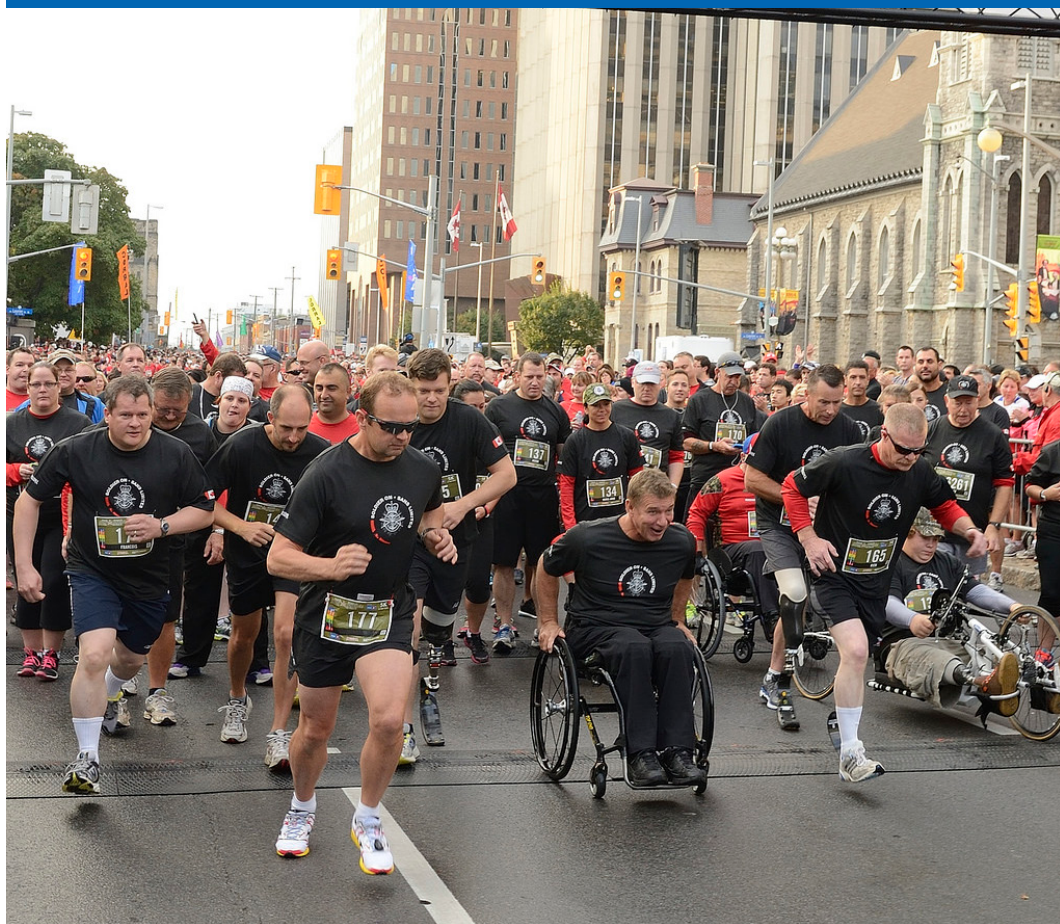




John Stanton's
ARMY RUN TRAINING GUIDE
5K CONDITIONING PROGRAM

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 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.

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

- John Stanton

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

TRAINING SCHEDULE (RECORDED IN MINUTES RUN/WALK)

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

TRAINING LOG

TRAINING SCHEDULE (RECORDED IN MINUTES RUN/WALK)

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

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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

[illegible]

	TOTAL DISTANCE
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WEEK 5

[illegible]

	TOTAL DISTANCE
--	----------------

WEEK 6

[illegible]

	TOTAL DISTANCE
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John Stanton’s **ARMY RUN** TRAINING GUIDE

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TRAINING LOG

WEEK 7

[illegible]

	TOTAL DISTANCE
--	----------------

WEEK 8

[illegible]

	TOTAL DISTANCE
--	----------------

WEEK 9

[illegible]

	TOTAL DISTANCE
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TRAINING LOG

WEEK 10

[illegible]

	TOTAL DISTANCE
--	----------------

WEEK 11

[illegible]

	TOTAL DISTANCE
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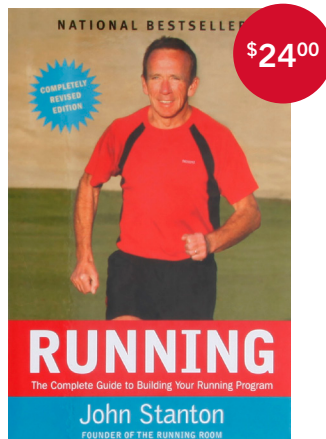
John Stanton’s **ARMY RUN** TRAINING GUIDE

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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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Ph: (613) 228-3100

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Ottawa, ON
Ph: (613) 233-5165

WESTBORO
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www.runningroom.com/trainingprograms



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