

Canada  
**ARMY**  
Run



Course de  
**L'ARMÉE**  
du Canada

**NO ORDINARY RACE.**

Presented by



John Stanton's  
**ARMY RUN** TRAINING GUIDE  
ADVANCED HALF MARATHON PROGRAM



# 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 VO<sub>2</sub>. 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.

## **Fartlek:**

This means "Speed Play". This type of training can be a great way to break up the monotony of regular intervals.

A continuous session including changes of pace for various distances of the athlete's choosing. Short bursts at 70-80% effort, plus recovery periods to bring the heart rate down to 120 bpm. (The nature of fartlek places it in both sections, depending on how the athlete chooses to do it.)

It's purpose is to build determination and strength. Fartlek teaches a runner to run at a varied tempo instead of locking into one pace. This will make a runner stronger over a course with varying terrain, and can help a runner learn to stay with their competitors when he or she throw a surge in the middle of a race.

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

## TRAINING SCHEDULE (RECORDED IN KILOMETERS)

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	May 28 <b>OFF</b>	May 29 <b>OFF</b>	May 30 <b>OFF</b>	May 31 <b>OFF</b>	June 1 <b>OFF</b>	June 2 <b>10</b> Steady Run	June 3 <b>6</b> Steady Run	<b>16</b>
2	June 4 <b>11</b> LSD (Walk/Run)	June 5 <b>OFF</b>	June 6 <b>8</b> Tempo	June 7 <b>10</b> Tempo	June 8 <b>12</b> Steady Run	June 9 <b>13</b> Steady Run	June 10 <b>6</b> Steady Run	<b>60</b>
3	June 11 <b>13</b> LSD (Walk/Run)	June 12 <b>OFF</b>	June 13 <b>8</b> Tempo	June 14 <b>10</b> Tempo	June 15 <b>12</b> Steady Run	June 16 <b>13</b> Steady Run	June 17 <b>6</b> Steady Run	<b>62</b>
4	June 18 <b>13</b> LSD (Walk/Run)	June 19 <b>OFF</b>	June 20 <b>8</b> Tempo	June 21 <b>10</b> Tempo	June 22 <b>12</b> Steady Run	June 23 <b>13</b> Steady Run	June 24 <b>6</b> Steady Run	<b>62</b>
5	June 25 <b>16</b> LSD (Walk/Run)	June 26 <b>OFF</b>	June 27 <b>8</b> Tempo	June 28 <b>10</b> Tempo	June 29 <b>12</b> Steady Run	June 30 <b>13</b> Steady Run	July 1 <b>6</b> Steady Run	<b>65</b>
6	July 2 <b>16</b> LSD (Walk/Run)	July 3 <b>OFF</b>	July 4 <b>8</b> Tempo	July 5 <b>2.5</b> 3 x 400 Hills	July 6 <b>8</b> Steady Run	July 7 <b>13</b> Steady Run	July 8 <b>6</b> Steady Run	<b>53.5</b>
7	July 9 <b>13</b> LSD (Walk/Run)	July 10 <b>OFF</b>	July 11 <b>8</b> Tempo	July 12 <b>3</b> 4 x 400 Hills	July 13 <b>8</b> Steady Run	July 14 <b>13</b> Steady Run	July 15 <b>6</b> Steady Run	<b>51</b>
8	July 16 <b>16</b> LSD (Walk/Run)	July 17 <b>OFF</b>	July 18 <b>8</b> Tempo	July 19 <b>4</b> 5 x 400 Hills	July 20 <b>8</b> Steady Run	July 21 <b>13</b> Steady Run	July 22 <b>6</b> Steady Run	<b>55</b>
9	July 23 <b>19</b> LSD (Walk/Run)	July 24 <b>OFF</b>	July 25 <b>8</b> Tempo	July 26 <b>5</b> 6 x 400 Hills	July 27 <b>8</b> Steady Run	July 28 <b>13</b> Steady Run	July 29 <b>6</b> Steady Run	<b>59</b>

# TRAINING LOG

## TRAINING SCHEDULE (RECORDED IN KILOMETERS)

10	July 30 <b>19</b> LSD (Walk/Run)	July 31 <b>OFF</b>	August 1 <b>8</b> Fartlek	August 2 <b>5.5</b> 7 x 400 Hills	August 3 <b>8</b> Steady Run	August 4 <b>13</b> Steady Run	August 5 <b>6</b> Steady Run	<b>59.5</b>
11	August 6 <b>21</b> LSD (Walk/Run)	August 7 <b>OFF</b>	August 8 <b>8</b> Fartlek	August 9 <b>6</b> 8 x 400 Hills	August 10 <b>8</b> Steady Run	August 11 <b>13</b> Steady Run	August 12 <b>6</b> Steady Run	<b>62</b>
12	August 13 <b>16</b> LSD (Walk/Run)	August 14 <b>OFF</b>	August 15 <b>8</b> Fartlek	August 16 <b>7</b> 9 x 400 Hills	August 17 <b>8</b> Steady Run	August 18 <b>13</b> Steady Run	August 19 <b>6</b> Steady Run	<b>58</b>
13	August 20 <b>22</b> LSD (Walk/Run)	August 21 <b>OFF</b>	August 22 <b>8</b> Fartlek	August 23 <b>9</b> 2 x 1.6 Speed	August 24 <b>8</b> Steady Run	August 25 <b>13</b> Steady Run	August 26 <b>6</b> Steady Run	<b>66</b>
14	August 27 <b>26</b> LSD (Walk/Run)	August 28 <b>OFF</b>	August 29 <b>8</b> Fartlek	August 30 <b>11</b> 3 x 1.6 Speed	August 31 <b>8</b> Steady Run	Sept 1 <b>13</b> Steady Run	Sept 2 <b>6</b> Steady Run	<b>72</b>
15	Sept 3 <b>16</b> LSD (Walk/Run)	Sept 4 <b>OFF</b>	Sept 5 <b>8</b> Fartlek	Sept 6 <b>12</b> 4 x 1.6 Speed	Sept 7 <b>8</b> Steady Run	Sept 8 <b>13</b> Steady Run	Sept 9 <b>6</b> Race Pace	<b>63</b>
16	Sept 10 <b>6</b> LSD (Walk/Run)	Sept 11 <b>OFF</b>	Sept 12 <b>10</b> Race Pace	Sept 13 <b>6</b> Race Pace	Sept 14 <b>OFF</b>	Sept 15 <b>OFF</b>	Sept 16 <b>3</b> Steady Run	<b>25</b>
17	Sept 17 <b>21</b> Race							<b>21</b>

### Pace Schedule

	LSD (Run/Walk)	Steady Run	Tempo/ Fartlek/Hills	Speed	Race	Walk Adjusted Race Pace
To Complete 01:30	5:02 - 5:42	5:02	4:32	3:56	4:16	4:02



# 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

**NOTES**


**NOTES**


**NOTES**


# 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

## WEEK 12

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

TOTAL DISTANCE

**NOTES**


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# TRAINING LOG

## WEEK 13

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

TOTAL DISTANCE

## WEEK 14

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

TOTAL DISTANCE

## WEEK 15

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

TOTAL DISTANCE

**NOTES**


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# TRAINING LOG

## WEEK 16

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

TOTAL DISTANCE

## WEEK 17

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

TOTAL DISTANCE

## WEEK 18

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

TOTAL DISTANCE

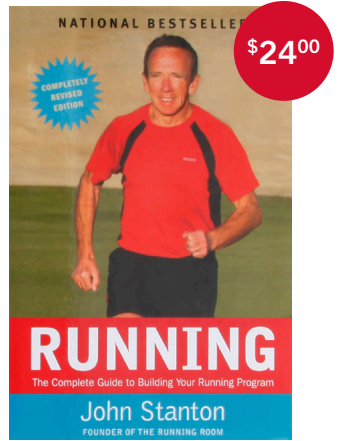
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Comprehensive training schedules and programs can be found in *Running: The Complete Guide to Building Your Running Program* By John Stanton. Available on-line or at any Ottawa Running Room location.

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



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