5K Training: 5km Conditioning Program
(Recorded in Kilometers)

Calgary Marathon, May 28, 2017

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Mar 19 Run/Walk: **0:25**	Mar 20 **OFF**	Mar 21 **OFF**	Mar 22 Run/Walk: **0:25**	Mar 23 **OFF**	Mar 24 Run/Walk: **0:25**	Mar 25 **OFF**	**Run/Walk: 1:15**
2	Mar 26 Run/Walk: **0:25**	Mar 27 **OFF**	Mar 28 **OFF**	Mar 29 Run/Walk: **0:25**	Mar 30 **OFF**	Mar 31 Run/Walk: **0:25**	Apr 1 **OFF**	**Run/Walk: 1:15**
3	Apr 2 Run/Walk: **0:23**	Apr 3 **OFF**	Apr 4 **OFF**	Apr 5 Run/Walk: **0:23**	Apr 6 **OFF**	Apr 7 Run/Walk: **0:23**	Apr 8 **OFF**	**Run/Walk: 1:09**
4	Apr 9 Run/Walk: **0:23**	Apr 10 **OFF**	Apr 11 **OFF**	Apr 12 Run/Walk: **0:23**	Apr 13 **OFF**	Apr 14 Run/Walk: **0:23**	Apr 15 **OFF**	**Run/Walk: 1:09**
5	Apr 16 Run/Walk: **0:26**	Apr 17 **OFF**	Apr 18 **OFF**	Apr 19 Run/Walk: **0:26**	Apr 20 **OFF**	Apr 21 Run/Walk: **0:26**	Apr 22 **OFF**	**Run/Walk: 1:18**
6	Apr 23 Run/Walk: **0:28**	Apr 24 **OFF**	Apr 25 **OFF**	Apr 26 Run/Walk: **0:28**	Apr 27 **OFF**	Apr 28 Run/Walk: **0:28**	Apr 29 **OFF**	**Run/Walk: 1:24**
7	Apr 30 Run/Walk: **0:29**	May 1 **OFF**	May 2 **OFF**	May 3 Run/Walk: **0:29**	May 4 **OFF**	May 5 Run/Walk: **0:29**	May 6 **OFF**	**Run/Walk: 1:27**
8	May 7 Run/Walk: **0:30**	May 8 **OFF**	May 9 **OFF**	May 10 Run/Walk: **0:30**	May 11 **OFF**	May 12 Run/Walk: **0:30**	May 13 **OFF**	**Run/Walk: 1:30**
9	May 14 Run/Walk: **0:32**	May 15 **OFF**	May 16 **OFF**	May 17 Run/Walk: **0:32**	May 18 **OFF**	May 19 Run/Walk: **0:32**	May 20 **OFF**	**Run/Walk: 1:36**
10	May 21 Run/Walk: **0:23**	May 22 **OFF**	May 23 Run/Walk: **0:34**	May 24 Run/Walk: **0:34**	May 25 **OFF**	May 26 Run/Walk: **0:34**	May 27 **OFF**	**Run/Walk: 2:05**
11	May 28 Run/Walk: **0:40**							**Run/Walk: 0:40**

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

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.

Run / Walk

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.

- 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 injures 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!