



BIOGEN FUELS
**TEAM
NEDBANK
SUCCESS AT
COMRADES**

ONE YEAR ON AND ONE POSITION BETTER. BUT THAT'S ONLY HALF THE STORY FOR ADELE BROODRYK'S CONTINUED RISE TO THE TOP OF THE ULTRA-RUNNING WORLD.

After a standout debut at the 2022 Comrades marathon, where Adele secured a credible third place and was the first South African female athlete across the line, she went one better in 2023.

RECORD-BREAKING PERFORMANCES

While one step up on the podium is an outstanding result, her performance on a day that saw all records tumble was even more impressive.

*For the first time in the race's history, two women finished under six hours when Adele crossed the line in a time of **05:56:26**, behind winner Gerda Steyn.* Adele's time put her a mere two minutes off Frith van der Merwe's 5:54:43 record set in 1989 (Steyn broke the record on the day, finishing in a time of 05:44:54).

NEW TEAM, NEW APPROACH

Running in the iconic green colours of **Nedbank Running Club** in 2023, Adele credits the support she receives from the management team as a key factor in her success.

"The Nedbank team is well-established and has been in the running game for years. I realised that I needed to

find a place where I wasn't pressured and would get the support I needed to get to the next level, and Nedbank Running Club offered this stability," explains Adele.

Adele also values the fact that the Nedbank team gives support to their runners across every distance.

"That was a major attraction for me. I am very happy with my move to the Nedbank team, which has provided everything I need throughout my preparation, from my training camp in Dullstroom through to race day."

COACHING CONSISTENCY

Despite changing teams, Adele has remained with her trusted coach, **Lindsey Parry**, who she started with in June 2022 before Comrades last year.

"With only three months together before the race, we were happy with the result. Since then, we have made good progress over the last year, which definitely

showed on race day."

Adele attributes much of her performance improvement to Lindsey's experience, expertise and insights.

"We also make a formidable team as we are both sports scientists. He has so much experience with previous gold medal athletes and is the official Comrades coach. His scientific approach resonates with me as I understand why he structures my plan the way he does. I really enjoy him as a coach."

As a sports scientist, Adele can also articulate feedback in a



ADELE 05:56:26

manner that enables Lindsey to make precise adjustments to her training. Her more comprehensive training approach included targeted strength training, with a focus on eccentric loading, and core stabilisation work. **Two weeks prior to Comrades, Adele also went to Dullstroom for a high-altitude training camp.**

LESS IS MORE

A key feature of her training plan with Lindsey is a less-is-more approach. *"In 2022, Comrades was my 18th race for the year. I raced less this year, and when I entered a race, I used it as a training run that I executed according to a pacing plan."*

Adele explains that she focused on a specific aspect of Comrades during her preparation races. For example, at the **Om Die Dam 50km** race this year, which she won in 2022 in near-record time, she focused on her nutrition rather than aiming to defend her title.

"While I won again, I was nine minutes slower than the previous year as my goal was different. I actually felt sick during the race so I changed my fuelling strategy for Comrades, which worked perfectly."

ADELE'S RACE DAY BIOGEN SUPPLEMENT STACK:



FUELLED FOR SUCCESS

As the nutrition partner to the Nedbank running team, Adele used Biogen supplements to fuel her training and races in 2023.

"Biogen Carbogen has been an exceptional addition to my fuelling strategy. It helps boost my carb intake without bloating or that heavy feeling on race day," says Adele.

Before speed sessions or hill training, Adele drinks **Biogen Amino Power+**, with **Biogen CytoGen** during training.

"I alternate between Biogen CytoGen and Biogen Carbogen on long runs, with Biogen Recovergen after two hours on the road and after all my runs."

For Comrades, Adele settled on a combination of liquid feeds in the early and middle portions of the race, with **Biogen Energy Gels** towards the end.

"I alternated between Biogen CytoGen, Biogen Recovergen and Biogen Carbogen, with my fourth bottle containing water with a Biogen Electrolyte tab. I repeated this cycle three times – 12 bottles in total. I also drank Biogen Amino Power+ at the start and another serving at 50km."

In terms of her nutrition, Adele changed her carb sources, opting to replace bread and other refined products like **pasta with complex whole food and gluten-free options like bulgar wheat.**

"I also increased my protein intake during higher load training blocks, using Biogen Plant Based Protein in smoothies, protein pancakes or mixed with ice-cream for dessert to ensure I recovered properly."

SHOE SELECTION

During Two Oceans, where Adele finished 8th, she experimented with new shoes as Nedbank has a partnership with **Nike.**

"I ran in the Nike Vaporfly but felt they were too hard. Based on my experience, I switched to the Alphafly 1s for Comrades. They were the perfect shoe for me because they did not aggravate my Morton's neuroma, which affects the bottom of my foot in narrower shoes."

5:13:58

TETE

MARGINAL GAINS

Her approach sparked some controversy though, as many industry commentators viewed her efforts at early-season races as an indication that her form was off.

"I knew when entering the races that I wasn't going all out and I was expecting people to comment. But I was 100% focused on Comrades and was very happy with how these events helped me prepare for my A race," explains Adele.

Her approach paid off in the end as she took nearly 30 minutes off her previous down run time.

"Having dissected my approach from last year, we were more strategic in our preparations for the 2023 race."

Another important factor was her consistency in training. *"I didn't get sick once throughout the build-up, which meant I didn't take any time off."*

Adele says a proactive approach to support her immune system and recovery between training sessions was a major factor

ADELE'S DAILY BIOGEN VITAMIN & MINERAL REGIMEN:



in this regard, with **Biogen Platinum** supplements playing a key role.

In the end, it was all of the small elements—like consistent scientifically-planned training, the right shoes, a better fuelling strategy and better overall recovery due to less racing—that delivered the marginal gains that resulted in such a big improvement in 2023.

Her success also earned her financial rewards, with Adele taking home R250,000 in prize money for second place and a R125,000 incentive bonus from Nick Bester Sport and Nedbank Running Club for her Comrades performance.

Adele has now set her sights on a fast marathon to improve her current personal best time before starting her preparations for her third Comrades in 2024. She is also waiting to hear if she is included in the team for the **50km World Championships in November**.

"I am looking forward to next year and really hope the third time is the charm for me, especially if it is another down run."



TETE DOES THE DOUBLE

After his breakthrough win in 2022, Tete Dijana went away and applied his now legendary work ethic to his training to come back stronger and faster than ever.

With his first full training cycle under Nedbank team coach Dave Adams, Tete delivered his best race performance to date to break the Comrades Down Run record, crossing the line in 5:13:58 in a thrilling sprint finish.

FINE-TUNING A WINNING RECIPE

Tete says that he didn't change much from the approach that earned him the win in 2022. *"I followed a similar training plan as last year, the only difference was that I had a full year to prepare under coach Adams."*

This build included a world, continental and South African record at the Nedbank Runified

Breaking Barriers 50km race in Nelson Mandela Bay in February. Dijana crossed the line in 2:39:03 after going through the marathon mark in a blistering 2:12:37, which was a new PB for him.

"I got injured after the Runified 50km race, so lost three weeks of training. I felt under pressure as I fell behind the guys in the training group, who did more long runs than me," admits Tete.

"But I think the conditioning I developed for the world record attempt carried me through and I was able to build on that to arrive at Comrades in my best shape ever."

Tete says the three weeks in the high altitude training camp was a key component in his success on race day.

THE NUTRITIONAL EDGE

Tete also added more protein to his diet, with **Biogen Iso-Whey** a more regular inclusion to speed up his recovery from the injury.

"Biogen supplements helped me a lot during my training and on race day," says Tete.

Tete refined his fuelling approach developed for the 2022 race but kept his strategy structured around **Biogen Carbogen** and **Biogen Cytogen** drinks during training and racing.

"I drink Biogen Carbogen before races and training, and alternate between Carbogen and Cytogen every 10km on long runs and at races. I use Biogen Energy Gels in between my liquid feeds."

Tete typically has a **Biogen Energy Oats** bar after training and a **Biogen Iso-Whey Protein** shake to support muscle recovery.

"I also had a protein drink at halfway during Comrades this year to help limit muscle damage on the down run. I think that helped my ability to finish faster than I did last year."



TETE'S SUPPLEMENT PLAN:

LIFE-CHANGING PERFORMANCE

Tete's record-breaking win was life-changing for this security guard from the North West. He earned **R500,000** for the win, an extra **R200,000** as the first South African athlete, and a **R500,000** bonus for breaking the record – *double what he won in prize money in 2022.*

Tete also received a bonus incentive for his Comrades performance, with Nick Bester Sport and the Nedbank Running Club adding R250,000 to his race-day earnings, on top of the R360,000 per year he receives from Nedbank.

Tete is busy preparing for the Sanlam Cape Town marathon in October, where he plans to run a personal best. Based on his result, Tete may look to make the team for the 2024 Olympics in Paris to compete in the marathon. **LF**



TETE'S WEEKLY TRAINING SCHEDULE:

- MONDAY:** Easy recovery run
- TUESDAY:** Track (morning) and easy run (afternoon)
- WEDNESDAY:** Tempo long run (morning) and easy run (afternoon)
- THURSDAY:** Track (morning) and easy run (afternoon)
- FRIDAY:** Hill session (morning) and easy run (afternoon)
- SATURDAY:** Speed work or tempo session (morning) and easy run (afternoon)
- SUNDAY:** Long run (morning) and easy run (afternoon)