

5K Training: 5km Advanced Conditioning Program

(Recorded in Kilometers)

Calgary Marathon, May 28, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Mar 19 0:23 LSD (Walk/Run)	Mar 20 OFF	Mar 21 OFF	Mar 22 0:23 Run / Walk	Mar 23 OFF	Mar 24 0:23 Run / Walk	Mar 25 OFF	1:09
2	Mar 26 0:23 LSD (Walk/Run)	Mar 27 OFF	Mar 28 OFF	Mar 29 0:23 Run / Walk	Mar 30 OFF	Mar 31 0:23 Run / Walk	Apr 1 OFF	1:09
3	Apr 2 0:29 LSD (Walk/Run)	Apr 3 OFF	Apr 4 OFF	Apr 5 0:29 Run / Walk	Apr 6 OFF	Apr 7 0:29 Run / Walk	Apr 8 OFF	1:27
4	Apr 9 0:36 LSD (Walk/Run)	Apr 10 OFF	Apr 11 OFF	Apr 12 0:36 Run / Walk	Apr 13 OFF	Apr 14 0:36 Run / Walk	Apr 15 OFF	1:48
5	Apr 16 0:32 LSD (Walk/Run)	Apr 17 OFF	Apr 18 OFF	Apr 19 0:32 Run / Walk	Apr 20 OFF	Apr 21 0:32 Run / Walk	Apr 22 OFF	1:36
6	Apr 23 0:34 LSD (Walk/Run)	Apr 24 OFF	Apr 25 0:34 Run / Walk	Apr 26 0:23 Run / Walk	Apr 27 OFF	Apr 28 0:34 Run / Walk	Apr 29 OFF	2:05
7	Apr 30 0:34 LSD (Walk/Run)	May 1 OFF	May 2 0:34 Run / Walk	May 3 0:23 Run / Walk	May 4 OFF	May 5 0:34 Run / Walk	May 6 OFF	2:05
8	May 7 0:34 LSD (Walk/Run)	May 8 OFF	May 9 0:34 Run / Walk	May 10 0:23 Run / Walk	May 11 OFF	May 12 0:34 Run / Walk	May 13 OFF	2:05
9	May 14 0:34 LSD (Walk/Run)	May 15 OFF	May 16 0:34 Run / Walk	May 17 0:29 Run / Walk	May 18 OFF	May 19 0:34 Run / Walk	May 20 OFF	2:11
10	May 21 0:23 LSD (Walk/Run)	May 22 OFF	May 23 0:34 Run / Walk	May 24 0:26 Run / Walk	May 25 OFF	May 26 0:34 Run / Walk	May 27 0:26 Run / Walk	2:23
11	May 28 0:35 Race							0:35

Pace Schedule	Long Run (LSD)	Steady Run	Tempo/ Fartlek/Hills	Speed	Race	Walk Adjusted Race Pace
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**To Complete
0:35**

8:34 - 9:34 8:34 7:46 6:49 7:00 6:46

Pace and distance are not a concern. This program goal is to increase the duration of running to walking and to slowly add in additional training days.

- **Week 1 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
- **Week 2 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
- **Week 3 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 5 min, plus walk 1 min = 29 mins
- **Week 4 Repeats:** walk 1 min, run 10 min, x3 sets, walk 1 min, run 1 min, plus walk 1 min = 36 mins
- **Week 5 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 8 min, plus walk 1 min = 32 mins
- **Week 6 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 7 Repeats:** walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins
- **Week 8 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 9 Repeats:** walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins
walk 1 min, run 10 min, x2 sets, walk 1 min, run 5 min, plus walk 1 min = 29 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

• walk 1 min, run 10 min, x2 sets, walk 1 min, run 2 min, plus walk 1 min = 26 mins

Week 11 Repeats: walk 1 min, run 10 mins

Workout

LSD (Walk/Run)

Long Slow Distance runs are the corner-stone of any distance training program.

- Take a full minute to walk for every 10 minutes of running.
- These runs are meant to be done much slower than race pace so don't be overly concerned with your pace.
- To increase capillary network in your body and raise anaerobic threshold.
- 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 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.

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

John Stanton

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.

Race

Race Day!

This is what you have been anticipating since day #1.
Good Luck!