

Canada
ARMY
Run



Course de
L'ARMÉE
du Canada

NO ORDINARY RACE.

Presented by

BMO 



John Stanton's
ARMY RUN TRAINING GUIDE
10K TO COMPLETE

Running Room LTD.

RACE GUIDE TERMINOLOGY

Steady Run:

Steady run is a run below targeted race pace. Run at comfortable speed; if in doubt, go slow. The run is broken down into components of running and walking. Based upon the clinic, the ratio of running to walking will change.

In the 5km and 10km clinics the Running Room now use the run/walk formula (10 & 1) on all runs, which includes regular steady weekday runs. We do not encourage participants to run continuous at these levels but prefer the walk/run approach. In the Marathon and Half Marathon programs walk breaks are optional during the week but not optional on the long run (Sunday), they must be a part of the program. They are a great way to keep you consistent in your training: To develop stamina, build strength and pace judgment and improves your confidence.

LSD (Walk/Run):

Long Slow Distance runs are the cornerstone of any distance training program.

1. Take a full minute to walk for every 10 minutes of running.
2. These runs are meant to be done much slower than race pace, so don't be overly concerned with your pace.
3. To increase capillary network in your body and raise anaerobic threshold.
4. Mentally prepares you for long races.

Run/Walk:

The run is broken down into components of running and walking. Based upon the clinic the ratio of running to walking will change.

They are a great way to keep you consistent in your training.

Pace:

The pace show on the LSD (walk/run) day includes the walk time. It is walk adjusted! This program provides an upper end (slow) and bottom end (fast) pace to use as a guideline. The upper end pace is preferable as it will keep you injury free Running at the bottom end pace is a common mistake made by many runners. They try to run at the maximum pace which is an open invitation to injury.

I know of very few runners who have been injured from running too slow but loads of runners who incurred injuries by running too fast. In the early stages of the program it is very easy to run the long runs too fast, but like the marathon or half marathon the long runs require discipline and patience.

Hills:

Hill training combines the benefits of both interval and speed training. It develops strength and increases max VO₂. Hills can be run over a variety of distances and grades and can be combined with longer runs.

Hills can be run as repeats or as hilly runs. Downhill running can be used to help develop leg speed and to train for specific races containing lots of hills. Great care must be taken when designing downhill workouts, as they are significant sources of injury. 80% MHR.

Tempo:

These workouts are intended to be near the lactate threshold pace, 80% MHR.

1. They are designed to improve the lactate threshold for the athlete, in other words - to help people move faster.
2. Tempo workouts should stress the body at a specific intensity level - not more, not less. The workout should ideally take place on smooth, flat terrain under relatively calm weather conditions.
3. Tempo workouts are typically of 20-30 minute non-stop duration with a warm up and cool down added. Alternatively, tempo repeats can consist of a few shorter sets of tempo intervals with a short rest between them. In this way, tempo workouts can be increased to 30-50 minutes overall.
4. Experience has taught that optimum benefit is gained by staying within these ranges. More does not necessarily mean better and in this case, overstress and even injury could be the result.

John Stanton's **ARMY RUN** TRAINING GUIDE

TRAINING SCHEDULE (RECORDED IN KILOMETERS)

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	July 9	July 10	July 11	July 12	July 13	July 14	July 15	Run/Walk: 14
	OFF	OFF	6 Steady Run	OFF	5 Steady Run	OFF	3 Steady Run	
2	July 16	July 17	July 18	July 19	July 20	July 21	July 22	Run/Walk: 21
	6 LSD Run/Walk	OFF	6 Steady Run	OFF	6 Steady Run	OFF	3 Steady Run	
3	July 23	July 24	July 25	July 26	July 27	July 28	July 29	Run/Walk: 21
	6 LSD Run/Walk	OFF	6 Steady Run	OFF	6 Steady Run	OFF	3 Steady Run	
4	July 30	July 31	August 1	August 2	August 3	August 4	August 5	Run/Walk: 26
	8 LSD Run/Walk	OFF	6 Steady Run	3 Steady Run	6 Steady Run	OFF	3 Steady Run	
5	August 6	August 7	August 8	August 9	August 10	August 11	August 12	Run/Walk: 27.5
	8 LSD Run/Walk	OFF	6 Steady Run	3 Hills (400 m hills) 2.5 km	6 Steady Run	5 Steady Run	OFF	
6	August 13	August 14	August 15	August 16	August 17	August 18	August 19	Run/Walk: 30
	10 LSD Run/Walk	OFF	6 Steady Run	4 Hills (400 m hills) 3 km	5 Steady Run	6 Steady Run	OFF	
7	August 20	August 21	August 22	August 23	August 24	August 25	August 26	Run/Walk: 33
	10 LSD Run/Walk	OFF	8 Steady Run	5 Hills (400 m hills) 4 km	5 Steady Run	OFF	6 Steady Run	
8	August 27	August 28	August 29	August 30	August 31	Sept 1	Sept 2	Run/Walk: 35
	11 LSD Run/Walk	OFF	6 Steady Run	6 Hills (400 m hills) 5 km	8 Steady Run	5 Steady Run	OFF	

TRAINING LOG

TRAINING SCHEDULE (RECORDED IN MINUTES RUN/WALK)

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
	Sept 3	Sept 4	Sept 5	Sept 6	Sept 7	Sept 8	Sept 9	
9	11 LSD Run/Walk	OFF	8 Steady Run	8 Tempo	5 Steady Run	OFF	6 Steady Run	Run/Walk: 38
	Sept 10	Sept 11	Sept 12	Sept 13	Sept 14	Sept 15	Sept 16	
10	13 LSD Run/Walk	OFF	8 Steady Run	5 Tempo	OFF	3 Race Pace	OFF	Run/Walk: 29
	Sept 17							
11	10 km Race							Run/Walk: 10

Pace Schedule

Pacing is not used here. The goal is to "complete," so adapting to the increased distance is the focus.

Run/Walk Interval and Steady Runs = 10 min Running / 1 min Walking

John Stanton's **ARMY RUN** TRAINING GUIDE

WEEK 1

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

WEEK 2

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

WEEK 3

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

TRAINING LOG

WEEK 4

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

WEEK 5

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

WEEK 6

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

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TRAINING LOG

WEEK 7

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

WEEK 8

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

WEEK 9

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

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TRAINING LOG

WEEK 10

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

TOTAL DISTANCE

WEEK 11

DATE	DISTANCE	TIME	LOCATION	COMMENTS
				e.g. Weather, hills, aches and pains, etc.

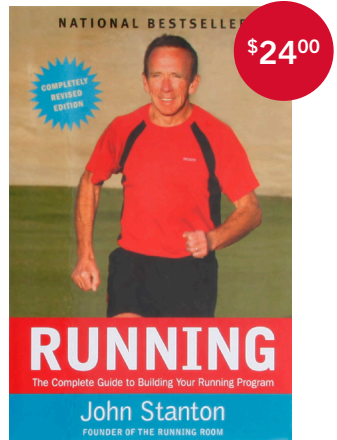
TOTAL DISTANCE

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Comprehensive training schedules and programs can be found in *Running: The Complete Guide to Building Your Running Program* By John Stanton. Available on-line or at any Ottawa Running Room location.

For information about joining one of our training programs visit any of our Ottawa store locations:



BANK STREET
901 Bank Street
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Ottawa, ON
Ph: (613) 228-3100

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www.runningroom.com/trainingprograms



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