

Marathon: 4:30 Pace

(Recorded in Kilometers)

Blue Nose Marathon, May 21, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Jan 15 10 LSD (Walk/Run)	Jan 16 OFF	Jan 17 6 Tempo	Jan 18 10 Tempo	Jan 19 6 Steady Run	Jan 20 OFF	Jan 21 6 Steady Run	38
2	Jan 22 10 LSD (Walk/Run)	Jan 23 OFF	Jan 24 6 Tempo	Jan 25 10 Tempo	Jan 26 6 Steady Run	Jan 27 OFF	Jan 28 6 Steady Run	38
3	Jan 29 13 LSD (Walk/Run)	Jan 30 OFF	Jan 31 6 Tempo	Feb 1 10 Tempo	Feb 2 8 Steady Run	Feb 3 OFF	Feb 4 6 Steady Run	43
4	Feb 5 13 LSD (Walk/Run)	Feb 6 OFF	Feb 7 6 Tempo	Feb 8 10 Tempo	Feb 9 8 Steady Run	Feb 10 OFF	Feb 11 6 Steady Run	43
5	Feb 12 16 LSD (Walk/Run)	Feb 13 OFF	Feb 14 6 Tempo	Feb 15 10 Tempo	Feb 16 8 Steady Run	Feb 17 OFF	Feb 18 6 Steady Run	46
6	Feb 19 16 LSD (Walk/Run)	Feb 20 OFF	Feb 21 6 Tempo	Feb 22 10 Tempo	Feb 23 8 Steady Run	Feb 24 OFF	Feb 25 6 Steady Run	46
7	Feb 26 19 LSD (Walk/Run)	Feb 27 OFF	Feb 28 6 Tempo	Mar 1 5 4 x 600m Hills	Mar 2 8 Steady Run	Mar 3 OFF	Mar 4 6 Steady Run	44
8	Mar 5 23 LSD (Walk/Run)	Mar 6 OFF	Mar 7 6 Tempo	Mar 8 6 5 x 600m Hills	Mar 9 8 Steady Run	Mar 10 OFF	Mar 11 6 Steady Run	49
9	Mar 12 26 LSD (Walk/Run)	Mar 13 OFF	Mar 14 6 Tempo	Mar 15 7 6 x 600m Hills	Mar 16 8 Steady Run	Mar 17 OFF	Mar 18 6 Steady Run	53
10	Mar 19 19 LSD (Walk/Run)	Mar 20 OFF	Mar 21 6 Tempo	Mar 22 8.5 7 x 600m Hills	Mar 23 8 Steady Run	Mar 24 OFF	Mar 25 6 Steady Run	47.5
11	Mar 26 29 LSD (Walk/Run)	Mar 27 OFF	Mar 28 6 Tempo	Mar 29 9.5 8 x 600m Hills	Mar 30 8 Steady Run	Mar 31 OFF	Apr 1 6 Steady Run	58.5

Pace Schedule

Long Run (LSD) *Steady Run* *Tempo/ Fartlek/Hills* *Speed* *Race* *Walk Adjusted Race Pace*

To Complete
04:30

7:08 - 8:00

7:08

6:26

5:37

6:24

6:09

Run/Walk Interval = 10 min Running/1 min Walking

Hills are a distance of 600 m

Hills

Distance for the day is calculated as the approximate distance covered up and down the hill. Now, you will no doubt have to run to the hill and back from the hill unless of course you drive to the hill. You will need to add your total warm-up and warm-down distance to the totals noted on the training schedule. I recommend a distance of 3km both ways to ensure adequate warm-up and recovery because hills put a lot of stress on the body. Hills are run at tempo pace (80% maximum heart rate) and must include a heart rate recovery to 120 bpm at the bottom of each hill repeat.

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Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
12	Apr 2 29 LSD (Walk/Run)	Apr 3 OFF	Apr 4 6 Tempo	Apr 5 11 9 x 600m Hills	Apr 6 8 Steady Run	Apr 7 OFF	Apr 8 6 Steady Run	60
13	Apr 9 32 LSD (Walk/Run)	Apr 10 OFF	Apr 11 6 Tempo	Apr 12 12 10 x 600m Hills	Apr 13 8 Steady Run	Apr 14 OFF	Apr 15 6 Steady Run	64
14	Apr 16 23 LSD (Walk/Run)	Apr 17 OFF	Apr 18 6 Tempo	Apr 19 10 Fartlek	Apr 20 8 Steady Run	Apr 21 OFF	Apr 22 6 Steady Run	53
15	Apr 23 29 LSD (Walk/Run)	Apr 24 OFF	Apr 25 6 Tempo	Apr 26 10 Fartlek	Apr 27 10 Steady Run	Apr 28 OFF	Apr 29 6 Steady Run	61
16	Apr 30 32 LSD (Walk/Run)	May 1 OFF	May 2 6 Tempo	May 3 10 Fartlek	May 4 10 Steady Run	May 5 OFF	May 6 6 Steady Run	64
17	May 7 23 LSD (Walk/Run)	May 8 OFF	May 9 6 Tempo	May 10 10 Fartlek	May 11 10 Steady Run	May 12 OFF	May 13 16 Race Pace	65
18	May 14 6 Steady Run	May 15 OFF	May 16 6 Race Pace	May 17 10 Race Pace	May 18 OFF	May 19 OFF	May 20 3 Steady Run	25
19	May 21 42 Race							42
Pace Schedule		<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 04:30		7:08 - 8:00	7:08	6:26	5:37	6:24	6:09	

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Distance for the day is calculated as the approximate distance covered up and down the hill. Now, you will no doubt have to run to the hill and back from the hill unless of course you drive to the hill. You will need to add your total warm-up and warm-down distance to the totals noted on the training schedule. I recommend a distance of 3km both ways to ensure adequate warm-up and recovery because hills put a lot of stress on the body. Hills are run at tempo pace (80% maximum heart rate) and must include a heart rate recovery to 120 bpm at the bottom of each hill repeat.

Workout

LSD (Walk/Run)

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

- 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.

Tempo

These workouts are intended to be near the lactate threshold pace, 80% MHR.

1. They are designed to improve the lactate threshold for the athlete, in other words - to help people move faster.
2. Tempo workouts should stress the body at a specific intensity level - not more, not less. The workout should ideally take place on smooth, flat terrain under relatively calm weather conditions.
3. Tempo workouts are typically of 20-30 minute non-stop duration with a warm up and cool down added. Alternatively, tempo repeats can consist of a few shorter sets of tempo intervals with a short rest between them. In this way, tempo workouts can be increased to 30-50 minutes overall.
4. Experience has taught that optimum benefit is gained by staying within these ranges. More does not necessarily mean better and in this case, overstress and even injury could be the result.

Question:

Hi John, Why do we have 2 hard days in a row for example a Tempo run scheduled for Tuesday & Wednesday and or a tempo run followed by a hill repeat day? Isn't this too much without a rest?

- 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.

Answer:

In my book Running Room's Book on Running, in all of our clinic manuals and the schedules on our website we do Tempo Runs on Tuesday & Wednesday night and then follow a Tempo Run with a Hill Repeat day later on in the program. Now this may seem like a lot but we do have a reason for this.

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

John Stanton

We build into our program periodization. (Periods of stress and rest). We at times inject a period of 'stress' into the program by having 2 back to back days of harder workouts but never more than 2 days.

Hope this answers your question, stay running stay having fun!

John Stanton

Steady Run

Steady run is a run below **targeted** race pace. Run at comfortable speed; if in doubt, go slow. The run is broken down into components of running and walking. Based upon the clinic, the ratio of running to walking will change.

In the **5km and 10km clinics** the Running Room now use the run/walk formula (10 & 1) on all runs, which includes regular steady weekday runs. We do not encourage participants to run continuous at these levels but prefer the walk/run approach. In the Marathon and Half Marathon programs walk breaks are optional during the week but not optional on the long run (Sunday), they must be a part of the program. They are a great way to keep you consistent in your training.

- To develop stamina, build strength and pace judgment.
- Improves your confidence.

Hills

Hill training combines the benefits of both interval and speed training. It develops strength and increases max VO2. Hills can be run over a variety of distances and grades and can be combined with longer runs.

- Hills can be run as repeats or as hilly runs.
- Downhill running can be used to help develop leg speed and to train for specific races containing lots of hills.
- Great care must be taken when designing downhill workouts, as they are significant sources of injury.
- 80% MHR

Question

Hi John
Why are hills scheduled for Wednesday and not other days of the week?

Answer:

In my book Running Room's Book on Running Running, in our clinic manuals and on the schedules on our website, we do hills on Wednesday. We build into our program periodization. (Periods of stress and rest). Changing the hill night would be like changing the long run, You would have to adapt the whole weeks training to build in adequate periodization to avoid the risk of injury. Hope this answers your question, stay running stay having fun!

John Stanton

Fartlek

This means "Speed Play". This type of training can be a great way to break up the monotony of regular intervals.

A continuous session including changes of pace for various distances of the athlete s choosing. Short bursts at 70-80% effort, plus recovery periods to bring the heart rate down to 120 bpm. (The nature of fartlek places it in both sections, depending on how the athlete chooses to do it.)

Purpose

To build determination and strength. Fartlek teaches a runner to run at a varied tempo instead of locking into one pace. This will make a runner stronger over a course with varying terrain, and can help a runner learn to stay with their competitors when he or she throw a surge in the middle of a race.

Race Pace

To train the body to run at exactly the pace and intensity that will be required during the target race.

- When the body and mind adapt to this pace during training, the actual race seems to require less effort and stress, at least in the early miles!
- To train the body to tolerate increasing levels of lactic acid.
- To develop stamina and pace judgment.
- Improves your confidence.

Walk Adjusted Race Pace

How do we arrive at a Walk Adjusted race pace? When you are walking, you are moving slower than your average run pace. When you are running, you are moving faster than your average walk pace. The walk adjusted race pace factors in the variation in walking and running speed.

The challenge is knowing the average speed of your walking pace. We have devised a formula to calculate moderate walk pace, which allows us to determine the exact splits including running and walking pace. The effect of this calculation is that the run pace is faster per kilometer faster than the average race pace. However when calculated with your walk pace you will end up with your target race pace.

You can go on-line at Runningroom.com and print out your Walk Adjusted pace bands for race day!

Race

Race Day!

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