

COMRADES 2012 DOWN RUN TRAINING PROGRAMME

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By Runners World on December 1, 2011 training programmes for the last 3 medals

Comrades Finishers medal (under 12 hours)

Let's ease into it, folks.

Is your goal to simply cross that sought-after finish line? Your time isn't a huge concern – you just want to have the satisfaction of saying "I did it?"

Sound like you? Then this is the programme for you... the Finishers Training Programme.

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Nov			REST	Walk 5min easy; Jog 8min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 13min walk 2min x 4; Walk 5min	Walk 5min easy; Jog 15min walk 1min x 3; Walk 5min
5-Dec	REST	Walk 5min easy; Jog 10min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 9min walk 1min x 4; Walk 5min	REST	Jog 20min walk 2min x 3	Jog 25min walk 1min x 3
12-Dec	REST	Walk 5min easy; Jog 11min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 10min walk 1min x 4; Walk 5min	REST	Jog 22min walk 2min x 3	Jog 28min walk 1min x 3
19-Dec	REST	Walk 5min easy; Jog 12min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 11min walk 1min x 4; Walk 5min	REST	Jog 24min walk 2min x 3	Merry Christmas
26-Dec	REST	5km Time trial, do this to the best of your ability, walk if you need to. DO NOT go 100% effort	REST	Walk 5min easy; Jog 12min walk 1min x 4; Walk 5min	REST	Old Year's Eve 10km	REST
2-Jan	REST	50 min easy	REST	50 min easy	REST	1h20 easy	1h45 easy
9-Jan	REST	55 min easy	REST	55 min easy	REST	1h30 easy	2 hours easy

Comrades Bronze medal (finish between 9h00 and sub 11h00)

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Nov			REST	Jog 45min easy walking when needed	REST	Jog 50min easy walking when needed	Run 1hr easy walking when needed
5-Dec	REST	Jog 50min easy, walking when needed	REST	Jog 50min easy walking when needed	REST	Jog 55min easy walking when needed	Run 1hr10 easy walking when needed
12-Dec	REST	Jog 55min easy, walking when needed	REST	Jog 55min easy walking when needed	REST	Jog 1hr easy walking when needed	Run 1hr20 easy walking when needed
19-Dec	REST	Jog 1hr easy walking when needed	REST	Jog 1hr easy walking when needed	REST	Jog 1hr05 easy walking when needed	Merry Christmas
26-Dec	REST	Jog 1hr easy walking when needed	5km Time Trial to be run hard but not at 100%	Jog 1hr easy walking when needed	REST	Old Year's Eve 10km	REST
2-Jan	REST	15 min easy, 6x2min hil repeats with slow jog, recovery 10min easy	REST	1h05 easy	REST	1h15 easy	1h45 easy
9-Jan	REST	10 min easy; 8km TT; 10min easy	REST	1h10 easy	REST	1h30 easy	2 hours easy

Comrades Bill Rowan medal (finish between 7h30 and sub 9h00)

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28-Nov			REST	Easy 40min run	REST	Easy 50min run	Easy 1hr run
5-Dec	REST	Easy 45min run	REST	Easy 45min run	REST	Easy 55min run	Easy 1hr10 run
12-Dec	REST	Easy 55min run	REST	Easy 50min run	REST	Easy 1hr run	Easy 1hr20 run
19-Dec	REST	Easy 1hr run	REST	Easy 55min run	REST	Easy 1hr05 run	Merry Christmas
26-Dec	REST	20min easy + 5 or 8km TT	REST	Easy 1hr run	REST	Old Year's Eve 10km	REST
2-Jan	REST	10 min easy; 8km TT; 10min easy	45min easy	15min easy, 8km TT 10min easy	REST	1h30 easy	2 hours easy
9-Jan	REST	10 min easy; 6x2min hill repeats, 10min easy	50min easy	15min easy, 8km TT 10min easy	REST	1h45 easy	2h20 easy