

TRAINING PLAN

DÉFI ESCALIERS

FONDS de solidarité FTQ — QUÉBEC

13K

THIS 12-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 13K ON JUNE 21.

PREREQUISITE: BEING ABLE TO RUN FOR 30 TO 45 MINUTES CONTINUOUSLY BEFORE STARTING THIS PROGRAM.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
12	March 29	30 min continuous	30 min cont.	Rest	30 min cont.	30 min cont.	Rest	Rest		
11	April 5	45 min cont.	30 min cont.		45 min cont.	30 min cont.				
10	April 12	5 x (1'R + 1'W) 30 min cont. 5 x (1'R + 1'W)	5 min cont. 10' Stairs 5 min cont.		4 x (2'R + 1'W) 5 min cont. 4 x (2'R + 1'W)	5 x (1'R + 1'W) 15 min cont. 5 x (1'R + 1'W)				
9	April 19	5 x (1'R + 1'W) 30 min cont. 5 x (1'R + 1'W)			2 x (3'R + 1'W) 10 min cont. 2 x (3'R + 1'W)	5 x (1'R + 1'W) 15 min Hills 5 x (1'R + 1'W)				
8	April 26	5 x (1'R + 1'W) 30 min cont. 5 x (1'R + 1'W)	5 min cont. 10' Stairs 5 min cont.		2 x (3'R + 1'W) 10 min cont. 2 x (3'R + 1'W)	5 x (1'R + 1'W) 15 min Hills 5 x (1'R + 1'W)				
7	May 3	5 x (1'R + 1'W) 45 min cont. 5 x (1'R + 1'W)			2 x (4'R + 1'W) 15 min cont. 2 x (4'R + 1'W)	5 x (1'R + 1'W) 15 min Hills 5 x (1'R + 1'W)				
6	May 10	5 x (1'R + 1'W) 45 min cont. 5 x (1'R + 1'W)	10 min cont. 15' Stairs 5 min cont.		2 x (4'R + 1'W) 15 min cont. 2 x (4'R + 1'W)	5 x (1'R + 1'W) 15 min Hills 5 x (1'R + 1'W)			Rest	Rest
5	May 17	5 x (1'R + 1'W) 45 min cont. 5 x (1'R + 1'W)			2 x (4'R + 1'W) 15 min cont. 2 x (4'R + 1'W)	2 x (5'R + 1'W) 20 min Hills 1 x (5'R + 1'W)				
4	May 24	5 x (1'R + 1'W) 60 min cont. 5 x (1'R + 1'W)	10 min cont. 15' Stairs 5 min cont.		2 x (5'R + 1'W) 20 min cont. 2 x (5'R + 1'W)	2 x (5'R + 1'W) 20 min Hills 1 x (5'R + 1'W)				
3	May 31	5 x (1'R + 1'W) 60 min cont. 5 x (1'R + 1'W)			2 x (5'R + 1'W) 20 min cont. 2 x (5'R + 1'W)	2 x (5'R + 1'W) 25 min Hills 1 x (5'R + 1'W)				
2	June 7	5 x (1'R + 1'W) 60 min cont. 5 x (1'R + 1'W)	10 min cont. 20' Stairs 5 min cont.		2 x (6'R + 1'W) 25 min cont. 2 x (6'R + 1'W)	2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)				
1	June 14	5 x (1'R + 1'W) 45 min cont. 5 x (1'R + 1'W)			1 x (8'R + 1'W) 25 min cont. 1 x (8'R + 1'W)	5 x (1'R + 1'W) 25 min cont. 5 x (1'R + 1'W)				
June 21 2020		13K Fonds de solidarité FTQ Quebec City Staircase Challenge								

R = RUN W = WALK

HOW TO TRAIN

SUNDAY AND WEDNESDAY	MONDAY	THURSDAY
<p>Each session should be preceded and followed by the following sequence:</p> <p>5 x (1'R + 1'W) = 1 minute of continuous Running, 1 minute of Walking, repeated 5 times.</p> <p>Continuous training on flat course (slow jogging) with a 1-minute walk break for every 10 minutes of jogging, if needed.</p>	<p>Each session should be preceded and followed by 5 to 10 minutes of slow jogging on flat course.</p> <p>Next: 10 minutes in the stairs (20 to 30 steps):</p> <p>Serie 1 : walk up 2 x 2 Serie 2 : run up 2 x 2 Serie 3 : quick run up 1 x 1</p> <p>Walk down the stairs between each serie for a total of 10 minutes ascending/descending.</p>	<p>Each session should be preceded and followed by the following sequence:</p> <p>5 x (1'R + 1'W) = 1 minute of continuous Running, 1 minute of Walking, repeated 5 times.</p> <p>Next: Run slow (15 minutes uphill in loops) and pick a hill that is not too steep. You can include some walking or even a 30 second stop for each minute of climbing.</p>



- 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 3

**DEMI —
MARATHON**
LÉVIS

May 18

**— TRAIL
COUREUR
DES BOIS**
DUCHESNAY

June 7

**DESCENTE
— ROYALE**
QUÉBEC