

TRAINING PLAN

— TRAIL COUREUR DES BOIS DUCHESNAY

34K

THIS 12-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 34K IN THE TRAIL DU COUREUR DES BOIS DE DUCHESNAY ON MAY 20.

PREREQUISITE: HAVING RUN A 21K IN LESS THAN 135 MINUTES WITHIN THE PAST YEAR.

| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|-------------|--|--------|-----------------------|-----------|-----------------------|--------|-----------------------|
| 12 | February 24 | 60 min continuous | | 45 min cont. | | 45 min cont. | | 45 min cont. |
| 11 | March 3 | 60 min cont. | | 45 min cont. | | 8 x (3'R + 1'W) | | 45 min cont. |
| 10 | March 10 | 75 min cont. | | 5 x (6'R + 2'W) | | 60 min cont. | | 45 min cont. |
| 9 | March 17 | 75 min cont. | | 60 min cont. | | 10 x (3'R + 1'W) | | 45 min cont. |
| 8 | March 24 | 90 min cont. | | 4 x (8'R + 2'W) | | 75 min cont. | | 45 min cont. |
| 7 | March 31 | 105 min cont. | Rest | 60 min cont. | Rest | 6 x (5'R + 2'W) | Rest | 45 min cont. |
| 6 | April 7 | 120 min cont. | | 5 x (8'R + 2'W) | | 75 min cont. TRAIL | | 45 min cont. TRAIL |
| 5 | April 14 | 120 min cont. TRAIL | | 75 min cont. TRAIL | | 8 x (5'R + 2'W) | | 45 min cont. TRAIL |
| 4 | April 21 | 135 min cont. TRAIL | | 4 x (10'R + 2'W) | | 75 min cont. TRAIL | | 45 min cont. TRAIL |
| 3 | April 28 | 120 min cont. TRAIL | | 75 min cont. TRAIL | | 6 x (5'R + 2'W) | | 45 min cont. TRAIL |
| 2 | May 5 | 105 min cont. TRAIL | | 4 x (10'R + 2'W) | | 90 min cont. TRAIL | | 45 min cont. TRAIL |
| 1 | May 12 | 90 min cont. TRAIL | | 30 min cont. TRAIL | | 4 x (5'R + 2'W) | | 30 min cont. TRAIL |
| May 20 2019 | | 34K Trail Coureur des Bois Duchesnay | | | | | | |

R = RUN W = WALK

— TRAIL COUREUR DES BOIS DUCHESNAY

HOW TO TRAIN

| SUNDAY | TUESDAY AND THURSDAY | SATURDAY |
|--|---|--|
| <p>Continuous training - long (endurance)</p> <p>Take a 1 minute walk break for every 15-20 minutes of running.</p> <p>45 minutes continuous = road 90 minutes continuous = trail</p> | <p>Interval training on the road</p> <p>Example : 5 x (6'R + 2'W) = 6 minutes of continuous fast Running followed by 2 minute of Walk, repeated 5 times.</p> <p>10 minutes of slow jog as a warm-up before your session and 5 minutes after to cool down.</p> <p>Continuous = road Continuous Trail = off-road (trail)</p> | <p>Continuous training - short</p> <p>Example : 45 minutes continuous running (faster pace than Sunday).</p> <p>Continuous = road Continuous Trail = off-road (trail)</p> |

TIPS

- Take every opportunity to run
- Don't run on a full stomach
- Avoid running when the sun is strong
- Drink before, during and after your run
- If you feel exhausted after your session, cut down your training time and/or your speed
- Vary your running routes
- Run in a group, with friends or family
- Invest in a good pair of running shoes

TEST YOUR PHYSICAL FITNESS AT OUR OTHER RUNNING EVENTS!

May 5

**DEMI —
MARATHON**
LÉVIS

This training plan is offered by Jacques Mainguy in collaboration with