

TRAINING PLAN

DÉFI ESCALIERS

FONDS de solidarité FTQ — QUÉBEC

9K

THIS 12-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 9K ON JUNE 21.

PREREQUISITE: BEING ABLE TO RUN FOR 30 MINUTES CONTINUOUSLY (2 TO 3 TIMES A WEEK) BEFORE STARTING THIS PROGRAM.

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

R = RUN W = WALK

HOW TO TRAIN

SUNDAY AND WEDNESDAY	MONDAY	THURSDAY
<p>SUNDAY Continuous training (endurance) on flat course.</p> <p>Take a 1 minute walk break for every 15–20 minutes of running if needed.</p> <p>WEDNESDAY Each session should be preceded and followed by an interval portion:</p> <p>$5 \times (1'R + 1'W) = 1$ minute of continuous Running followed by a 1 minute Walk, repeated 5 times.</p>	<p>Each stairs session should be preceded and followed by 5 to 15 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 Série 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 stairs session should be preceded and followed by the following sequence:</p> <p>$5 \times (1'R + 1'W) = 1$ 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