

Half Marathon: To Complete Pace

(Recorded in Kilometers)

Blue Nose Marathon, May 21, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Jan 22 OFF	Jan 23 OFF	Jan 24 OFF	Jan 25 3 Steady Run	Jan 26 3 Steady Run	Jan 27 OFF	Jan 28 3 Steady Run	9
2	Jan 29 7 LSD (Walk/Run)	Jan 30 OFF	Jan 31 4 Steady Run	Feb 1 3 Steady Run	Feb 2 3 Steady Run	Feb 3 OFF	Feb 4 3 Steady Run	20
3	Feb 5 7 LSD (Walk/Run)	Feb 6 OFF	Feb 7 4 Steady Run	Feb 8 3 Steady Run	Feb 9 4 Steady Run	Feb 10 OFF	Feb 11 3 Steady Run	21
4	Feb 12 7 LSD (Walk/Run)	Feb 13 OFF	Feb 14 3 Steady Run	Feb 15 4 Steady Run	Feb 16 3 Steady Run	Feb 17 OFF	Feb 18 4 Steady Run	21
5	Feb 19 9 LSD (Walk/Run)	Feb 20 OFF	Feb 21 4 Steady Run	Feb 22 3 Steady Run	Feb 23 3 Steady Run	Feb 24 OFF	Feb 25 3 Steady Run	22
6	Feb 26 9 LSD (Walk/Run)	Feb 27 OFF	Feb 28 5 Steady Run	Mar 1 3 Steady Run	Mar 2 4 Steady Run	Mar 3 OFF	Mar 4 3 Steady Run	24
7	Mar 5 10 LSD (Walk/Run)	Mar 6 OFF	Mar 7 4 Steady Run	Mar 8 2.5 3x400m Hills	Mar 9 5 Steady Run	Mar 10 OFF	Mar 11 3 Steady Run	24.5
8	Mar 12 10 LSD (Walk/Run)	Mar 13 OFF	Mar 14 4 Steady Run	Mar 15 3 4x400m Hills	Mar 16 5 Steady Run	Mar 17 OFF	Mar 18 4 Steady Run	26
9	Mar 19 12 LSD (Walk/Run)	Mar 20 OFF	Mar 21 4 Steady Run	Mar 22 4 5x400m Hills	Mar 23 6 Steady Run	Mar 24 OFF	Mar 25 4 Steady Run	30
10	Mar 26 14 LSD (Walk/Run)	Mar 27 OFF	Mar 28 4 Steady Run	Mar 29 5 6x400m Hills	Mar 30 6 Steady Run	Mar 31 OFF	Apr 1 5 Steady Run	34
11	Apr 2 16 LSD (Walk/Run)	Apr 3 OFF	Apr 4 5 Steady Run	Apr 5 5.5 7x400m Hills	Apr 6 7 Steady Run	Apr 7 OFF	Apr 8 5 Steady Run	38.5

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>
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**To Complete
03:00**

9:29 - 10:33

9:29

8:37

7:36

8:32

8:21

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(Recorded in Kilometers)

Blue Nose Marathon, May 21, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
12	Apr 9 16 LSD (Walk/Run)	Apr 10 OFF	Apr 11 5 Steady Run	Apr 12 6 8 x 400m Hills	Apr 13 7 Steady Run	Apr 14 OFF	Apr 15 6 Steady Run	40
13	Apr 16 12 LSD (Walk/Run)	Apr 17 OFF	Apr 18 5 Steady Run	Apr 19 7 9 x 400 m Hills	Apr 20 8 Steady Run	Apr 21 OFF	Apr 22 6 Steady Run	38
14	Apr 23 18 LSD (Walk/Run)	Apr 24 OFF	Apr 25 6 Steady Run	Apr 26 6 Fartlek	Apr 27 8 Steady Run	Apr 28 OFF	Apr 29 6 Steady Run	44
15	Apr 30 18 LSD (Walk/Run)	May 1 OFF	May 2 6 Steady Run	May 3 4 Fartlek	May 4 8 Steady Run	May 5 OFF	May 6 6 Steady Run	42
16	May 7 20 LSD (Walk/Run)	May 8 OFF	May 9 6 Steady Run	May 10 4 Fartlek	May 11 8 Steady Run	May 12 OFF	May 13 6 Steady Run	44
17	May 14 6 LSD (Walk/Run)	May 15 OFF	May 16 10 Steady Run	May 17 6 Steady Run	May 18 OFF	May 19 OFF	May 20 3 Steady Run	25
18	May 21 21 Race							21

Pace Schedule	Long Run (LSD)	Steady Run	Tempo/ Fartlek/Hills	Speed	Race	Walk Adjusted Race Pace
To Complete 03:00	9:29 - 10:33	9:29	8:37	7:36	8:32	8:21

Workout

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.

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.
- 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

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*, 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

Race

Race Day!

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

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.