



## Running towards greatness

### Description

**Bongwiwe Ncube, General Manager: Group Financial Reporting, showed her persistence and determination when she completed the New York Marathon recently.**

The New York Marathon is one of the six Abbott World Major Marathons. The others are run in Boston, Berlin, Chicago, London and Tokyo. It attracts about 50 000 runners ranging from the elite to the super social with no running experience, and is the last World Major Marathon that's run each year. It's a great way to end the running calendar on a high note, which is exactly what Bongwiwe did.





What route does the marathon follow?

It starts at Staten Island and finishes in Central Park in Manhattan, after passing through five boroughs: Staten Island, Brooklyn, Queens, The Bronx and Manhattan.

**How were you selected to be part of this?**

I wasn't selected, I signed up for a running package through Penthouse Travel Sporting Tours and got a guaranteed entry to run the marathon. Through a survey I completed as part of the marathon entry, I was selected to parade for South Africa at the TCS New York City Marathon Opening Ceremony.

**How did you get ready for this marathon – was there a special training routine or diet involved?**

My running programme comprised of four days of running per week – two days during the week (Tuesdays and Thursdays) and back-to-back long distance runs on Saturdays and Sundays. The runs vary from 20km to 35km depending on the upcoming races or the training load required per the stage of the marathon preparation.

**Strength training** – I trained with a personal trainer twice a week (Mondays and Wednesdays) to build strength and ensure that my overall body was well conditioned to go the distance.

**Wattbike Interval sessions** – On Fridays I did Wattbike Intervals. The aim of these sessions is to condition the legs for uphill and downhill training.

**Nutrition is key** – I followed a strict daily balanced eating plan incorporating three portions of starch, six portions of protein, unlimited vegetables and at least two litres of water.

**Supplements** – I took supplements daily, including vitamin C, vitamin B, vitamin D, multivitamins and zinc.

Rest, sleep and sports massages also played a vital role in the training regime, as these assist with the recovery process from the training load.

**How does completing this marathon make you feel?**

I am ecstatic – when I started running, I never thought that I would take it to the world stage, it was a weight-loss management tool for me. My dream of running the six Abbott World Major Marathons is becoming a reality. I now have my second star, as the New York City Marathon is the second major that I have run, after I successfully completed the London Marathon last year. I am so excited about the opportunities this hobby has opened for me.

**Category**

1. Our People