



**TRAINING CALENDAR**

**5K / HALF MARATHON**

**Advanced 5 km**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	5 k	1 k Warm-up 2 min at pace 1 min slow 15 min 1 k Cool-down	CT	5 k	Rest	10 km light run
Week 2	3 km	5 km as such – 2 km then 3 x 200m @ 800 pace with 200 jog 2 km down	1 k Warm-up 2 min at pace 1 min slow 15 min 1 k Cool-down	CT	5 k	Rest	12 km light run

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## TRAINING CALENDAR – ADVANCED 5k (12 WEEK)

Week 3	5 km	8 km as such: 4 km light run 1 x 100 @ 400 pace with 100 jog 6 x 200 @ 800 pace with 200 jog 1 x 100 @ 200 pace then 4 km. Start the 4 km as a jog then build up – 2 km cool down	2 k Warm-up 2 min at pace 1 min slow 18 min 1 k Cool-down	CT	5 k	Rest	14 km very light run with 3 x 200 following the run at 800 pace with 200 jog
Week 4	3 km	2 km up 6 x 300m at 1500m pace 2 km with 100m jog then 2 km cool down	8 km	6 km	2 km up and down – 2 x 600 @ 1500m pace with 400 jog 3 x 100 FAST with 100 jog	Rest	10 km – 4 x 100 with 100 jog at 800 pace

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## TRAINING CALENDAR – ADVANCED 5k (12 WEEK)

Week 5	5 km as such – 2 km up and 2 km down – 3 x 50 sec hill jog return	2 km up and down – 1 x 400 @ 1000 pace – 400 jog – 6 x 200 @ 800 pace with 200 jog	8 km – 2 x LH and 2 x SH	5 km	2 km up and 2 km down 2 x 1000m at target race pace with 2 mins rest between the repeats	Rest	14 km – 3 x 300 m at 1000m pace with 200 jog
Week 6	6 km 2 km up – 3 x 600 @ 1500m pace with 200 jog then 2 km down	2 km up – 3 x 600 m at 500m pace with 3 min rest	5 km with 3 x short hill	5 km very easy jog	2 km up and 2 km down as per week 5 but 3 x 1000m	Rest	16 km

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## TRAINING CALENDAR – ADVANCED 5k (12 WEEK)

Week 7	AM 3 km PM 3 km With 3 x SH on the PM run	2 km – 1 x 2 00 @ 800 pace with 200 jog -4 x 800 in 2 sets of 2 @ 1500 pace with 400 jog then 1 x 200 @ 2 km down	8 km with 2 LH and 2 SH	AM – 3 km PM – 3 km	Solid race type warm up – 1 x 2000m timed run – 2 km cool down	3 km light jog	10 km
Week 8	3 km	2 km up – 2 x 200 @ 800 pace with 200 jog – 4 x 800 @ 1500 pace with 400 jog – 2 x 200 @ 800 pace with 200 jog – 2 km down	8 km	5 km	2 km up – 1 x 800m at 1500 pace with 2 min rest 1 x 2km at pace with 2 min rest 1 x 800m at 1500 pace 2 km down	Rest	12 km 6 x 100m with 100 walk/jog

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## TRAINING CALENDAR – ADVANCED 5k (12 WEEK)

Week 9	4 k	2 km up – 1 x 200 jog – 3 x 400 @ 800 pace with 200 jog – 2 x 800 @ 1500 pace with 400 jog – 1 x 400 just faster than the front 3 with 200 jog – 2 km down	8 km with 3 LH	6 km	2 km up and 2 km down 1 x 1 km @ race pace with 2 min rest 1 x 2 km @ race pace with 4 min rest 3 x 200 @ 800 with 200 jog	Rest	16 km with 4 x 200 with 100 jog
Week 10	4 km	2 km up 3 x 200 2 x 400 1 x 600 2 x 400 3 x 200 2 km down	5 km with 6 x 60m as fast strides	5 km	2 km up 2 x 2km @ 5 km pace with 800 jog/wal k	Rest	18 km 2 x 200 with 200 jog 2 x 100 with 200 jog

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## TRAINING CALENDAR – ADVANCED 5k (12 WEEK)

Week 11	4 k with 2 LH and 2 SH	Rest	6 km light run	5 km	5 km total to include 6 x 200 @ 400 pace with 100m rest – cool down	Rest	10 km – 6 x 60m strides not sprints
Week 12	5 k with 3 x 200 @800 pace	Rest	8 km light run Very light controlled pace just relax and work on your race plan – mentally see yourself finishing strong in full control and meeting your target.	3 km 1 km up – 1km pace – 1 km down	Rest	Light run – 2 -3 km max with some light strides	Race

### 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 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.

### Notes

#### Monday

Always a rest day in that you run but easy and with a few hills at times as listed.

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## TRAINING CALENDAR – ADVANCED 5k (12 WEEK)

### Tuesday, some Mondays and Friday

The goal of these days is to get some work on the legs. These runs should start slow, then move to a moderate talk pace after 5 min.

### Wednesday

Like Monday, Wednesday is a light easy paced run and at times some hills. Wednesday unlike Monday will for the most part be medium run days. Monday will average at least 4 km and more to 6km whereas Wednesday will average 8 km. These are medium run days that compliment your Sunday endurance run.

### Thursday

Thursday will average 5-6 km and are fun days. On Thursday you can run until you are feeling loose and relaxed. Then open up the pace and hold it for a while. This is a form of fartlek and must be judged individually. You can go off and on for 1 min – 2 mins or 500m or 800m even a km. It doesn't matter just have fun and develop a sense for some pace work which you feel you can hold for 5km. What does matter is that you do not go overboard by too fast for too long – always ensure time and distance for your cool down.

### Saturday

Same as Monday – rest but total rest until week 12. In week 12 you have 2 rest days but I recommend a warm up jog on Sat with a few strides. This will loosen up the body as prep work for the 20th.

### 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. It is important that you finish your race strong and train so you will have the energy to do so. Do these runs at talk test pace. Following your longer Sunday runs you may want to take a cold bath/soak for 15 mins. See notes on this at the ½ marathon training program. It works to rapidly rid the body of any inflammation or lactic acid build up.

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