

Newsletter Comrades Edition



Comrades Conquerors: Tenacity & Triumphs

The official theme and slogan for the 2026 edition of the Comrades Marathon was **'Ska Fela Moya'**.

The phrase, which comes from Setswana, means "Don't give up" or "Never lose hope."

It was chosen to motivate runners to tackle the tough Up Run, highlighting the importance of harnessing their tenacity when faced with the gruelling physical and mental hurdles that this iconic South African ultra-marathon presents.

The 2026 Comrades Marathon once again reminded us why it is called The Ultimate Human Race. This year's race was the 99th edition and the 50th official Up Run, taking athletes from Durban to Pietermaritzburg over 85.777km.

The Up Run is never only about distance. It is about patience, discipline and respect for the route. The long climbs, especially Cowies, Fields Hill, Botha's Hill, Inchanga and Polly Shortts, test every part of an athlete: legs, stomach, mind and spirit.

On Your Marks...

Training for Comrades starts long before race week. The athletes had to build months of consistency: qualifying races, long runs, back-to-back weekends, hill work, strength training, nutrition practice and mental preparation. For many, the biggest challenge was not one single session, but staying committed through fatigue, work, family pressure and the normal doubts that come with preparing for an ultra. The final test for the athletes was Sally & Coach Marco's grueling Dullstroom camp!

Get Set...

Race day delivered favourable conditions for runners, with cool temperatures during the early stages, allowing athletes to settle into their race plans. As the day progressed, the challenge of the Up Run became increasingly evident, demanding disciplined pacing, hydration and nutrition management. With more than 20,000 starters, the atmosphere along the route was electric, with thousands of spectators lining the roads to encourage runners on their journey to Pietermaritzburg.

From a coaching and seconding perspective, Comrades is a completely different experience from simply watching a race. Seconding requires planning, organisation and teamwork. Every detail matters, from understanding the route and managing timing points to ensuring that each athlete receives the correct nutrition and hydration at the right moment.

A special mention must go to Sally, who did an exceptional job preparing and managing the athletes' nutrition. Working from the individual nutrition plans supplied by each athlete, she meticulously mixed drinks, organised bottles and ensured everything was ready well before the runners arrived. Our seconding point was positioned at the 56km mark, leaving athletes with approximately 30km to the finish line, often the point where nutrition and hydration become even more critical.



While Sally was responsible for keeping the nutrition station running like a well-oiled machine, my role as coach was to monitor the athletes' progress, track their expected arrival times and make sure we were ready for them. I will admit that this also involved enjoying a well-deserved beer while keeping a close eye on the race and giving Sally advance warning as each athlete approached our station.

The atmosphere at the seconding point was incredible. We witnessed moments of determination, fatigue, resilience and excitement. Some athletes arrived looking strong and focused, while others were battling through difficult patches. In every case, a familiar face, a few encouraging words and the reassurance that their nutrition plan was on track provided a valuable boost for the challenging final 30 kilometres.

Experiences like these highlight that Comrades is never an individual achievement. Behind every runner is a support team of family members, friends, coaches and volunteers who all play a role in helping athletes reach the finish line. While the runners rightly receive the medals and recognition, their success is often built on the efforts of many people working behind the scenes.

Go!



A shout out goes to Promise Masivuye Msitshana, who completed a brilliant first Comrades in 6:35:49, finishing 156th overall. That is an outstanding debut and a result built on months of disciplined preparation.

Well done to our ladies' teams, who captured 2nd in the open and 2nd in the 40+ team prize. The open team comprising of Jeannie Henderson, Ilse Marais, Boipelo Orekeng and Isabella Dicks and the 40+ team comprising Jeannie, Ilse, Boipelo and Celine Van Enter.

Congratulations to Jeannie Henderson for her Isavel Roche-Kelly medal, finishing in 6:59:20, and our silver medalists, Promise, Ernest Dlamini, 7:08:2, Ilse Marais, 7:13:23, Warren Ralph, 7:23:13, Pieter Swanepoel, 7:23:41 and Lu Ren, 7:28:12.

Sixteen Nedbank Running Club Central Gauteng athletes achieved their Bill Rowans, another sixteen achieved their Robert Mtshali medal, with George Kabini narrowly missing out by 34 second. Next time, George!

Well done to all our bronze and Vic Clapham medalists and our novices and those achieving their green numbers at Comrades 2026.

Other remarkable results include:

- Darryn Miles, completing his first Comrades in 8:17:51,
- Dean Dodd, 8:25:53,
- Sifiso Nqumakhwe, 8:34,
- Andrew Lucas, 8:39:17 - smashing his personal record by 5 minutes,
- Warren Graver, achieving his first Bill Rowan and an overall Comrades Marathon personal best of 8:59:54,
- Richard De Klerk completed Comrades number 16 in 9:06:47,
- Celine Van Enter, our superstar, smashing her up-run personal best by almost an hour and overall personal best by 2 minutes to finish in 9:22:22,
- Jose Bates, 9:35:52,
- Jason Townsend, smashing his overall personal best by almost 1h45, and coming in at 9:41:04,
- Chelsea Muller, 9:46:32,
- Dario Matteucci, 9:47:27,
- Amy Davis, completing her first Comrades Marathon in 10:06:16,
- Henk Tredoux, 10:18:42,
- Ofhani Rapetswane, 10:25:35, and
- Lizette Whittington, 11:38:04.



What stood out most was not only the times achieved, but the determination shown by every athlete. Comrades exposes every weakness, rewards patience and consistency, and reminds runners that success is earned one step at a time.

The 2026 Comrades Marathon was a celebration of perseverance, teamwork and the enduring spirit of endurance running. Whether chasing a gold medal, a personal best or simply the finish line before the final gun, every runner carried a unique story.

Comrades will remain far more than a race between Durban and Pietermaritzburg. It is a journey shared by athletes, coaches, families, volunteers and supporters. The memories created along the route, the friendships strengthened, and the obstacles overcome are what make this event so special.



We will be back for the 100th Comrades in 2027 - See you all there!

-Coach Marco

As Nedbank Running Club Central Gauteng, we'd like to extend our sincerest thanks to Coach Marco and Sally for all the training, support and encouragement they pour into our athletes. As much as these Comrades champions have earned their spectacular results, they are just as much as a testament to the expert knowledge, number-crunching and belief that is Marco's input. We are truly fortunate to benefit from your hard work, Marco!

See page 6 & 7 for a special edition Comrades Kudos Corner. and page 15 for a glimpse into the day's action!

Save the Date!

EVER HAD THE URGE TO RUN NAKED? ⚡



NO! NOT LIKE THAT...

Join us on Tuesday,
14 July in **Modderfontein**
at

17:15

for the annual

TIMELESS TIME TRIAL

RECORD

your predicted
time for a 5km or
8km TT



REMOVE

your watch or
have it covered by
the timekeepers



RUN

a time as close to
your prediction as
possible

**RUNNER CLOSEST TO THEIR PREDICTED TIME
WINS THE PRIZE!**

Remember to
arrive earlier to
record your time
& have your
watch covered!



Invite a friend,
and challenge
them to victory!

SPECIAL COMPETITION

• **BREAKING NEWS** •

JULY 2026

NEDBANK NEWSLETTER NEEDS NEW NAME

OUR MONTHLY NEWSLETTER NEEDS A NAME THAT'S CATCHY, ENERGETIC AND IMPOSSIBLE TO FORGET

COULD YOUR INSPIRING IDEA BE OUR HEAD LINE...?

HERE'S HOW IT WORKS:

1. Come up with a clever, catchy name for the NRC-CG newsletter: Think energetic, sporty and fun. Keep it short and dynamic.
2. Submit your idea here: **NRC NEWSLETTER NAME**. You may submit as many ideas as you'd like, but must submit ONE IDEA PER FORM.
3. Submission close on the **14th of July**. The best ideas will be voted on, and a winner will be chosen by the 21st of July.
4. Winner will be notified and announced at time trial and on WhatsApp groups.

WHAT'S UP FOR GRABS?

A mystery hamper packed with awesome goodies and - most importantly - bragging rights for life!



THINK FAST. THINK FUNNY. THINK RUN!

Save the Date

A FREE COMMUNITY WALKING PROGRAMME

WINTER WALKERS

NEDBANK
RUNNING
CLUB



Winter doesn't have to mean hibernation. Come walk with us.

Winter Walkers is a free, relaxed, social walking programme at Nedbank Running Club CG — three easy-paced sessions a week, open to everyone. Walkers, beginners, and anyone who used to run and stopped: if you can walk and you'd like some company, you belong here.

THREE WALKS A WEEK

- **Tuesdays @ Flamingo Shopping Centre — 5:15pm**
Easy 4–5km walk at your own pace
- **Wednesdays @ Taroko Trails — 5:30pm**
Optional trail walk (trail fees apply)
- **Saturdays @ Club run venue — 6:30am**
Walk, then coffee & breakfast with the club

HOW TO JOIN

No booking and no fee — just arrive a few minutes early and look for the group. Wear warm, comfy clothes, dress for the cold, and bring a friend.

#WinterWalkers · Starts Tuesday 30 June, 5:15pm

Meet opposite Flamingo Shopping Centre, cnr Valley Road & Queens Street, Modderfontein
Nedbank Running Club CG · Programme runs 30 June – 29 August · Everyone welcome

Kudos Corner

Comrades Marathon 2026 Results



56474	Lucky MOHALE	06:09:49
15487	Promise Masivuye MSITSHANA	06:35:50
32110	Jeannie HENDERSON	06:59:20
42668	Ernest DLAMINI	07:08:02
55292	Ilse MARAIS	07:13:23
17006	Warren RALPH	07:13:23
30126	Pieter SWANEPOEL	07:18:36
35090	Boipelo OREKENG	07:23:41
50461	Lu REN	07:28:22
17716	Lesiba Ruben SETUMU	07:34:03
52580	Fikile POSWA	07:43:32
13176	Goodsherpard NKOSI	07:47:07
34271	Justin SHER	07:55:33
59052	Isabella DICKS	08:08:38
11021	Darryn MILES	08:17:51
31303	Dillon HAVERLY	08:17:51
52404	Noreen RAUTENBACH	08:17:52
44022	Dean DODD	08:25:53
33651	Sipho MATSIMBI	08:29:13
42591	John ZAMA	08:31:31
42055	Sifiso NQUMAKHWE	08:34:15
44516	Andrew LUCAS	08:39:17
21681	Daniel DE SOUSA	08:52:38
29703	Tebogo MALATSE	08:57:43
38384	Warren GRAVER	08:59:54
55501	Richard DE KLERK	09:06:47
16717	Wandile MAZULA	09:16:59
26713	Lawrence SADIKI	09:17:32
12009	Beki NCUBE	09:21:25
32767	Monope MPHAHLELE	09:21:56
52281	Celine VAN ENTER	09:22:22

8515	Barry CLARKE	09:22:33
42392	Sapau MADUANA	09:28:14
28769	Jose BATES	09:35:52
16103	Jason TOWNSEND	09:41:04
11597	Mashane SEBESEBE	09:41:33
14536	Chelsea MULLER	09:46:32
49393	Dario MATTEUCCI	09:47:27
33531	Simphiwe ZONDI	09:52:08
52279	Carey Anne WEARE	09:52:52
59210	Sibusiso TSHULUBA	09:53:54
54355	George KABINI	10:00:34
51091	Cormet KWINDA	10:05:53
28549	Amy DAVIS	10:06:16
19177	Khorommbi NEMATATANI	10:08:14
51714	Moeketsi TAU	10:09:36
15679	Olerato MORULE	10:17:02
25519	Henk TREDoux	10:18:42
40248	Kerry MATTHYSEN	10:21:24
56374	Ofhani RAPETSWANE	10:25:35
15785	Jan DE FOUW	10:27:00
52101	Monika KRAUSHAAR	10:28:59
38837	Otto KHOZA	10:29:50
59258	Farayi Blessing MANATSE	10:36:53
44082	Meg DAVEY	10:37:34
6811	Kgaume Sydney MAKGOO	10:38:02
45984	Joseph TEMBE	10:40:02
21841	Frank LEPHOTO	10:41:07
44950	Solly SELANE	10:41:37
27002	Stanley MASHAMBA	10:41:55
15804	Lunga BAKER	10:44:58

Kudos Corner



Comrades Marathon 2026 Results

26095	Busisiwe NKOSI	10:46:27
42418	John MATHWASA	10:49:14
52491	Bongani MLOTSHWA	10:51:47
12961	Stephen MURWIRA	10:52:14
29068	Nothando MFEKA	10:53:56
30431	Nkululeko MTHIMKULU	10:54:00
55584	Michael WESKAMP	10:54:13
26073	Innocentia KGAPHOLA	10:55:03
48470	Uriel GOCHIN	10:57:00
31120	Elekanyani TSHISIKULE	10:59:18
53260	Gigi VORLAUFER	11:00:45
19199	Langelihle MDLULI	11:03:53
50730	Christos THEOLOGIDES	11:08:41
9042	Bongani VILAKAZI	11:08:47
27020	Sibusiso LIQHUDE	11:10:29
10871	Deepak RANCHOD	11:11:18
27521	Lotha KEKANA	11:13:30
43978	Riana ROSSOUW	11:13:38
9516	Ramapane Seth MOSEHLA	11:17:20
31827	Rabelani MUDAU	11:21:46
9086	Kelly ALEXANDER	11:24:26
42338	David SCHLEBUSCH	11:26:16
42337	Diane SCHLEBUSCH	11:26:16
56441	Karl Azong MOKOM	11:31:25
14451	Tshepo PITSE	11:31:57
8053	Oupa Ismael LESIE	11:37:59
54052	Bhekuyise BUTHELEZI	11:42:32
21080	Ntovheleleni Godfrey NETSHITUNI	11:43:22
37319	Thabo SERE	11:44:34

10599	Lindokuhle MPANZA	11:44:39
44290	Simon ZWANE	11:44:54
24215	Theo SWANEPOEL	11:45:16
22249	David MOLELE	11:47:24
35646	Sivanathan THEVAN	11:48:35
21109	Gustav TERRY	11:50:25
53072	Joseph CHIKWAIKWAI	11:51:13
12872	Unathi KILDASE	11:51:44
37807	Garistan FRENCH	11:55:15
14008	Tshidiso MOKHOTHU	11:55:22
26712	Mulatedzi NNDWAMBI	11:55:56
26848	Donovan WALLER	11:56:42
26707	Stephanie WALLER	11:56:43



Comrades Marathon Medals

Gold: Top 10 Men & Women overall.



Wally Hayward: Men's 11th position to sub 6:00:00.



Isavel Roche-Kelly: Women's 11th position to sub 7:00:00.



Silver: Men 6:00:00 to 7:29:59 | Women 7:00:00 to 7:29:59.



Bill Rowan: 7:30:00 to 8:59:59.



Robert Mtshali: 9:00:00 to 9:59:59.



Bronze: 10:00:00 to 10:59:59.



Vic Clapham: 11:00:00 to 11:59:59.

Kudos Corner



2

1

3

Dieter Zermatten



**ICE QUEEN TRAIL RUN:
WINNER - 50KM EVENT**

Estee Kotze



**SPAR WOMEN'S CHALLENGE
DURBAN:
10KM PB - SUB 40 MINUTES**

Kevin Lister & Carl Strydom



**HYROX - OPEN MEN'S
DOUBLES:
8TH IN AGE CATEGORY**

Justine Watterson



**WEEKLY TIME TRIAL:
CONSISTENT ATTENDANCE &
IMPROVEMENT**

Mpilo Mhlongo



**WEEKLY TIME TRIAL:
CONSISTENT ATTENDANCE &
IMPROVEMENT**

Kai Hattingh



**SPAR WOMEN'S CHALLENGE
DURBAN:
4TH JUNIOR- 10KM RACE**

Have you got something to brag about? Want to celebrate a fellow athlete?

Whether it's running your first race or finishing on a podium, we'd love to **SHOUT OUT** your - our your friends' - victories in our newsletter.

Please note:

- Submissions are exclusive to Nedbank CG members (full membership and social membership).
- You must provide a clear photograph of the athlete at the event in question.
- Your submission must be accompanied by a link to official results (Strava or official event timers) where your claim can be verified.
- Submissions made before the 25th of the month will be included in that month's newsletter. Any later submissions will be included the following month.

*Click here
to submit
your brag!*



**COME RUN
WITH US.**



Join Nedbank Central Gauteng by either clicking
the below link or scanning the QR code NOW:
www.nedbankrunningclub.co.za

Scan HERE

**One Club
Two Venues**

*Modderfontein
& Sandton*

**Make the most of your membership by joining our weekly runs at both venues,
or either, at your convenience!**

**1 CLUB
2 VENUES** **SANDTON**
WEEKLY SCHEDULE

WEDNESDAY

Weekly time trial

Poplar on Park, Sandton - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



THURSDAY

Hill/Speed sessions

Poplar on Park, Sandton - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



SUNDAY

Weekend long run

Poplar on Park, Sandton - 06:30

Routes, venues & distances shared on WhatsApp group
the Friday before.
Meet at 06:15 for registration & briefing.
Run starts at 06:30



STRAVA ROUTES:

TAP TO OPEN

3KM

5KM

8KM



TAP TO OPEN

**JOIN OUR
SOCIALS TO
KEEP UP WITH
UPDATES**

**1 CLUB
2 VENUES** **MODDERFONTEIN**
WEEKLY SCHEDULE

TUESDAY

Weekly time trial

Flamingo Shopping Centre - 17:15

Meet in the adjacent parking area for registration
& briefing.
Run starts at 17:30



THURSDAY

Hill/Speed sessions

Bossa Modderfontein parking - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



SATURDAY

Weekend long run

Modderfontein and surrounds - 06:30

Routes, venues & distances shared on WhatsApp group
the Friday before.
Meet at 06:15 for registration & briefing.
Run starts at 06:30



STRAVA ROUTES:

TAP TO OPEN

4KM

5KM

8KM



TAP TO OPEN

**JOIN OUR
SOCIALS TO
KEEP UP WITH
UPDATES**

Thank you to our sponsors!



THIRSTI



Get your Membership for 2026!

It's that time again, Green Team — let's gear up for another epic year of running, racing and representing our amazing club with pride!



NEW

Family Discount:

Sign up two or more members from the same household and get **10% off** your total fees!

2026 Membership Fees:		Benefits
Full Membership:	R600	✓ ASA License – your official license to race throughout 2026. ✓ Discounted entry to all club events ✓ Gazebo access at selected races ✓ Coach led Hills / Speed Training on Thursdays ✓ Group Training runs on Saturdays ✓ Incredible club support and team spirit – you'll never run alone in green!
Nedbank Employee Membership:	R550	
Juniors (Under 20 yrs):	R350	
Seniors (Over 60 yrs):	R350	
Social Members:	R365	✓ Same as above except no ASA License! <i>Please note that you will need to purchase a temporary license at each race and may not run in Nedbank kit</i>

SIGN UP

How to Renew or Join:

1. Download and complete the [ASA 2026 Licence Form](#)
2. Make payment according to your membership category
3. Email your completed form and proof of payment (use your name as the reference) to: info@nedbankrunningclubcg.co.za

Click here for the *2026 Race Calendar*



Upcoming Gazebos at races

July, Sunday 12th

- Rockies Gerald Fox Memorial Race | 21.1km | 10km | 5km

July, Sunday 26th

- Randburg Harriers Challenge | 21.1km | 10km | 5km

Please click here if you are keen to host a Gazebo

like
& follow



<https://www.facebook.com/Nedbank-Running-Club-Central-Gauteng-Johannesburg-and-Soweto-150279161653752>



<https://www.instagram.com/nedbankrunningcg/>

We Are **HIRING**



GAZEBO HOST

Are you a reliable, organized, and enthusiastic individual with a passion for supporting runners?

Our running club is seeking a dedicated Gazebo Host to be a vital part of our race day experience, ensuring our runners feel supported from start to finish.

To apply, please contact
Patrick Moore

+27 82 629 7904



[Click here for the full job description.](#)

Please click here
if you are keen
to assist with
time-keeping

MNHW Donations

Reminder: Support MNHW at Time Trials

Please remember to donate towards the incredible Modderfontein Neighbourhood Watch (MNHW) representatives who keep us safe at our weekly Time Trial events.

How to donate:

- Cash: Look out for the MNHW donation box at Time Trials.
- Card: Tap & go with the YOCO machine available at every TT.
- EFT: Transfer into the club account using 'MNHW' as your reference.



Every contribution—big or small—helps us give back to the team that looks after us week after week. Let's show our appreciation and keep their good work going!

Thank You!

Captain's Report

The Art of the Absolute Halt: Master the Recovery



We've engineered the ultimate training engine right here on the Highveld, and we've deployed the ultimate roadside support crew to get us across the finish line. Now comes the toughest phase of the trilogy for any Nedbank Running Club Central Gauteng athlete: **the absolute halt.**

Whether you have just crossed the line at the Comrades Marathon, conquered a gruelling local seasonal goal, or been sidelined by an unexpected injury, you are suddenly facing the active person's greatest nightmare: forced rest. For a runner, resting feels like going backward. But true athletic mastery means realizing that you don't build muscle or speed while running—you build them while recovering.

Here is how to navigate the mental and physical landscape of recovery, protect your sanity, and return to the road stronger than ever before.

1. Protecting Your Sanity: The Mental Shift

When you are used to the endorphin rush of pounding the pavement through Modderfontein or Riverclub, a sudden drop-in activity can feel like a dark cloud has rolled over your mental health.

Defeating the 'Identity Crisis':

Injured or deep in post-marathon (ULTRA) rest, many runners lose their minds, because they tie their entire identity to the act of running.

- **You are still an athlete:**

An athlete isn't just someone who runs; it's someone who manages their body with precision. Right now, your training plan consists of sleep, nutrition, and stillness. Execute it with the same discipline you use for interval sessions.

- **Channel the focus:**

Use your newfound morning hours to dive into things you usually neglect. Study race strategies, read up on sports psychology, review your training logs from the past season, or volunteer at a local parkrun. Staying connected to the running community keeps your spirits high without putting stress on your joints.



2. Accelerating the Physical Healing: Science-Backed Strategies

To get the 'Highveld Edge' back as quickly as possible, you need to active-proof your recovery. Resting, unfortunately, doesn't mean lying on the couch, eating junk, for two weeks. It means optimizing the healing process.

The Repair Kit: Diet & Tissue Reconstruction:

Your body needs high-quality raw materials to patch up micro-tears in muscle tissue or heal tendon strain.

- **Protein is non-negotiable:**

Even when you aren't running, your body needs a steady stream of amino acids to rebuild. Focus on lean meats, eggs, dairy, or plant-based proteins, distributed throughout the day.

- **Collagen & Vitamin C:**

If you are dealing with joint or tendon issues, taking a high-quality collagen supplement paired with vitamin C can significantly accelerate soft-tissue repair.

- **Anti-inflammatory Fuel:**

Load up on colourful berries, leafy greens, and omega-3 fatty acids (like salmon or flaxseeds) to naturally damp down the systemic inflammation caused by heavy racing.

- **Soul Food:**

You have done the hard work by running an challenging distance (or running yourself into injury), so a beer or glass of wine should feel guilt free. Enjoy 1 - or maybe 2 - but don't over do it. Some junk *occasionally* will not hurt, just make it the expectation, not the norm. Everything in moderation - even moderation.



Blood Flow is King:

Total immobility actually delays recovery because stagnant muscles don't get fresh, oxygenated blood

- **Active Recovery:**

If you are resting post-race, gentle walking (a great opportunity to join the Winter Walkers - See page 5!) or easy swimming keeps the blood circulating, which flushes out metabolic waste.

- **Compression & Elevation:**

Rely on compression socks, and spend 15 minutes a day lying on the floor with your legs elevated up against a wall. This uses gravity to drain pooled fluid out of your lower limbs and return it to your circulatory system.

3. The Comeback Blueprint: Returning Stronger

The biggest mistake runners make is trying to pick up exactly where they left off. Coming back properly requires a structured, phased approach.

The Reset Phase: Weeks 1-2

Zero running. Focus purely on deep sleep (8+ hours), light stretching, and letting systemic inflammation subside completely.



The Reset Phase: Weeks 3-4

Introduce functional strength training. Focus on fixing the muscle imbalances that cause injuries—strengthen your glutes, activate your calves, and bulletproof your core. This turns your body into a more efficient ‘crane’ capable of handling high loads later.



The Test Walk/Run: Week 5

Begin with a walk-run strategy. For example: alternate 2 minutes of easy jogging with 1 minute of walking for a total of 20 minutes. If there is zero pain during or 24 hours after, you are cleared to progress.



Gradual Base Rebuilding: Ongoing

Increase your total weekly mileage by no more than 10% per week. Keep all runs strictly easy—leave the hard tempo sessions and hill repetitions alone until your structural base is fully restored

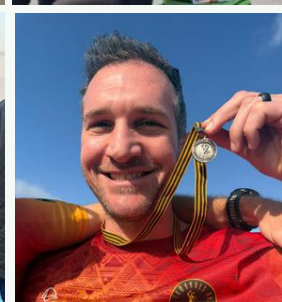
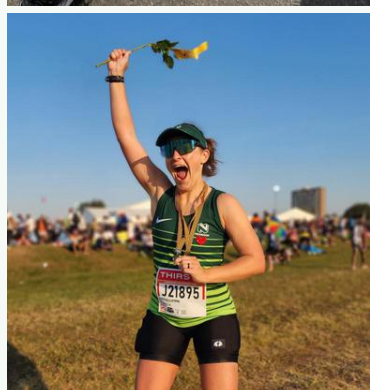
Every legendary performance requires an equally legendary period of stillness. Respect the rest, feed the machine, and protect your mind.

The Green Team doesn't just run hard; we recover smart. Take a breath, let the body heal, and we will see you back on the Jo'burg roads—stronger, wiser, and faster than ever before.

Run relentlessly. rest responsibly. return renewed!



Seen...
... Somewhere between
Durban &
Pietermaritzburg!





Seen in Green

