

TRAINING PLAN

DESCENTE — ROYALE QUÉBEC

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 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		10K Descente Royale Québec						

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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