

Your

COMRADES

Marathon Journey

with



the
athletes foot

Prepare to conquer the Comrades Marathon, a race that challenges both your physical endurance and mental grit. Here at The Athlete's Foot, we go beyond gear. Connecting with enthusiasts who are passionate about an active lifestyle brings us joy. We pride ourselves on being your athletic partners. Below is a personalised training schedule for men and women, designed to guide your athletic journey to successful completion of the Comrades!



GENERAL PRINCIPLES FOR COMRADES TRAINING:

- Progressive Overload:** Gradually increase mileage and intensity.
- Variety:** Include different types of runs (long runs, tempo runs, interval training, hill training).
- Recovery:** Incorporate rest days and easy runs for recovery.
- Cross-Training:** Include activities like cycling or swimming to improve overall fitness without excessive running-related strain.
- Strength Training:** Focus on core, leg strength, and stability.
- Nutrition and Hydration:** Follow a balanced diet and practice hydration strategies.
- Mental Preparation:** Incorporate strategies to build mental toughness and resilience.
- Race-Specific Training:** Simulate race conditions, including training on similar terrain and practising nutrition/hydration strategies used during the race.

MEN'S TRAINING PROGRAM:

Weeks 1-4 (Base Building):
3-4 runs per week, gradually increasing mileage. Include one longer run per weekend, starting at 15 km and increasing by 2-3 km each week. Incorporate one session of hill repeats or gentle interval training per week. One day of strength training focusing on lower body and core.

Weeks 5-12 (Building Endurance and Strength):
Increase to 4-5 runs per week with longer weekend runs reaching up to 30 km. Introduce more hill training and tempo runs. Two strength training sessions per week. Begin practising race-day nutrition and hydration strategies.

Weeks 13-18 (Peak Training):
Include back-to-back long runs on weekends, simulating race conditions (up to 40-50 km on one day followed by a 20-25 km run the next day). Focus on recovery strategies and adequate nutrition.

Weeks 19-24 (Taper and Race Preparation):
Gradually decrease mileage to allow the body to recover and be race-ready. Maintain some form of light interval training and tempo runs. Focus on mental preparation and finalising race-day strategy.

WOMEN'S TRAINING PROGRAM:

Weeks 1-4 (Base Building):
Similar to the men's program, but with an additional focus on hip and core stability exercises to prevent common injuries. Gradual mileage increases with an emphasis on running form and technique.

Weeks 5-12 (Building Endurance and Strength):
Include more tempo runs and hill training. Two strength training sessions with a focus on core, hips, and glutes. Longer runs should incrementally increase, focusing on steady pacing.

Weeks 13-18 (Peak Training):
Back-to-back long runs on weekends, with a slightly lower mileage cap compared to men's (up to 35-45 km on one day followed by 15-20 km the next day). Emphasise recovery, including yoga or pilates for flexibility and core strength. Nutrition and hydration practice becomes crucial.

Weeks 19-24 (Taper and Race Preparation):
Similar tapering strategy as the men's program, with a continued focus on injury prevention and mental preparation. Light, consistent training with a gradual reduction in mileage.

NOTES:

- Personalisation:** Adjust the program based on personal health, fitness level, and experience.
 - Injury Prevention:** Pay attention to the body's signals and consult with a coach or healthcare professional if needed.
 - Race Strategy:** Develop a race day plan, including pacing, nutrition, hydration, and coping strategies for tough segments of the race.
- Both programs aim to prepare you physically and mentally for the demands of the Comrades Marathon. It's important to listen to your body and adjust the program as needed.