

# TRAINING PLAN

# DESCENTE — ROYALE QUÉBEC

PRÉSENTÉE PAR — Nautilus  
Plus

## 10K

GOAL: TO RUN 10K IN LESS THAN 70 MINUTES

THIS 13-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 10K IN THE DESCENTE ROYALE DE QUÉBEC PRESENTED BY NAUTILUS PLUS ON JUNE 7.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	March 8	4 x (1'R + 1'W) 15 min continuous 4 x (1'R + 1'W)		Rest	3 x (2'R + 1'W) 5 min cont. 3 x (2'R + 1'W)	4 x (1'R + 1'W) 15 min cont. 4 x (1'R + 1'W)	Rest	Rest
12	March 15	5 x (1'R + 1'W) 15 min cont. 5 x (1'R + 1'W)			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)		
11	March 22	5 x (1'R + 1'W) 15 min cont. 5 x (1'R + 1'W)			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)		
10	March 29	5 x (1'R + 1'W) 20 min cont. 5 x (1'R + 1'W)	5 x (4'R + 1'W)		2 x (3'R + 1'W) 10 min cont. 2 x (3'R + 1'W)	5 x (1'R + 1'W) 20 min cont. 5 x (1'R + 1'W)		
9	April 5	5 x (1'R + 1'W) 20 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) 20 min cont. 5 x (1'R + 1'W)		
8	April 12	5 x (1'R + 1'W) 25 min cont. 5 x (1'R + 1'W)	5 x (5'R + 1'W)		2 x (3'R + 1'W) 10 min cont. 2 x (3'R + 1'W)	5 x (1'R + 1'W) 25 min cont. 5 x (1'R + 1'W)		
7	April 19	5 x (1'R + 1'W) 25 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) 25 min cont. 5 x (1'R + 1'W)		
6	April 26	5 x (1'R + 1'W) 30 min cont. 5 x (1'R + 1'W)	5 x (6'R + 1'W)		2 x (4'R + 1'W) 15 min cont. 2 x (4'R + 1'W)	5 x (1'R + 1'W) 30 min cont. 5 x (1'R + 1'W)		
5	May 3	5 x (1'R + 1'W) 30 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) 30 min cont. 5 x (1'R + 1'W)		
4	May 10	5 x (1'R + 1'W) 35 min cont. 5 x (1'R + 1'W)	5 x (7'R + 1'W)		2 x (5'R + 1'W) 20 min cont. 2 x (5'R + 1'W)	5 x (1'R + 1'W) 35 min cont. 5 x (1'R + 1'W)		
3	May 17	5 x (1'R + 1'W) 35 min cont. 5 x (1'R + 1'W)			5K	5 x (1'R + 1'W) 35 min cont. 5 x (1'R + 1'W)		
2	May 24	5 x (1'R + 1'W) 40 min cont. 5 x (1'R + 1'W)	5 x (8'R + 1'W)		2 x (6'R + 1'W) 25 min cont. 2 x (6'R + 1'W)	5 x (1'R + 1'W) 40 min cont. 5 x (1'R + 1'W)		
1	May 31	5 x (1'R + 1'W) 40 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) 40 min cont. 5 x (1'R + 1'W)		
June 7 2020		<b>10K</b> Descente Royale Québec presented by Nautilus Plus						

R = RUN W = WALK

# DESCENTE — ROYALE QUÉBEC

PRÉSENTÉE PAR — **Nautilus**  
*PRO*

## HOW TO TRAIN

SUNDAY AND THURSDAY	MONDAY	WEDNESDAY
<p>The following sequence should be executed before and after each session:</p> <p>5 x (1'R + 1'W) = 1 minute of continuous Running followed by 1 minute of Walking, repeated 5 times.</p> <p>Continuous training (slow jogging) with a 1 minute walk break for every 10 minutes of jogging if needed.</p>	<p>Interval training is recommended on even weeks.</p> <p>For example: 5 x (4'R + 1'W) = 4 minutes of continuous running followed by 1 minute of walking, repeated 5 times.</p>	<p>The following sequence should be executed before and after each session:</p> <p>5 x (1'R + 1'W) = 1 minute of continuous Running followed by 1 minute of Walking, repeated 5 times.</p> <p>Every Wednesday, we recommend a continuous training (slow jogging), without walk breaks.</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 3

**DEMI —  
MARATHON**  
———  Lévis

May 18

**— TRAIL  
COUREUR  
DES BOIS**  
DUCHESNAY

This training program is offered by Jacques Mainguy in collaboration with

**sports experts**  **COURSE  
CARDIO  
CHAUSSURES  
CONSEILS**  
PEPS = UNIVERSITÉ LAVAL