


**TRAINING CALENDAR**
**5K / HALF MARATHON**
**Advanced ½ Marathon (12 Week)**

<b>Advanced</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Week 1</b>	5KE weights	6 x SH 2 km warm up stretching	5KE	Light run 6 km	3x800 @ 1500 pace with 3 min rest	Rest – static stretching	12 KE
<b>Week 2</b>	5KE weights	8 x SH 2 km warm up 2 km cool down	5KE weights	Light run 6 km	4x800 @ 1500 pace with 3 min rest	Rest – static stretching	14 KE
<b>Week 3</b>	5KE weights	10 x Hill 2 sets of 5 LH- 2 km up and 2 km down - stretch	5KE weights	Light run 8 km	5x800 @ 5000 m pace with 1 min rest	Light run 3 km	14 KE
<b>Week 4</b>	5KE weights	12x Hill 3 sets of 4 – 1 LH, 1 SH, 1 LH, 2 km up and down	5KE weights	Light run 6 km	4 x800 2 km up – 2 km down – static stretching	3 km	12 KE 3 x 200 @800m pace with 200 jog recovery
<b>Week 5</b>	5KE	12x Hill	5KE weights	8 km	6x 800 2 km up – 2 km down – static stretching	5 km	16KE 3 x 200 at 800 pace
<b>Week 6</b>	5KE weights	3x 1mile	5KE weights	8 km	6x 400 Start rule	Rest	16KE 3 x 200 @ 800 pace with 200 recovery

**BE PROUD. STAND TOGETHER. RUN WITH CANADA'S ARMY.**


## TRAINING CALENDAR – ADVANCED ½ MARATHON (12 WEEK)

<b>Advanced</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Week 7</b>	4KE weights	4 x 1mile	6KE Weights	5 km	8x 400 Start rule	3 km	18 KE 2 x 400 m @ 1500 pace with 400 jog recovery
<b>Week 8</b>	5KE	5x 1mile	5KE Weights	CT-30	10x 400 Start rule	Rest	15KE 1 x 600 @ 1500 pace
<b>Week 9</b>	5KE	2KE 2K tempo 2KE	5KE	6 km	2x 400 1x 800 2x1k 1x800 2x400	3 km	20 KE 2 x 600 @ 1500m pace with 400 jog /walk recovery
<b>Week 10</b>	5KE	2KE 3Ktemp Cool down	5KE	CT-30	2x 400 1x800 2x1k 1x800 2x 400	Rest	18KE 2 x 800 @ 5000m pace with 400 jog recovery
<b>Week 11</b>	5KE	2KE 4Ktemp 2KE	5KE	CT-30	12x 400 2 MSR	Rest	12KE
<b>Week 12</b>	5KE	200m	5KE	3KE With 6 strides	Rest	Jog 3K With few strides	RACE

### Legend

**CT** – cross train ie: walk, swim, row, bike etc

**KE** – kilometres easy, exactly that, very easy relaxed runs

**Hill repeats** – min 200 m hills

**Weights** – You should be focusing on the lower body; quads, hamstrings and a little upper body. Lower the weight with high reps 12-15

**BE PROUD. STAND TOGETHER. RUN WITH CANADA'S ARMY.**



## TRAINING CALENDAR – ADVANCED ½ MARATHON (12 WEEK)

### Important Notes:

**Hill Repeats** – recommend these be split between short hill – “SH” and long hill repeats – SH = 20-25 secs of climbing and LH = 50 secs. The hills should be steep for SH and more gradual for LH. On the SH sprint and on the LH workout run it (the hill) like you really mean it but not as a sprint.

**200’s repeats** – these suddenly show up in the final week 8 x 200 – someone may become injury prone for these as they have not done any up to this point. Recommend they be placed in early on with an explanation on how, why pace etc...Sunday following the LR is a good opportunity for this.

### Speed – Speed Endurance

Each speed endurance session must have a 2 km warm up and 2 km cool down. The pace required for the repeats is listed. The first Fri session spelt out would look like this:

2 km warm up with a few strides of anywhere from 40-80m near the end. Then a short stretching session with 3 x 800 m @ 1500m pace. This means your 800’s are to be run at whatever you currently can run for 1500m. Then 2 km cool down – stretch – water – carbohydrate ie: apple, banana etc within 15 mins.

## Phases (3)

Purpose of each phase should be clearly defined...

**Phase 1** – prep work – should already be able to run 60K plus and have a solid 12 wks training. This program is for under the age of 40yrs.

### Sunday

Sunday LSD work is perhaps the most important run in the 7 day cycle. This is where your aerobic endurance will be developed. It is extremely important to cool down near the end of the long steady distance (LSD) runs on Sunday.

Commencing the 4th week of this program you are encouraged to do some fast (not full out) repeats. These begin with 200 repeats of your pace for 800m and progress up to 2 x 800 at your 5000 m pace. These paces are your predicated pace for 800, 1500 and 5000m, they do not have to be exact.

---

**BE PROUD. STAND TOGETHER. RUN WITH CANADA’S ARMY.**

---



## TRAINING CALENDAR – ADVANCED ½ MARATHON (12 WEEK)

The rationale for these pick ups are to assist you with requiring the strength and power you will need to finish your ½ with speed. Also this type of work can assist with building your confidence. Keep in mind there will be a lot of runners doing their long runs on Sunday. However, most will head for a Sunday brunch immediately following the LSD session – be different and do the faster repeats – they will pay off.

Finally I recommend a cold bath as soon after your weekly long run as possible. How – sit in the bath – be brave and turn on the cold tap only. Let the cold water run until your hips are covered. Now sit there for 15 mins – it works. How to make it more comfortable, put a towel over your shoulders. Wear a ball cap and put XXXXXXXX toe covers on. Have a coffee and read the paper.

### Monday

Recovery run day and an opportunity for some resistance work ie: weights. Recovery is from the Sunday long steady distance run (LSD). The weights for this training are to be light utilizing lots of reps. All excess (for the most part) should be for the lower extremities. ie: hip flexes, quads, hams, calves. The key here is very light to light weight with high reps.

Monday runs should be very relaxed and light paced. There will be times especially in the latter stages of this plan where you may want to get a few middle kms in at race pace (race pace for 20 Sep). This is fine but keep the distance in control and at all times ensure there is a warm up and cool down period. Lets say you have 6 km to run total. On a day where things are going well break up the run as such - 2 km up – 2 km at predicted race pace and 2 km down.

Static stretching...

### Tuesday

This is the basic strength building day for running. On Tuesday you will progress by incorporating the major muscle groups required for developing the strength needed to run faster, longer and stronger. If you apply common sense to your Tuesday workout's you will develop a huge level of confidence. Tuesday means running hills. You can build the major muscles required for running in no better way than by following a hill routine.

Therefore, a brief explanation of short hill (SH) and long hill (LH) work sessions. Your short hills should be fairly steep while the long hill is more gradual. Never sprint these hills but run them like you mean it. The SH should take approximately 22-25 secs while the LH running can take up to 55 secs. The length of the SH is about 60-70m and the LH up to 180-190m.

This type of work is very important to your overall development. A typical workout would be as such: 2 km warm up – a few strides – some ballistic stretching then the hill run – run the hill, walk back to the start line – repeat then 2 km cool down jog.

---

**BE PROUD. STAND TOGETHER. RUN WITH CANADA'S ARMY.**

---



## TRAINING CALENDAR – ADVANCED ½ MARATHON (12 WEEK)

Comparison drills for our team during the cold winter months where outdoor hill running is impossible is treadmill repeats. A speed hill session is named 10-10-30. This equates to running on a treadmill per set at 10 MPH with an elevation level of 10 degrees for 30 secs. 10-10-30. This is a tuff session and I place it here as something to think about only.

### Friday

Note in the 6th week of your Fri sessions with change to a more demanding format. This drill is called the 2 minute start rule (2 MSR). What this w/o transfers to is running 400m in under 2 mins and starting on the next even number. Therefore if you run the 400m in 1:30 you would get a 30 sec break. Using a crono start at zero – run 400m – do not stop the watch – start your next 400 m at the 2 min mark. The next one at 4 etc..this type of running is demanding but pays huge dividends. You will require a warm up and cool down as listed above. Water – stretch – carbo's within 15 mins of the workout.

### Saturday

Saturday is a rest day on the move. Sat is a day to recover from the speed of Fri and to ensure all systems are a go for Sunday's LSD session. I like to think of Sat as a free massage – a self induced free of charge massage on the move. Sat is also a day in your program that can be used as a total rest day – if required.

---

**BE PROUD. STAND TOGETHER. RUN WITH CANADA'S ARMY.**

---

