

# 5K Training: 5km Conditioning Program

(Recorded in Kilometers)

Blue Nose Marathon, May 20, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Mar 12 <b>OFF</b>	Mar 13 <b>OFF</b>	Mar 14 <b>OFF</b>	Mar 15 <b>OFF</b>	Mar 16 <b>OFF</b>	Mar 17 <b>OFF</b>	Mar 18 Run/Walk: <b>0:25</b>	Run/Walk: 0:25
2	Mar 19 <b>OFF</b>	Mar 20 <b>OFF</b>	Mar 21 Run/Walk: <b>0:25</b>	Mar 22 <b>OFF</b>	Mar 23 Run/Walk: <b>0:25</b>	Mar 24 <b>OFF</b>	Mar 25 Run/Walk: <b>0:25</b>	Run/Walk: 1:15
3	Mar 26 <b>OFF</b>	Mar 27 <b>OFF</b>	Mar 28 Run/Walk: <b>0:25</b>	Mar 29 <b>OFF</b>	Mar 30 Run/Walk: <b>0:25</b>	Mar 31 <b>OFF</b>	Apr 1 Run/Walk: <b>0:23</b>	Run/Walk: 1:13
4	Apr 2 <b>OFF</b>	Apr 3 <b>OFF</b>	Apr 4 Run/Walk: <b>0:23</b>	Apr 5 <b>OFF</b>	Apr 6 Run/Walk: <b>0:23</b>	Apr 7 <b>OFF</b>	Apr 8 Run/Walk: <b>0:23</b>	Run/Walk: 1:09
5	Apr 9 <b>OFF</b>	Apr 10 <b>OFF</b>	Apr 11 Run/Walk: <b>0:23</b>	Apr 12 <b>OFF</b>	Apr 13 Run/Walk: <b>0:23</b>	Apr 14 <b>OFF</b>	Apr 15 Run/Walk: <b>0:26</b>	Run/Walk: 1:12
6	Apr 16 <b>OFF</b>	Apr 17 <b>OFF</b>	Apr 18 Run/Walk: <b>0:26</b>	Apr 19 <b>OFF</b>	Apr 20 Run/Walk: <b>0:26</b>	Apr 21 <b>OFF</b>	Apr 22 Run/Walk: <b>0:28</b>	Run/Walk: 1:20
7	Apr 23 <b>OFF</b>	Apr 24 <b>OFF</b>	Apr 25 Run/Walk: <b>0:28</b>	Apr 26 <b>OFF</b>	Apr 27 Run/Walk: <b>0:28</b>	Apr 28 <b>OFF</b>	Apr 29 Run/Walk: <b>0:29</b>	Run/Walk: 1:25
8	Apr 30 <b>OFF</b>	May 1 <b>OFF</b>	May 2 Run/Walk: <b>0:29</b>	May 3 <b>OFF</b>	May 4 Run/Walk: <b>0:29</b>	May 5 <b>OFF</b>	May 6 Run/Walk: <b>0:30</b>	Run/Walk: 1:28
9	May 7 <b>OFF</b>	May 8 <b>OFF</b>	May 9 Run/Walk: <b>0:30</b>	May 10 <b>OFF</b>	May 11 Run/Walk: <b>0:30</b>	May 12 <b>OFF</b>	May 13 Run/Walk: <b>0:32</b>	Run/Walk: 1:32
10	May 14 <b>OFF</b>	May 15 <b>OFF</b>	May 16 Run/Walk: <b>0:32</b>	May 17 <b>OFF</b>	May 18 Run/Walk: <b>0:34</b>	May 19 <b>OFF</b>	May 20 Run/Walk: <b>0:40</b>	Run/Walk: 1:46
<b>Pace Schedule</b>		<i>Long Run (LSD)</i>	<i>Steady Run</i>	<i>Tempo/ Fartlek/Hills</i>	<i>Speed</i>	<i>Race</i>	<i>Walk Adjusted Race Pace</i>	

**To Complete**  
**0:40**

9:39 - 10:43      9:39      8:46      7:44      8:00      7:50

Don't worry about pace or distance as the goal is to increase the interval of time running/walking.

- **Week 1 Repeats:** walk 1 min, run 5 min, x4 sets, plus walk 1 min = 25 mins
- **Week 2 Repeats:** walk 1 min, run 7 min, x3 sets, plus walk 1 min = 25 mins
- **Week 3 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
- **Week 4 Repeats:** walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins
- **Week 5 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 2 min, plus walk 1 min = 26 mins
- **Week 6 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 4 min, plus walk 1 min = 28 mins
- **Week 7 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 5 min, plus walk 1 min = 29 mins
- **Week 8 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 6 min, plus walk 1 min = 30 mins
- **Week 9 Repeats:** walk 1 min, run 10 min, x2 sets, walk 1 min, run 8 min, plus walk 1 min = 32 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
- **Week 11 Repeats:** walk 1min/run 10 min

## 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 shown 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*

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## **Race**

### **Race Day!**

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