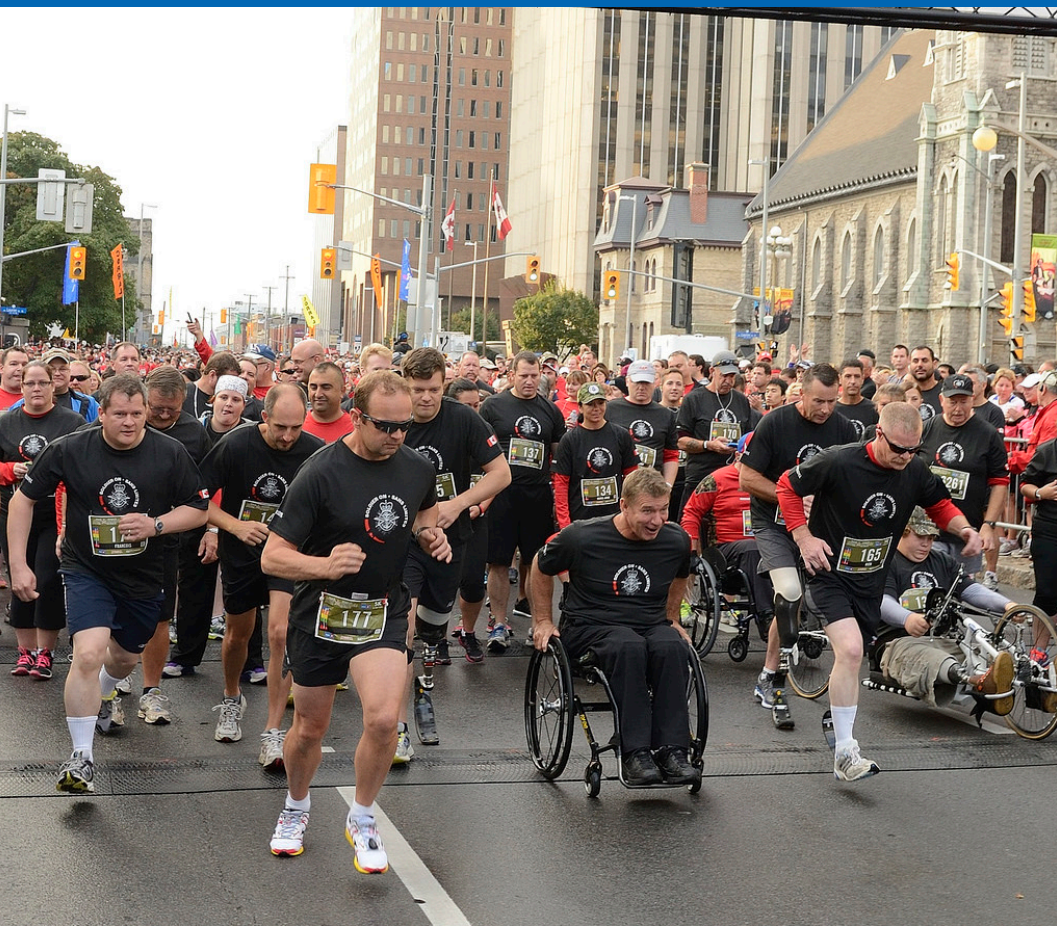
Canada ARMY Run
Course de L'ARMÉE du Canada
NO ORDINARY RACE.

Presented by BMO



John Stanton's ARMY RUN TRAINING GUIDE

5K CONDITIONING PROGRAM

Running Room LTD.

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 slowly, but loads of runners who incurred injures 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.

"Practice your sense of pace by slowing the long runs down you will recover faster and remain injury free"

- John Stanton

TRAINING SCHEDULE (RECORDED IN MINUTES RUN/WALK)

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	July 9 Run/Walk: **0:25**	July 10 **OFF**	July 11 **OFF**	July 12 Run/Walk: **0:25**	July 13 **OFF**	July 14 Run/Walk: **0:25**	July 15 **OFF**	Run/Walk: **1:15**
2	July 16 Run/Walk: **0:25**	July 17 **OFF**	July 18 **OFF**	July 19 Run/Walk: **0:25**	July 20 **OFF**	July 21 Run/Walk: **0:25**	July 22 **OFF**	Run/Walk: **1:15**
3	July 23 Run/Walk: **0:23**	July 24 **OFF**	July 25 **OFF**	July 26 Run/Walk: **0:23**	July 27 **OFF**	July 28 Run/Walk: **0:23**	July 29 **OFF**	Run/Walk: **1:09**
4	July 30 Run/Walk: **0:23**	July 31 **OFF**	August 1 **OFF**	August 2 Run/Walk: **0:23**	August 3 **OFF**	August 4 Run/Walk: **0:23**	August 5 **OFF**	Run/Walk: **1:09**
5	August 6 Run/Walk: **0:26**	August 7 **OFF**	August 8 **OFF**	August 9 Run/Walk: **0:26**	August 10 **OFF**	August 11 Run/Walk: **0:26**	August 12 **OFF**	Run/Walk: **1:18**
6	August 13 Run/Walk: **0:28**	August 14 **OFF**	August 15 **OFF**	August 16 Run/Walk: **0:28**	August 17 **OFF**	August 18 Run/Walk: **0:28**	August 19 **OFF**	Run/Walk: **1:24**
7	August 20 Run/Walk: **0:29**	August 21 **OFF**	August 22 **OFF**	August 23 Run/Walk: **0:29**	August 24 **OFF**	August 25 Run/Walk: **0:29**	August 26 **OFF**	Run/Walk: **1:27**
8	August 27 Run/Walk: **0:30**	August 28 **OFF**	August 29 **OFF**	August 30 Run/Walk: **0:30**	August 31 **OFF**	Sept 1 Run/Walk: **0:30**	Sept 2 **OFF**	Run/Walk: **1:30**

TRAINING LOG

TRAINING SCHEDULE (RECORDED IN MINUTES RUN/WALK)

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
9	Sept 3 Run/Walk: **0:32**	Sept 4 **OFF**	Sept 5 **OFF**	Sept 6 Run/Walk: **0:32**	Sept 7 **OFF**	Sept 8 Run/Walk: **0:32**	Sept 9 **OFF**	Run/Walk: **1:36**
10	Sept 10 Run/Walk: **0:23**	Sept 11 **OFF**	Sept 12 Run/Walk: **0:34**	Sept 13 Run/Walk: **0:34**	Sept 14 **OFF**	Sept 15 Run/Walk: **0:34**	Sept 16 **OFF**	Run/Walk: **2:05**
11	Sept 17 Run/Walk: **0:40**							Run/Walk: **0:40**

Pace Schedule	LSD (Run/Walk)	Steady Run	Tempo / Fartlek / Hills	Speed	Race	Walk Adjusted Race Pace
To Complete 00:40	*9:39 - 10:43*	*9:39*	*8:46*	*7:44*	*8:00*	*7:50*

Don’t worry about pace or distance as the goal is to increase the interval of time running/walking.

Week 1 Repeats: walk 1 min, run 5 min, x4 sets, plus walk 1 min = 25 mins
Week 2 Repeats: walk 1 min, run 7 min, x3 sets, plus walk 1 min = 25 mins
Week 3 Repeats: walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
Week 4 Repeats: walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
Week 5 Repeats: walk 1 min, run 10 min, x2 sets, walk 1 min, run 2 min, plus walk 1 min = 26 mins
Week 6 Repeats: walk 1 min, run 10 min, x2 sets, walk 1 min, run 4 min, plus walk 1 min = 28 mins
Week 7 Repeats: walk 1 min, run 10 min, x2 sets, walk 1 min, run 5 min, plus walk 1 min = 29 mins
Week 8 Repeats: walk 1 min, run 10 min, x2 sets, walk 1 min, run 6 min, plus walk 1 min = 30 mins
Week 9 Repeats: walk 1 min, run 10 min, x2 sets, walk 1 min, run 8 min, plus walk 1 min = 32 mins
Week 10 Repeats: walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins
Week 11 Repeats: walk 1min/run 10 min

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		

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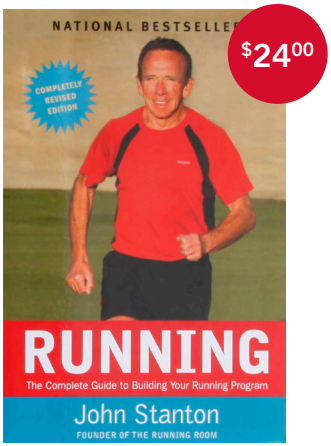
Comprehensive training schedules and programs can be found in *Running: The Complete Guide to Building Your Running Program* By John Stanton. Available on-line or at any Ottawa Running Room location.

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



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