

Canada
ARMY
Run



Course de
L'ARMÉE
du Canada

NO ORDINARY RACE.

Presented by

BMO 



John Stanton's
ARMY RUN TRAINING GUIDE
THE COMMANDER'S CHALLENGE

 **Running Room** LTD. 

RACE GUIDE TERMINOLOGY

Hills: Hills are a distance of 600m. Distance for the day is calculated as the approximate distance covered up and down the hill. Now, you will no doubt have to run to the hill and back from the hill unless of course you drive to the hill. You will need to add your total warm-up and warm-down distance to the totals noted on the training schedule. I recommend a distance of 3 km both ways to ensure adequate warm-up and recovery because hills put a lot of stress on the body. Hills are run at tempo pace (80% maximum heart rate) and must include a heart rate recovery to 120 bpm at the bottom of each hill repeat.

Tempo: These workouts are intended to be near the lactate threshold pace, 80% MHR. They are designed to improve the lactate threshold for the athlete, in other words - to help people move faster. 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. 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. 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.

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.)

Purpose: 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.

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.

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.

Race Pace: To train the body to run at exactly the pace and intensity that will be required during the target race. When the body and mind adapt to this pace during training, the actual race seems to require less effort and stress, at least in the early miles! To train the body to tolerate increasing levels of lactic acid.

Walk Adjusted Race Pace: How do we arrive at a Walk Adjusted race pace? When you are walking, you are moving slower than your average run pace. When you are running, you are moving faster than your average walk pace. The walk adjusted race pace factors in the variation in walking and running speed. The challenge is knowing the average speed of your walking pace. We have devised a formula to calculate moderate walk pace, which allows us to determine the exact splits including running and walking pace. The effect of this calculation is that the run pace is faster per kilometer faster than the average race pace. However when calculated with your walk pace you will end up with your target race pace.

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

TRAINING SCHEDULE (RECORDED IN KILOMETERS)

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
	May 21	May 22	May 23	May 24	May 25	May 26	May 27	
1	8 LSD (Run/Walk)	OFF	5 Tempo	8 Steady Run	5 Steady Run	OFF	5 Steady Run	31
	May 28	May 29	May 30	May 31	June 1	June 2	June 3	
2	8 LSD (Run/Walk)	OFF	5 Tempo	8 Steady Run	5 Steady Run	OFF	5 Steady Run	31
	June 4	June 5	June 6	June 7	June 8	June 9	June 10	
3	10 LSD (Run/Walk)	OFF	5 Tempo	5 Hills	6 Steady Run	OFF	5 Steady Run	31
	June 11	June 12	June 13	June 14	June 15	June 16	June 17	
4	10 LSD (Run/Walk)	OFF	5 Tempo	6 5 x 600 Hills	6 Steady Run	OFF	5 Steady Run	32
	June 18	June 19	June 20	June 21	June 22	June 23	June 24	
5	12 LSD (Run/Walk)	OFF	5 Tempo	7 6 x 600 Hills	6 Steady Run	OFF	5 Steady Run	35
	June 25	June 26	June 27	June 28	June 29	June 30	July 1	
6	12 LSD (Run/Walk)	OFF	5 Tempo	8.5 7 x 600 Hills	6 Steady Run	OFF	5 Steady Run	36.5
	July 2	July 3	July 4	July 5	July 6	July 7	July 8	
7	14 LSD (Run/Walk)	OFF	5 Tempo	9.5 8 x 600 Hills	6 Steady Run	OFF	5 Steady Run	39.5
	July 9	July 10	July 11	July 12	July 13	July 14	July 15	
8	16 LSD (Run/Walk)	OFF	5 Tempo	11 9 x 600 Hills	6 Steady Run	OFF	5 Steady Run	43
	July 16	July 17	July 18	July 19	July 20	July 21	July 22	
9	18 Race Pace 5 min/km	OFF	5 Tempo	12 10 x 600 Hills	6 Steady Run	OFF	5 Steady Run	46
	July 23	July 24	July 25	July 26	July 27	July 28	July 29	
10	12 Recovery Week LSD (Run/Walk)	OFF	5 Tempo	8 2 Warm / 2 Cool Fartlek	6 Steady Run	OFF	5 Steady Run	36
	July 30	July 31	August 1	August 2	August 3	August 4	August 5	
11	20 LSD (Run/Walk)	OFF	5 Tempo	8 2 Warm / 2 Cool Fartlek	6 Steady Run	OFF	5 Steady Run	44

TRAINING LOG

TRAINING SCHEDULE (RECORDED IN KILOMETERS)

12	August 6 20 Race Pace 6 min/km	August 7 OFF	August 8 5 Tempo	August 9 8 2 Warm/2Cool Fartlek	August 10 6 Steady Run	August 11 OFF	August 12 5 Steady Run	44
13	August 13 22 LSD (Run/Walk)	August 14 OFF	August 15 5 Tempo	August 16 8 2 Warm/2Cool Fartlek	August 17 6 Steady Run	August 18 OFF	August 19 5 Steady Run	46
14	August 20 24 LSD (Run/Walk)	August 21 OFF	August 22 5 Tempo	August 23 8 2 Warm/2Cool Fartlek	August 24 6 Steady Run	August 25 OFF	August 26 5 Steady Run	48
15	August 27 26 LSD (Run/Walk)	August 28 OFF	August 29 5 Tempo	August 30 8 2 Warm/2Cool Fartlek	August 31 6 Steady Run	Sept 1 OFF	Sept 2 5 Steady Run	50
16	Sept 3 28 LSD (Run/Walk)	Sept 4 OFF	Sept 5 5 Tempo	Sept 6 6 2 Warm/2Cool Fartlek	Sept 7 4 Steady Run	Sept 8 OFF	Sept 9 14 Race Pace	57
17	Sept 10 6 LSD (Steady)	Sept 11 OFF	Sept 12 5 Tempo	Sept 13 8 Steady Run	Sept 14 OFF	Sept 15 OFF	Sept 16 3 Steady Run	22
18	Sept 17 5 Km (8:30AM) + 21.1 Km (9:30AM) Race							26.1

Pace Schedule: 5 Km	LSD (Run/Walk)	Steady Run	Tempo/ Fartlek/Hills	Speed	Race	Walk Adjusted Race Pace
30 min	7:28 - 8:22	7:28	6:45	5:54	6:00	5:49
35 min	8:34 - 9:34	8:34	7:46	6:49	7:00	6:46
40 min	9:39 - 10:43	9:39	8:46	7:44	8:00	7:50
Pace Schedule: 21.1 Km	LSD (Run/Walk)	Steady Run	Tempo/ Fartlek/Hills	Speed	Race	Walk Adjusted Race Pace
01:30	5:02 - 5:42	5:02	4:32	3:56	4:16	4:02
01:40	5:33 - 6:16	5:33	5:00	4:21	4:44	4:29
01:50	6:05 - 6:50	6:04	5:27	4:45	5:13	4:57
02:00	6:34 - 7:23	6:34	5:55	5:10	5:41	5:27
02:15	7:19 - 8:12	7:19	6:36	5:46	6:24	6:09
02:30	8:03 - 9:00	8:03	7:17	6:32	7:07	6:53
To Complete	9:29 - 10:33	9:29	8:37	7:36	8:32	8:21

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

WEEK 12

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

TOTAL DISTANCE

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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

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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

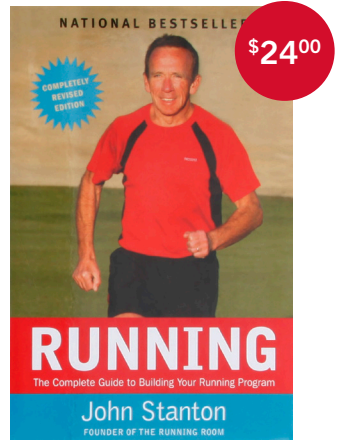
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