

TEAM VITALITY

Bruce Fordyce Comrades bronze medal

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
WEEK 1	rest	10km on a hilly course or hill session	15km steady pace	12km	8km easy pace	Time trial/parkrun. 8-10km total including warm up and cool down	30km slow
WEEK 2	rest	10km on a hilly course or hill session	15km steady pace	12km	8km easy pace	10km at comfortable pace	60km slow
WEEK 3	rest	10km on a hilly course or hill session	15km steady pace	12km	8km easy pace	Time trial/parkrun. 8-10km total including warm up and cool down	30km slow
WEEK 4	rest	10km on a hilly course or hill session	15km steady pace	12km	8km easy pace	10km at comfortable pace	40km slow
WEEK 5	rest	10km on a hilly course or hill session	15km steady pace	12km	8km easy pace	Time trial/parkrun. 8-10km total including warm up and cool down	30km slow
WEEK 6	rest	10km on a hilly course or hill session	15km steady pace	12km	8km easy pace	10km at comfortable pace	50km slow

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 7	rest	10km on a hilly course or hill session	15km steady pace	12km	8km easy pace	Time trial/parkrun. 10km total including warm up and cool down	30km slow
WEEK 8	rest	10km on a hilly course or hill session	15km steady pace	12km	8km easy pace	10km at comfortable pace	25km slow
WEEK 9	rest	10km on a hilly course or hill session	15km steady pace	12km	5km easy pace	Time trial/parkrun. Race 8km total including warm up and cool down*	15km slow
WEEK 10	rest	8km light jog	5km light jog	rest	rest	rest	race

This is a 9:00-11:00 bronze medal training schedule for the Comrades. There is quite a difference in ability between a 9 hour runner and an 11 hour runner. So this is strictly a guide and a rough idea of how to train for a bronze 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 day. 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.

