



5K / HALF MARATHON

BOOT CAMP - OVERVIEW

Drill Sgt Dick Hartnett's Training Program for the Canada Army Run

If you have always wanted to start a running program and didn't know where to begin, then read on:

From the outset, I want to make it clear that although this brief guide is to get runners and walkers ready for the Canadian Forces Army Run, it is designed primarily for those who want to meet their individual goals. Some of these goals will apply to those gun hoe types looking to race to a new PB; there is a plan. Then a separate program designed to assist those who will define success by their ability to finish their event.

This type of program is created to act as a guide for those entering the Canadian Forces Army Run. The training plan is designed for both events the 5 k and the ½ marathon. The plan also has a recommended training scheduled for the beginner as well as those runners who are more advanced.

As said in this column last year, everybody knows in this day and age that before pulling our old tennis shoes out for our first run in some time we should see a Doctor. So, please start by getting a check up and also check out the tips from our trusted medical advisor, Doctor Darrell Menard. This is especially so for beginners.

The next thing that you have to do is commit to your program for the duration. It's the only way to earn your stripes. It is also the only way to improve and meet your goals.

A vigorous running program is simple, but it's not easy. And I know you already know that. Life is not easy. Training for a race is work and it can become quite uncomfortable at times. But you never get anywhere in life without putting out just a little bit more. You certainly won't get to the finish line on 20 September laying flat on your back dreaming of finishing the race! So the number one rule is...ya gotta commit.

Don't expect to get fit overnight, however, your body will gradually adapt and adjust to these workouts to the point where, believe it or not, the workouts will become more enjoyable. You may even start to find you can't get through the day without doing some form of training!

Your scheduled run should be for a certain time each day. Make sure you allow enough time for changing, stretching, showering and fluid replacement. A big mistake we often make is trying to squeeze in our workout. Let's not take the risk of having our workout take second place to other activities we feel may be more pressing. Also begin your run as often as possible as close to your race start as you can. This way your body will become calloused to working at that time.

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Boot Camp Overview

In order to complete a distance race comfortably, you have to achieve an aerobic or training effect. This program is designed to accomplish this and a lot more.

When you start your workout, always ease into it. This is true for the beginners as well as the veteran runners. Make sure you start SLOWLY! And always stretch after your run – it's an important part of your workout. I usually recommend between 15 and 20 minutes of stretching as part of your cool down and this stretching should be static, ie: stretch the muscle group and hold the stretch for 15 to 20 seconds.

In this training program, time is emphasized over distance when doing your track work or fast repeats on the road if a track is not available. In the early stages of your daily training (warm up phase), it should be possible to easily carry on a conversation ensuring you are not out of breath. Your posture should remain erect with you running as tall as possible but not rigid. Your arms should be held slightly bent at the elbows and swing easily in counter point to your legs. You should ensure your fists are not clenched and your hands are partially open. Keep your head up looking forward and not down at your feet.

REMEMBER

Throughout the program, the core exercises remain important.

- Ensure stretching takes place after every workout, static stretching only.
- Monitor your diet ensuring a low fat, high carbohydrate content, moderate protein.
- Hydration – extremely important during summer months.
- From the first aid training manuals RICE for injury prevention. (Rest, Ice, Compression, Elevation)

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