

# TRAINING PLAN

# — TRAIL COUREUR DES BOIS DUCHESNAY

## 18K

THIS 12-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 18K IN THE TRAIL DU COUREUR DES BOIS DE DUCHESNAY ON MAY 18.

PREREQUISITE: HAVING RUN A 10K IN LESS THAN 65 MINUTES WITHIN THE PAST YEAR.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	February 23	30 min continuous		30 min cont.		30 min cont.		30 min cont.
11	March 1	30 min cont.		30 min cont.		6 x (3'R + 1'W)		30 min cont.
10	March 8	45 min cont.		4 x (6'R + 2'W)		45 min cont.		30 min cont.
9	March 15	45 min cont.		45 min cont.		8 x (3'R + 1'W)		30 min cont.
8	March 22	60 min cont.		3 x (8'R + 2'W)		60 min cont.		30 min cont.
7	March 29	70 min cont.		45 min cont.		5 x (5'R + 2'W)		30 min cont.
6	April 5	80 min cont.	Rest	4 x (8'R + 2'W)	Rest	60 min cont. TRAIL	Rest	30 min cont. TRAIL
5	April 12	90 min cont. TRAIL		60 min cont. TRAIL		7 x (5'R + 2'W)		30 min cont. TRAIL
4	April 19	100 min cont. TRAIL		3 x (10'R + 2'W)		60 min cont. TRAIL		30 min cont. TRAIL
3	April 26	105 min cont. TRAIL		60 min cont. TRAIL		6 x (5'R + 2'W)		30 min cont. TRAIL
2	May 3	90 min cont. TRAIL		3 x (10'R + 2'W)		75 min cont. TRAIL		30 min cont. TRAIL
1	May 10	75 min cont. TRAIL		20 min cont. TRAIL		3 x (5'R + 2'W)		30 min cont. TRAIL
May 18 2020		<b>18K</b> Trail Coureur des Bois Duchesnay						

R = RUN W = WALK

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## HOW TO TRAIN

SUNDAY	TUESDAY AND THURSDAY	SATURDAY
<p><b>Continuous training - long (endurance)</b></p> <p>Take a 1 minute walk break for every 15-20 minutes of running.</p> <p>30 minutes continuous = road 90 minutes continuous = trail</p>	<p><b>Interval training on the road</b></p> <p>Example : 6 x (3'R + 1'W) = 3 minutes of continuous fast Running followed by 1 minute of Walk, repeated 6 times.</p> <p>10 minutes of slow jog as a warm-up before your session and 5 minutes after to cool down.</p> <p>Continuous = road Continuous Trail = off-road (trail)</p>	<p><b>Continuous training - short</b></p> <p>Example : 30 minutes continuous running (faster pace than Sunday).</p> <p>Continuous = road Continuous Trail = off-road (trail)</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

This training plan is offered by Jacques Mainguy in collaboration with