



TRAINING CALENDAR

5K / HALF MARATHON

Beginner ½ Marathon (12 Week)

Beginner	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 1	CT – 30	5 KE	Jog 30 min	5 KE	CT- 30	Rest	8 KE
Week 2	CT – 30	5 KE	Jog 30 min	6 KE	CT – 30	Rest	10 KE
Week 3	CT – 30	6 KE	Jog 30 min	6 KE	CT - 30	Rest	10 KE
Week 4	CT – 30	6 KE	Jog 30 min	7 KE	CT – 30	Rest	11 KE
Week 5	CT – 30	1 KE Warm-up 4 x Hill (sh) 1 KE Cool-down	3 KE	8 KE	CT – 30	Rest	12 KE
Week 6	CT – 30	1 KE Warm-up 5 x Hill (lh) 1 KE Cool-down	5 KE	8 KE	CT – 30	Rest	13 KE
Week 7	CT – 30	1 KE Warm-up 6 x Hill (sh) 1 KE Cool-down	3 KE	9 KE	5 KE then 4 x 200m at 1500 pace	Rest	14 KE
Week 8	CT – 30	1 KE Warm-up 3 x 1 km 1 KE Cool-down Km s run at pace	3 KE	9 KE	5 KE then 2 x 200m w/ 200 jog 2 x 400m w/200 jog 2 x 200m w/200 jog all at 1500m pace	Rest	16 KE
Week 9	CT – 30	1 KE Warm-up 4 x 1 km 1 KE Cool-down	3 KE	6 KE	1 KE Warm-up 1 x 800m 1 x 1 k 1 x 800 1 KE Cool- down At 5000m pace	Rest	17 KE

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TRAINING CALENDAR – BEGINNER ½ MARATHON (12 WEEK)

Beginner	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 10	CT – 30	2 KE Warm-up 3 KE tempo 2 KE Cool-down	3 KE	6 KE	1 KE Warm-up 1 x 800, 2 x 1 km, 1 x 800 1 KE Cool-down All at 1500m pace with a 3 min rest interval	Rest	18 KE
Week 11	CT – 30	1 KE Warm-up 3 x 1 k 1 KE Cool-down	3 KE	7 KE	1 KE Warm-up 4-6 x 400m 1 KE Cool- Down	Rest	10 KE
Week 12	CT – 30	8 KE	3 KE	3 KE with 6 Strides of 50 – 60m Strides not sprints	Rest	Jog 3 KE with a few strides 6 x 50m	Race

Legend

CT – cross train i.e.: walk, swim, row, bike etc. Use these days as active recovery days.

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

Tempo Run – The tempo runs should be run at race day pace.

Strides –

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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.

Once this program gets started even though everyday is important Tues, Fri and Sun will take on a significant roll in your development. It is important to keep the Tues Fri sessions under control and to run the repeats at the assigned predicted pace for the given distance.

You are encouraged to ensure you keep your body well hydrated and full it with complex carbohydrates. A few suggestions, which may assist with your training:

- Run your long Sun runs at race start time to have the body adjust to going at this time
- Rest in the early afternoon on Sun by taking a nap of about 40-45 mins
- Stretch before bed as this helps you to have a more relaxed sleep
- It often helps to take a walk in the early evening as soon as you finish dinner
- Continue to drink lots of water
- Stretching- before and after every run. Many believe it is more important to stretch after your run
- Many believe it is very important to eat carbohydrates within 15 mins of completing you workout

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