

TRAINING PLAN

DÉFI ESCALIERS

FONDS de solidarité FTQ — QUÉBEC

19K

THIS 14-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 19K ON JUNE 21.

PREREQUISITE: BEING ABLE TO RUN FOR 60 MINUTES CONTINUOUSLY, 2 TO 3 TIMES A WEEK, BEFORE STARTING THIS PROGRAM.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
14	March 15	30 min continuous		30 min cont.		10 min cont. 5 x (3'R + 1'W) 5 min cont.		30 min cont.			
13	March 22	45 min cont.		30 min cont.		10 min cont. 5 x (3'R + 1'W) 5 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)			
12	March 29	45 min cont.		10 min cont. 10' Stairs 5 min cont.		30 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)			
11	April 5	45 min cont.		30 min cont.		10 min cont. 6 x (3'R + 1'W) 5 min cont.		30 min cont.			
10	April 12	60 min cont.		10 min cont. 15' Stairs 5 min cont.		45 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)			
9	April 19	60 min cont.		45 min cont.		10 min cont. 8 x (3'R + 1'W) 5 min cont.		30 min cont.			
8	April 26	60 min cont.		10 min cont. 20' Stairs 5 min cont.		60 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)			
7	May 3	70 min cont.		Rest		45 min cont.		Rest	10 min cont. 5 x (5'R + 2'W) 5 min cont.	Rest	30 min cont.
6	May 10	80 min cont.				10 min cont. 20' Stairs 5 min cont.			60 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)
5	May 17	90 min cont.				60 min cont.			10 min cont. 20' Stairs 5 min cont.		30 min cont.
4	May 24	100 min cont.				10 min cont. 15' Stairs 5 min cont.			60 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)
3	May 31	105 min cont.				60 min cont.			10 min cont. 15' Stairs 5 min cont.		30 min cont.
2	June 7	90 min cont.				10 min cont. 10' Stairs 5 min cont.			75 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)
1	June 14	75 min cont.				30 min cont.			30 min cont.		30 min cont.
June 21 2020		<p style="text-align: center;">19K Fonds de solidarité FTQ Quebec City Staircase Challenge</p>									

R = RUN W = WALK

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HOW TO TRAIN

SUNDAY	TUESDAY AND THURSDAY	SATURDAY
<p>Continuous training - long (endurance) on flat course.</p> <p>Take a 1 minute walk break for every 15-20 minutes of running.</p>	<p>30 minutes of continuous Running on flat course. With a 1-minute walk break every 15 - 20 minutes.</p> <p>Each stairs session should be preceded and followed by 5 to 10 minutes of slow jogging on flat course.</p> <p>Next:</p> <p>10 minutes in the stairs (20 to 30 steps):</p> <p>Serie 1 : walk up 2 x 2</p> <p>Serie 2 : run up 2 x 2</p> <p>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>30 minutes of continuous Running on flat course.</p> <p>Each Hills session should be preceded and followed by the following sequence:</p> <p>2 x (5'R + 1'W) = 5 minutes of continuous Running followed by a 1-minute Walk break, repeated 2 times.</p> <p>Run slow (30 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 2-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

This training program is offered by Jacques Mainguy in collaboration with