

COMRADES training documentation 2010

This document describes the training sessions I ran in 2010 to prepare for the 89.2 km long Comrades Ultra Marathon (May 30th, 2010) – this year a down run from Pietermaritzburg to Durban.

It's not a plan, it's a documentation of what I really did and not what I intended to run ;)

My preparation included the 56 km long Two Oceans Ultra on Easter Saturday, April 3rd, 2010. The preparation for the Two Oceans started in October 2009. To be honest, I run most of the year – which is essential for ultra distance running.

This means, my preparation for the Comrades started in October 2009, but the real work was done in 2010.

My personal best for the standard Marathon distance of 42.2. km is 3h 30min, which I ran in July 2009 in San Francisco – a wonderful Marathon on a very hilly route through the city.



This documentation might be interesting and helpful for other runners. I'm looking forward to any kind of feedback.

Special Note: This document is not a training plan for everybody and is for documentation purposes only. If you intend to run a Marathon or Ultra Marathon, please prepare thoroughly. A medical checkup is highly recommended (I do one at least every other year).

Have fun while running!

Keep on running,

Axel Rittershaus

[My data of my last medical checkup:](#)

Max. heart rate/min: 198

Max. heart rate/min for endurance training: 142

Color code used for the different types of training:

Slow runs of more than 20 km
Fast runs of more than 20 km
Runs longer than 35 km
Pace training

Pace training is documented as follows:

Line 1: Total time/-km/etc. of my high speed intervals

Line 2: Total time/-km/etc. of my warm up, cool down and “relax”-phase between the speed intervals

HR = Heart rate

I'm using a Polar RS 400 with running sensor.

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January 2010

01.01.10 – 03.01.10 (34,5 km)					
Weekday	km	Time	Min/km	HR	Session type
Friday	10,1	1:13:19	07:16	126	Relaxed run (New years day!)
Sunday	24,4	2:39:10	06:31	141	Slow endurance run

04.01.10 – 10.01.10 (59,7 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	7,6 + 11,3	37:55 1:07:46	4:59 6:00	172 159	3 x 2,5 km Speed Warm up/Cool down+ 2x2km breaks
Saturday	18,4	2:08:19	6:58	140	Slow endurance run
Sunday	22,4	2:21:51	6:20	149	Speedy endurance run

11.01.10 – 17.01.10 (44,4 km)					
Weekday	km	Time	Min/km	HR	Session type
Friday	6,0 8,0	30:04 46:38	5:01 5:50	173 164	3 x 2 km Speed (Winter, icy road!) Warm up/Cool down+ 2 x 1 km breaks
Sunday	30,4	3:04:50	6:05	152	Speedy endurance run

18.01.10 – 24.01.10 (68,1 km)					
Weekday	km	Time	Min/km	HR	Session type
Wednesday	6,0 + 6,8	27:48 43:47	4:38 6:26	171 150	6x1 km Speed Warm up/Cool down, 400m jogging breaks
Thursday	15,0	1:23:31	5:34	157	Fast run
Saturday	30,5	3:03:36	6:01	147	Speedy endurance run
Sunday	9,8	1:09:59	7:08	130	Relaxing run

25.01.10 – 31.01.10 (80,5 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	16,1	1:29:46	5:35	151	Fast run
Thursday	18,4	1:42:36	5:35	155	Run with 2 different paces: 3 x 2,5 km with 5:08, and 2 x 2,5 km with 5:30 in between
Saturday	32,3	3:15:09	6:03	148	Speedy endurance run
Sunday	13,7	1:20:02	5:51	154	Relaxing run

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February 2010

01.02.10 – 07.02.10 (77,2 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	14,3	1:35:22	6:40	152	Hill training: 4 x 2 km uphill
Thursday	14,3	1:20:45	5:39	152	Fast run
Saturday	25,6	2:29:58	5:51	141	Speedy endurance run
Sunday	23,0	2:02:20	5:19	152	Fast endurance run

Entspannte Woche 08.02.10 – 14.02.10 (49,2 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	15,2	1:19:56	5:16	152	Fast run
Friday	14,6	1:30:24	6:12	137	Slow run, fresh snow!
Saturday	19,4	1:55:24	5:57	140	Slow run

15.02.10 – 21.02.10 (85,4 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	12,0+ 9,0	58:33 1:01:11	4:53 6:48	174 145	3x4 km Speed Warm up/Cool down, 2 km Breaks
Thursday	20,0	2:00:03	6:00	149	Slow endurance run (heart rate to high!)
Saturday	16,3+ 28,1 =44,4	1:24:36 2:45:25	5:11 5:53	162 155	Killer session: 3 x 5km pace 5:10, for last (4 th) repetition no more power left (only 1,3 km) Warm up/Cool down, 5km breaks

22.02.10 – 28.02.10 (66,6 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	7,4	0:44:43	6:03	130	Relaxed run
Thursday	19,2	1:50:24	5:45	156	Fast run
Saturday	40,0	4:12:11	6:18	146	Slow long endurance run

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March 2010

01.03.10 – 07.03.10 (58,6 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	9,8 +	0:46:02	4:42	173	„Devil stairs“: 1km in 4:20min, 2km in 9:00 min, 3km in 14:00 min, 4km in 19:20 min Warm up/Cool down, and breaks
	6,6	0:43:36	6:36	150	
Thursday	42,2	4:16:00	6:04	149	Slow long endurance training
Friday					Break due to overtraining (3 x runs with more than 40km within 11 days)
Saturday					Break due to overtraining
Sunday					Break due to overtraining

08.03.10 – 14.03.10 (20,4 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	20,4	1:57:07	5:44	157	Fast endurance run, due to overtraining heart rate too high
Wednesday					Break due to overtraining
Thursday					Break due to overtraining
Friday					Break due to overtraining
Saturday					Break due to overtraining
Sunday	130				Bike race “Cape Argus”

15.03.10 – 21.03.10 (41,6 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	12,4	1:14:51	6:02	142	Relaxed run
Friday	18,4	1:55:42	6:17	157	Hill training, some 350m altitude
Saturday	10,8	1:12:47	6:44	132	Slow run, stopped the run due to stomach problems

Tapering week 22.03.10 – 28.03.10 (38,4 km)					
Weekday	km	Time	Min/km	HR	Session type
Monday					stomach problems
Tuesday					stomach problems
Wednesday	5,0	0:30:31	6:06	131	Test on Treadmill, back in the game
Saturday	22,1	2:06:45	5:44	154	Fast endurance run
Sunday	11,3	1:03:42	5:38	142	Short run with 2 Sprints

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April 2010

Two Oceans Ultra 29.03.10 – 04.04.10 (70,5 km)					
Weekday	km	Time	Min/km	HR	Session type
Wednesday	9,0	0:51:54	5:46	145	Slow run with 3 Sprints
Friday	5,5	0:34:10	6:14	128	International Friendship Run
Saturday	56,0	5:12:47	5:35	161	Two Oceans Ultramarathon

Post race week 05.04.10 – 11.04.10 (30,1 km)					
Weekday	km	Time	Min/km	HR	Session type
Monday	1,5	0:15:00	10:00	135	Treadmill jog (hurting hips left)
Saturday	18,0	2:00:33	6:42	141	Relaxed run, no more hurting hips, heart rate too high
Sunday	10,6	1:18:37	7:25	128	Relaxed run on hilly route

12.04.10 – 18.04.10 (59,7 km)					
Weekday	km	Time	Min/km	HR	Session type
Thursday	14,7	1:21:30	5:33	155	Speedy short run
Saturday	31,0	3:05:18	5:58	149	Slow endurance run
Sunday	14,0	1:16:46	5:29	157	Speed intervals (3 x 2 km in 9:20)

19.04.10 – 25.04.10 (71,3 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	10,9	1:10:01	6:25	134	Relaxed short run
Thursday	30,4	2:56:54	5:49	145	Fast endurance run
Sunday	30,0	3:06:19	6:13	151	Slow endurance run with hills (some 350 m altitude)

26.04.10 – 02.05.10 (85,6 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	44,2	4:46:02	6:28	148	Slow endurance run
Thursday	10,1	0:59:16	5:52	148	Relaxed run (sore muscles due to Tuesday run)
Saturday	12,0 9,3	1:00:39 1:04:26	5:03 6:56	168 155	12 km really fast endurance run Warm up/Cool down+ uphill at the end
Sunday	10,0	1:00:06	6:01	134	Relaxed run

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May 2010

03.05.10 – 09.05.10 (100,9 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	27,1	2:42:02	5:59	152	Speedy run
Thursday	6,0 7,0	0:27:08 0:49:24	4:31 7:03	169 149	3 x 2km Speed (treadmill) Warm up/Cool down+ 1 km breaks
Saturday	50,4	5:26:49	6:29	146	Slow endurance run
Sunday	10,4	1:05:15	6:16	132	Relaxed run

10.05.10 – 16.05.10 (51,0 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	15,5	1:30:22	5:50	149	Relaxed run, 2x 5min walking breaks after every 25 min
Saturday	25,0	2:19:53	5:36	149	Fast endurance run
Sunday	10,5	1:10:16	6:42	130	Relaxed run

Tapering 17.05.10 – 23.05.10 (34,2 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	14,2	1:21:01	5:42	151	Relaxed run with 2 sprints
Saturday	11,0	1:06:57	6:05	149	Relaxed run, heart rate to high
Sunday	9,0	0:21:10	6:27	131	Relaxed run

Comrades 24.05.10 – 30.05.10 (97,4 km)					
Weekday	km	Time	Min/km	HR	Session type
Tuesday	5,0	0:33:18	6:40	135	2 nd last run before Comrades
Thursday	3,2	0:21:10	6:37	132	Last jog before Comrades
Sunday	89,2	9:47:33	6:35	155	Comrades