

# TRAINING PLAN

# — TRAIL COUREUR DES BOIS DUCHESNAY

## 8K

THIS 10-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 8K IN THE TRAIL DU COUREUR DES BOIS DE DUCHESNAY ON MAY 18.

PREREQUISITE: BEING ABLE TO RUN FOR 30 MINUTES CONTINUOUSLY (1 TO 2 TIMES A WEEK) BEFORE STARTING THIS PROGRAM.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	March 8	5 x (1'R + 1'W) 15 min continuous 5 x (1'R + 1'W)	5 x (3'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)		
9	March 15	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	March 22	5 x (1'R + 1'W) 25 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) 25 min cont. 5 x (1'R + 1'W)		
7	March 29	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 5	5 x (1'R + 1'W) 30 min cont. 5 x (1'R + 1'W)	5 x (5'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	April 12	5 x (1'R + 1'W) 30 min cont. TRAIL 5 x (1'R + 1'W)		Rest	2 x (4'R + 1'W) 15 min cont. 2 x (4'R + 1'W)	5 x (1'R + 1'W) 30 min cont. TRAIL 5 x (1'R + 1'W)	Rest	Rest
4	April 19	5 x (1'R + 1'W) 35 min cont. TRAIL 5 x (1'R + 1'W)	5 x (6'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. TRAIL 5 x (1'R + 1'W)		
3	April 26	5 x (1'R + 1'W) 35 min cont. TRAIL 5 x (1'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. TRAIL 5 x (1'R + 1'W)		
2	May 3	5 x (1'R + 1'W) 40 min cont. TRAIL 5 x (1'R + 1'W)	5 x (7'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. TRAIL 5 x (1'R + 1'W)		
1	May 10	5 x (1'R + 1'W) 40 min cont. TRAIL 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. TRAIL 5 x (1'R + 1'W)		
May 18 2020		<b>8K</b> Trail Coureur des Bois Duchesnay						

R = RUN W = WALK

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## HOW TO TRAIN

SUNDAY AND THURSDAY	MONDAY	WEDNESDAY
<p>Each sessions should be preceded and followed by the following sequence:</p> <p>5 x (1'R + 1'W) = 1 minute of continuous Running, 1 minute of Walking, repeated 5 times.</p> <p>Continuous training (slow jog) with a 1-minute walk break for every 10 minutes of jogging if needed.</p> <p>30 minutes continuous = on the road 30 minutes continuous = trail</p>	<p>Interval training on the road 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 running part must be ran at a faster pace.</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>



- 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