



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 corner-stone 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 shown 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 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.)

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

TRAINING LOG

TRAINING SCHEDULE (RECORDED IN KILOMETERS)

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

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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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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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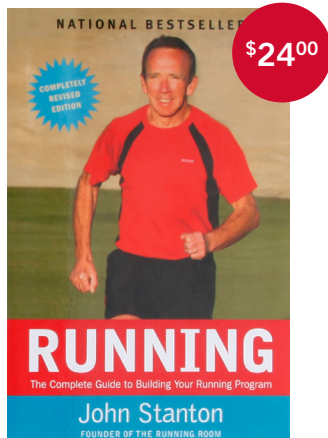
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