


TRAINING CALENDAR
5K / HALF MARATHON
5 km

Beginner Phase 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	6k 4 x 100 m strides	Rest	2 km warm up – 4 x 600m – 2 min rest – 2 km cool down	8 k easy	6 k 4x 100 m strides	Rest	8 k
Week 2	6k 4 x 100m Strides	Rest	2 km up – 8 mins at pace at pace – 2 km down	8 k easy	6 k 4x 100 m strides	Rest	10 k 2 x 200m
Week 3	6k 6 x 100m Strides	Rest	SH Workout 2 km up 5 x SH 2 km down	8 k easy	6 k 6x 200 m strides	Rest	12 k 2 x 200m
Week 4	2 km up 6 x 200m 2 km down	Rest	10 x 1 min on and off (Fartlek) 2 km up and down	6 k easy	6 k 6x 100 m strides	Rest	8 k 3 x 200m
Beginner Phase 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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TRAINING CALENDAR – BEGINNER 5k (12 WEEK)

Week 5	7k 6 x 100m FAST Strides	AM 3 k	Track 3 k up and 3k down 8 x 400 m With 200 jog rest	8k with strides – 4 x 60m easy - stretch	30 min light run	Rest	12 k 6 x 200m
Week 6	7k 6 x 100m FAST Strides	AM 5 k easy pace	Track 3 x 1 k at 5k goal pace Warm up and cool down 2 km	8k with strides – 4 x 60m - stretch	30 min light run	Rest	14 k 6 x 200m
Week 7	7k 6 x 200m FAST Strides	8 km light run – easy pace	2 km warm up – 6 x LH – 2 km cool down	8 k	3 km warm up – 2 km pace run – 3 km	Rest	14 k 6 x 200m
Week 8	4k 6 x 200m FAST Strides	6 km easy paced run	3 km warm up jog - 10 x 1 min on and off (Fartlek)	6k light run with cool down strides 4- 5 x 50m	6k 6 x 200m Strides	Rest	10 k
Beginner Phase 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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TRAINING CALENDAR – BEGINNER 5k (12 WEEK)

Week 9	8k 6 x 100m Strides	AM – 5 km light run	Track 6 x 600 m 2 min rest 2 km down	8 k	Light run 20 mins then 1 x 2 km at 5k race pace	Rest	14 k 2 x 400 at 1000m pace
Week 10	8k 6 x 100m Strides	AM – 5 km light run	3 km up – 2 x SH – 4 x LH – 2 x SH – 3 km down	6 k	Light run 20 min 1 x km 1 x 2km 1 x 1 km at 5km race pace with 5 and 8	Rest	16 k 1 x 200 1 x 400 1 x 200 at your 800 pace with equal rest periods
Week 11	8k 6 x 100m Strides	Rest	Track 5 x 200 m 2 min Rest	8 k	Tempo Run 20 min 1 x 2km at 5 k race pace	Rest	10 - 12 km
Week 12	Rest	5k 3 x 200 m strides	2 x 1 k at 5 k Pace with 2 min rest Cool down 1 km	4k easy	Rest	2k easy 4 x 100 strides	Race Day!

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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. The SH can be about 40-50m in length and the LH up around 150-180m. Run these hills as tall as possible, with a high knee lift and high arm action.

200's repeats – these suddenly show up in the final week 8 x 200 – someone may become injury prone from 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. These 200's should be run fairly hard but not as all out sprints. It is best to at first do the math for your predicted 3000m and run the 200's at that pace – then gradually move the times down ie: run the 200's faster. 6 x 200 @ 3000m pace – 6 x 200 @ 2000m pace – 6 x 200 @ mile pace – 6 x 200 @ 1000m pace

Phase one

Generally speaking this is a warm up phase, an introduction of sorts where you make the commitment to train. During this phase you will have 2 rest days per week. You will be expected to run about 136 km in total. The entire phase is to be viewed as an intro and prep period for phase 2 and 3.

Notes Phase one

This is an opportunity to build consistency into your program.

Monday

light run day and 1st day of your week. You are coming off a longer run (Sun) and must go easy. The strides on Monday are to be done after the light run and are NOT SPRINTS. They are best classified as pick ups, it is a wake up call – an alert signal. The combined Sun/Mon work will pay off on race day. It is best at this stage to go into Sunday's run rested (Sat off) and run again on Monday. This will build endurance, strength and character. Tuesday will be a rest day following the combined efforts of Sun-Mon. A lot of times it is the second day that gets us down following a hard effort. Therefore you will be expected to run on Monday following Sunday longer day and rest, recover Tuesday.

Run the strides as though you mean it but not full out – no sprinting. If possible you may want to try running these barefoot. This is only recommended if you have a soft grass surface free of glass, stones etc...Bare foot running (strides) can teach you to run on your toes – up on the ball of your foot.

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Tuesday

rest day – at this stage complete rest – go for a walk – stretch – but no runs.

Wednesday

This day is used as an intro to some track work (intervals) and some hill work (short hill – SH). Each Wed you must ensure you are completely warm up before the intervals. This will be accomplished by jogging 2 km also your cool down is extremely important and should also consist of 2 km. When the training calls for 4 x 600 m on the first Wed they should be run at your 1500m pace. If you don't have a 1500m time you have to map out what you honestly believe you run for 1500m considering your goal pace for your 5 km. Once established do not attempt to go faster, just run at the pace for 600m, and then rest (walk or jog) for 2 mins – repeat. The second Wed is 8-10 mins of running at the pace you feel you can run and hold for the entire 5 km. This must be preceded by a warm up jog of 2 km and of course your cool down 2 km. The third Wed in phase 1 is the intro to the short hill workouts which are great for building strength. The last Wed of this phase 2 km warm up then 10 x 1 min burst of faster running – not 100% all out sprints followed by 1 min jogging. Then 2 km cool down.

Thursday

Light running – all easy km with a good stretching session following your run.

Friday

Here you have a choice of running the distance and then doing your intervals or running 3 km doing the intervals and then Friday off with another 3 km. My advice – mix them and you will find what suits you best. If you feel you need more endurance do the 6 km then the speed. If your endurance is fine 3 km speed – 3 km hill work.

Saturday

Same as Tues – rest.

Sunday

This is your long day to ensure you develop the endurance and strength to not only go the distance on race day but to nail your goal. Many out there will not want to do the repeats following their run but it is extremely important. It is important that you finish your race strong. You want to be coming into that finish at full throttle and this work immediately following your Sun run will provide you with confidence to do just that.

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During each phase your weekly totals will go up safely in km for 3 weeks and drop in the 4th week. This is designed to ensure you are progressing and given a down week (4th) as a rest. This will allow for adaptation and prepare you for the next more difficult phases.

Phase two

Monday

Are a continuation of phase one. You can start to increase the speed of the long strides and take an equal distance or time rest (interval). If your running 100m jog 100m then repeat etc...Monday's W/O will increase for 3 weeks and drop back in the 4th week.

Tuesday

There will no longer be a requirement (your strength has been developed) to have Tues as a complete rest day. Hopefully you can get out early in the morning, close to race start time and keep the speed at bay.

Wednesday

Remains as a continuing development day consisting of what you have been doing in Phase I yet at a higher effort. Your pacing judgement will be important for your repeats at 400m, 1st week (again use your 1500m pace). However, your interval has been shortened ie: run the 400m jog 200 repeat. The 2nd Wed is 2 km as warm up and again as you cool down.

You are required to run at your 5 km race pace for 1 km three times – your interval between these repeats will be 3 mins rest. Ensure you are well warmed up. The 3rd Wed long hill work (LH) run these like you mean it but not full out – see notes on hills.

Thursday

is self explanatory – light run followed by strides 3 weeks remain steady and the 4th week is a down / rest week. Therefore the distance has been reduced slightly.

Friday

self explanatory – however the 3rd week is important and will provide a snap shot as to your development. The 2 km at pace is important and you should feel fine following the run.

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Saturday

Rest

Sunday

Continue as your long steady distance day. It remains important to run in control well past the 5 km race distance as type of work develops your confidence and allows your body to adapt to the strength, endurance and speed to perform well. Your secret weapon of faster work following the long run remains.

Phase three

This portion of your training is interesting. You must continue to train at every session all the while holding yourself back from over training. Also the final portion of this phase allows you to taper in the final 2 weeks. The first portion will have unloaded a lot of the volume while maintaining the intensity. In the phase of unloading the volume continues to drop as does the intensity. Intensity remains extremely important while tapering as you must keep just enough to keep your legs fresh and ready to go. Briefly then Phase II shapes up as such. Mondays pretty much remains the same with the expectation of the last Mon before your race which is a rest day.

It makes so much more sense to rest early in week rather than training and becoming tired and being forced to rest.

Monday's

(the first 3) remain a test as an assurance of your endurance following the longer run on Sunday.

Tuesday

first 2 are early AM (as close to race start time as possible) easy runs. The 3rd Tues is a total rest day even if you believe you do not need it. (start of taper). The Tues before your race is a total of 5 km including 3 x 200m run in control with 200 m jog walk interval.

Wednesday

a bit of a shake up here mainly on the second week which is your final hill training session. During this workout you will do 3 km up and 3 km down with 3 sessions of hills as such 2 x SH – 4 x LH and 2 more SH. All of these hills are with a walk return to start. The final Wed is important with 1 km warm up and 1

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km cool down. The workout is 2 x 1 km at your 5 km race pace with 2 mins rest between. Be careful and stay in control.

Thursday

are all easy relaxed runs with 8 km, 6 km and the last Thursday before your race is a very light relaxed 4 km jog/run.

Friday's

are very important in this 3rd and final phase. You will be expected to keep control of your timed runs. These kms' both 1 and 2 kms must be run at your predicted race pace. Stay in control and do not over run ie: faster pace than what you 100% know you will do on race day. The final Fri is a rest day.

Saturday

is rest day, except for the last one. The Sat before race is a good opportunity to go out and basically do a warm up. Try to get this workout in at race time. It really is just an extended warm up with a few strides. This will serve you well, much better than taking the day off.

Sunday

remains your long run day with same fast repeats. On the 3rd Sunday, (Sun before race) the volume has been reduced to a max of 10 – 12 km. Lots of rest following your Sunday workout.

20 Sept 2009 = PB 5 km – GUARANTEED

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