

5K Training: 5km Advanced Conditioning Program

(Recorded in Kilometers)

Blue Nose Marathon, May 20, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Mar 12 OFF	Mar 13 OFF	Mar 14 OFF	Mar 15 OFF	Mar 16 OFF	Mar 17 OFF	Mar 18 0:23 LSD (Walk/Run)	0:23
2	Mar 19 OFF	Mar 20 OFF	Mar 21 0:23 Run / Walk	Mar 22 OFF	Mar 23 0:23 Run / Walk	Mar 24 OFF	Mar 25 0:23 LSD (Walk/Run)	1:09
3	Mar 26 OFF	Mar 27 OFF	Mar 28 0:23 Run / Walk	Mar 29 OFF	Mar 30 0:23 Run / Walk	Mar 31 OFF	Apr 1 0:29 LSD (Walk/Run)	1:15
4	Apr 2 OFF	Apr 3 OFF	Apr 4 0:29 Run / Walk	Apr 5 OFF	Apr 6 0:29 Run / Walk	Apr 7 OFF	Apr 8 0:36 LSD (Walk/Run)	1:34
5	Apr 9 OFF	Apr 10 OFF	Apr 11 0:36 Run / Walk	Apr 12 OFF	Apr 13 0:36 Run / Walk	Apr 14 OFF	Apr 15 0:32 LSD (Walk/Run)	1:44
6	Apr 16 OFF	Apr 17 OFF	Apr 18 0:32 Run / Walk	Apr 19 OFF	Apr 20 0:32 Run / Walk	Apr 21 OFF	Apr 22 0:34 LSD (Walk/Run)	1:38
7	Apr 23 OFF	Apr 24 0:34 Run / Walk	Apr 25 0:23 Run / Walk	Apr 26 OFF	Apr 27 0:34 Run / Walk	Apr 28 OFF	Apr 29 0:34 LSD (Walk/Run)	2:05
8	Apr 30 OFF	May 1 0:34 Run / Walk	May 2 0:23 Run / Walk	May 3 OFF	May 4 0:34 Run / Walk	May 5 OFF	May 6 0:34 LSD (Walk/Run)	2:05
9	May 7 OFF	May 8 0:34 Run / Walk	May 9 0:23 Run / Walk	May 10 OFF	May 11 0:34 Run / Walk	May 12 OFF	May 13 0:34 LSD (Walk/Run)	2:05
10	May 14 OFF	May 15 0:34 Run / Walk	May 16 0:29 Run / Walk	May 17 OFF	May 18 0:34 Run / Walk	May 19 0:26 Run / Walk	May 20 0:35 Race	2:38

Pace Schedule	Long Run (LSD)	Steady Run	Tempo/ Fartlek/Hills	Speed	Race	Walk Adjusted Race Pace
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**To Complete
0:35**

8:34 - 9:34 8:34 7:46 6:49 7:00 6:46

Pace and distance are not a concern. This program goal is to increase the duration of running to walking and to slowly add in additional training days.

- **Week 1 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
- **Week 2 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
- **Week 3 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 5 min, plus walk 1 min = 29 mins
- **Week 4 Repeats:** walk 1 min, run 10 min, x3 sets, walk 1 min, run 1 min, plus walk 1 min = 36 mins
- **Week 5 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 8 min, plus walk 1 min = 32 mins
- **Week 6 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins
- **Week 7 Repeats:** walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins
- **Week 8 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins
- **Week 9 Repeats:** walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins
walk 1 min, run 10 min, x2 sets, walk 1 min, run 5 min, plus walk 1 min = 29 mins
- **Week 10 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins
walk 1 min, run 10 min, x2 sets, walk 1 min, run 2 min, plus walk 1 min = 26 mins
- **Week 11 Repeats:** walk 1 min, run 10 mins

Workout
LSD (Walk/Run)

Run / Walk

Long Slow Distance runs are the corner-stone of any distance training program.

The run is broken down into components of running and walking. Based upon the clinic the ratio of running to walking will change. They are a great way to keep you consistent in your training.

- Take a full minute to walk for every 10 minutes of running.
- These runs are meant to be done much slower than race pace so don't be overly concerned with your pace.
- To increase capillary network in your body and raise anaerobic threshold.
- Mentally prepares you for long races.

Pace

- The pace show on the LSD (walk/run) day includes the walk time. It is walk adjusted!
- This program provides an upper end (slow) and bottom end (fast) pace to use as a guideline.
- The upper end pace is preferable as it will keep you injury free. Running at the bottom end pace is a common mistake many runners. They try to run at the maximum pace which is an open invitation to injury.
- I know of very few runners who have been injured from running too slow but loads of runners who incurred injuries by running too fast.
- In the early stages of the program it is very easy to run the long runs too fast, but like the marathon or half marathon the long runs require discipline and patience.

"Practice your sense of pace by slowing the long runs down you will recover faster and remain injury free"

John Stanton

Race

Race Day!

This is what you have been anticipating since day #1.
Good Luck!