

# TRAINING PLAN

**DESCENTE  
— ROYALE  
QUÉBEC**

PRÉSENTÉE PAR — **Nautilus  
Plus**

## 5K

**GOAL: TO RUN 5K IN LESS THAN 28 MINUTES**

**THIS 7-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 5K IN THE DESCENTE ROYALE DE QUÉBEC PRESENTED BY NAUTILUS PLUS ON JUNE 7.**

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	April 19	2 x (1'R + 1'W) 2 min continuous 2 x (1'W + 1'R)	4 x (1'R + 1'W)	Rest	2 x (1'R + 1'W) 3 min cont. 2 x (1'W + 1'R)	5 x (1'R + 1'W)	Rest	Rest
6	April 26	3 x (1'R + 1'W) 4 min cont. 3 x (1'W + 1'R)	3 x (2'R + 1'W)		3 x (1'R + 1'W) 5 min cont. 3 x (1'W + 1'R)	4 x (2'R + 1'W)		
5	May 3	2 x (2'R + 1'W) 6 min cont. 2 x (2'W + 1'R)	5 x (2'R + 1'W)		2 x (2'R + 1'W) 7 min cont. 2 x (2'W + 1'R)	6 x (2'R + 1'W)		
4	May 10	3 x (2'R + 1'W) 8 min cont. 3 x (2'W + 1'R)	3 x (3'R + 1'W)		3 x (2'R + 1'W) 9 min cont. 3 x (2'W + 1'R)	4 x (3'R + 1'W)		
3	May 17	2 x (3'R + 1'W) 10 min cont. 2 x (3'W + 1'R)	5 x (3'R + 1'W)		2 x (3'R + 1'W) 12 min cont. 2 x (3'W + 1'R)	6 x (3'R + 1'W)		
2	May 24	3 x (3'R + 1'W) 14 min cont. 3 x (3'W + 1'R)	4 x (4'R + 1'W)		3 x (3'R + 1'W) 15 min cont. 3 x (3'W + 1'R)	5 x (4'R + 1'W)		
1	May 31	20 min cont.	6 x (4'R + 1'W)		20 min cont.	6 x (4'R + 1'W)		
<b>June 7 2020</b>		<b>5K</b> Descente Royale Québec presented by Nautilus Plus						

R = RUN W = WALK



- 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**  
PEPS = UNIVERSITÉ LAVAL

**COURSE  
CARDIO  
CHAUSSURES  
CONSEILS**