

Canada
ARMY
Run



Course de
L'ARMÉE
du Canada

NO ORDINARY RACE.

Presented by



John Stanton's
ARMY RUN TRAINING GUIDE
INTERMEDIATE 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 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.

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 21 OFF	May 22 OFF	May 23 OFF	May 24 3 Tempo	May 25 3 Steady Run	May 26 OFF	May 27 3 Steady Run	9
2	May 28 7 LSD (Walk/Run)	May 29 OFF	May 30 4 Tempo	May 31 3 Tempo	June 1 3 Steady Run	June 2 OFF	June 3 3 Steady Run	20
3	June 4 7 LSD (Walk/Run)	June 5 OFF	June 6 4 Tempo	June 7 3 Tempo	June 8 4 Steady Run	June 9 OFF	June 10 3 Steady Run	21
4	June 11 7 LSD (Walk/Run)	June 12 OFF	June 13 3 Tempo	June 14 4 Tempo	June 15 3 Steady Run	June 16 OFF	June 17 4 Steady Run	21
5	June 18 9 LSD (Walk/Run)	June 19 OFF	June 20 4 Tempo	June 21 4 Tempo	June 22 3 Steady Run	June 23 OFF	June 24 3 Steady Run	23
6	June 25 9 LSD (Walk/Run)	June 26 OFF	June 27 5 Tempo	June 28 3 Tempo	June 29 4 Steady Run	June 30 OFF	July 1 3 Steady Run	24
7	July 2 10 LSD (Walk/Run)	July 3 OFF	July 4 4 Tempo	July 5 2.5 3 x 400 Hills	July 6 5 Steady Run	July 7 OFF	July 8 3 Steady Run	24.5
8	July 9 10 LSD (Walk/Run)	July 10 OFF	July 11 4 Tempo	July 12 3 4 x 400 Hills	July 13 5 Steady Run	July 14 OFF	July 15 4 Steady Run	26
9	July 16 12 LSD (Walk/Run)	July 17 OFF	July 18 4 Tempo	July 19 4 5 x 400 Hills	July 20 6 Steady Run	July 21 OFF	July 22 4 Steady Run	30
10	July 23 14 LSD (Walk/Run)	July 24 OFF	July 25 4 Fartlek	July 26 5 6 x 400 Hills	July 27 6 Steady Run	July 28 OFF	July 29 5 Steady Run	34

TRAINING LOG

TRAINING SCHEDULE (RECORDED IN KILOMETERS)

11	July 30 16 LSD (Walk/Run)	July 31 OFF	August 1 5 Fartlek	August 2 5.5 7 x 400 Hills	August 3 7 Steady Run	August 4 OFF	August 5 5 Steady Run	38.5
12	August 6 16 LSD (Walk/Run)	August 7 OFF	August 8 5 Fartlek	August 9 6 8 x 400 Hills	August 10 7 Steady Run	August 11 OFF	August 12 6 Steady Run	40
13	August 13 12 LSD (Walk/Run)	August 14 OFF	August 15 5 Fartlek	August 16 7 9 x 400 Hills	August 17 8 Steady Run	August 18 OFF	August 19 6 Steady Run	38
14	August 20 18 LSD (Walk/Run)	August 21 OFF	August 22 6 Fartlek	August 23 9 2 x 1.6 Speed	August 24 8 Steady Run	August 25 OFF	August 26 6 Steady Run	47
15	August 27 18 LSD (Walk/Run)	August 28 OFF	August 29 6 Fartlek	August 30 11 3 x 1.6 Speed	August 31 8 Steady Run	Sept 1 OFF	Sept 2 6 Steady Run	49
16	Sept 3 20 LSD (Walk/Run)	Sept 4 OFF	Sept 5 6 Fartlek	Sept 6 12 4 x 1.6 Speed	Sept 7 8 Steady Run	Sept 8 OFF	Sept 9 6 Race Pace	52
17	Sept 10 6 LSD (Walk/Run)	Sept 11 OFF	Sept 12 10 Race Pace	Sept 13 6 Race Pace	Sept 14 OFF	Sept 15 OFF	Sept 16 3 Steady Run	25
18	Sept 17 21 Race							21

Pace Schedule	LSD (Run/Walk)	Steady Run	Tempo/ Fartlek / Hills	Speed	Race	Walk Adjusted Race Pace
To Complete 01:40	5:33 - 6:15	5:33	5:00	4:21	4:44	4:29
To Complete 01:50	6:04 - 6:50	6:04	5:27	4:45	5:13	4:57
To Complete 02:00	6:34 - 7:23	6:34	5:55	5:10	5:41	5:27

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

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

NOTES

NOTES

NOTES

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

NOTES

NOTES

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

NOTES

NOTES

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

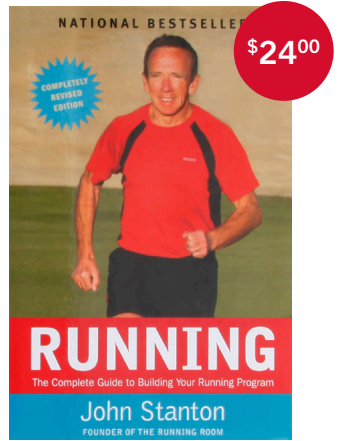
NOTES

NOTES

NOTES

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
Ottawa, ON
Ph: (613) 233-5617

MERIVALE
1518 Merivale Rd.
City View Plaza
Ottawa, ON
Ph: (613) 228-3100

SLATER
160 Slater Street
Ottawa, ON
Ph: (613) 233-5165

WESTBORO
418 Richmond Rd.
City View Plaza
Ottawa, ON
Ph: (613) 728-9081

Or online at:

www.runningroom.com/trainingprograms



\$10 OFF

with a purchase of \$50 or more



This coupon entitles the bearer to a \$10 discount off everything with a purchase of \$50 or more excluding nutritional products, races or training programs. Valid at all Running Room locations. Only one coupon per participant. Non-transferrable. Non-redeemable for cash value. Cannot be used in conjunction with any other discounts. Good for one purchase only. Cannot be used for previous purchases. Coupon expires October 31, 2017.

	NAME
	ADDRESS
	E-MAIL

I consent to receiving emails and other electronic communications from the Running Room, including announcements, event information or promotional offers which we think would be of interest to you. (You can withdraw your consent at any time). Yes No

Privacy Policy - Running Room Canada Inc. is committed to respecting the personal privacy of our customers. All personal information held or collected by Running Room Canada Inc. is protected. If you have any questions about the protection of your personal information, please contact us at: mailprivacy@runningroom.com or by postal mail to Running Room Canada Inc., 9750 - 47 Avenue, Edmonton, Alberta, Canada, T6E 5P3. To view our privacy policy visit web site: www.runningroom.com.