed in the week after.

Medium: A fairly hard effort – somewhere in between “Easy” and “Tempo”.

Tempo: Refer to “Tempo runs” under the OWN MY PB tab for a full description

Hill Repeats: Refer to “Hill Repeats” under the OWN MY PB tab for a full description. Aim for about 80% of your maximum effort. Remember to warm up and cool down for 7-20mins.

Long Hill Workout: Run Tempo effort on a hilly route of approx. 2km up, 2km down . Repeat 3-5x without stopping. Remember to warm up and cool down for 7-20mins.

Rest days are an important part of the process. Taking an additional day off running when you feel fatigued is no bad thing and will help you in the long term.

Remember: This program is a GUIDELINE and can be altered to fit your lifestyle and level of fitness. We encourage you to learn more about yourself and understand the purpose of different workouts so that you can design your OWN training routine.

Week 1

Monday	Rest day
Tuesday	WU, Track 6x 1000m, @ HM race pace, 3min recovery in between, CD. *See notes*
Wednesday	Easy 12km
Thursday	WU, 2 x 5km Tempo, 3min rest in between, CD. *See notes*
Friday	Easy 10km
Saturday	Easy 5km
Sunday	35km Long Run

Week 2

Monday	Rest day
Tuesday	WU, 8 x 2minute Hill repeats, CD. *See notes*
Wednesday	Easy 12km
Thursday	Club Time Trial or 8km Tempo effort. *See notes*
Friday	Easy 8km
Saturday	Easy 5km
Sunday	25km Long Run

Week 3

Monday	Rest day
Tuesday	Easy 12km
Wednesday	Easy 8km
Thursday	12km Medium effort on a hilly route. *See notes*
Friday	Easy 8km
Saturday	Rest Day
Sunday	Two Oceans or 45km Long Run

Week 4

Monday	Rest day
Tuesday	WU, 5 x 2km Tempo, CD. *See notes*
Wednesday	Easy 12km
Thursday	Club Time Trial or 8km Tempo effort
Friday	Easy 10km
Saturday	Easy 8km
Sunday	15km or 35km Long Run

Week 5

Monday	Rest day
Tuesday	Easy 12km
Wednesday	Easy 12km
Thursday	WU, Track 8x 800m, @ 10km race pace, 3min recovery in between, CD. *See notes*
Friday	Easy 10km
Saturday	Easy 8km
Sunday	32-38km Long Run

Week 6

Monday	Rest day
Tuesday	WU, Long Hill Workout, CD. *See notes*
Wednesday	Easy 12km
Thursday	Club Time Trial or 15km Tempo effort
Friday	Easy 10km
Saturday	Easy 8km
Sunday	35km Long Run

Week 7

Monday	Rest day
Tuesday	WU, 10 x 2minute Hill repeats, CD. *See notes*
Wednesday	Easy 8km
Thursday	Club Time Trial or 10km Tempo effort
Friday	Easy 12km
Saturday	Rest day
Sunday	55-60km Long Run

Week 8

Monday	Rest day
Tuesday	Easy 8km or rest if still tired
Wednesday	Easy 12km
Thursday	15km Tempo effort on a hilly route. *See notes*
Friday	Easy 12km
Saturday	Easy 8km
Sunday	35-40km Long Run

Week 9

Monday	Rest day
Tuesday	WU, Track 8x 1000m, @ HM race pace, 3min recovery in between, CD. *See notes*
Wednesday	Easy 12km
Thursday	WU, Long Hill Workout, CD. *See notes*
Friday	Easy 12km
Saturday	Easy 8km
Sunday	32km Long Run

Week 10

Monday	Rest day
Tuesday	WU, 8 x 2minute Hill repeats, CD. *See notes*
Wednesday	Easy 12km
Thursday	Club Time Trial or 10km Tempo effort
Friday	Easy 12km
Saturday	Easy 8km
Sunday	25km Long Run

Week 11

Monday	Rest day
Tuesday	WU, Track 5 x 500m @ 10km Pace, 2min recovery, CD. *See notes*
Wednesday	Easy 5km or Rest
Thursday	Club Time Trial or 10km Tempo effort
Friday	Easy 8km
Saturday	Easy 8km
Sunday	15km Long Run

Week 12

Monday	Easy 5km or Rest
Tuesday	2km WU, 4 x 1km Medium effort, 2km CD
Wednesday	Rest day
Thursday	Easy 5km
Friday	Rest day
Saturday	Easy 4km with strides
Sunday	RACE DAY!!!