

TRAINING PLAN

MARATHON beneva - QUÉBEC

A HEALTHY INVITATION FROM  Brunet

10K

GOAL: TO RUN 10K IN LESS THAN 70 MINUTES

THIS 13-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE SPORTS EXPERTS 10K IN THE BENEVA QUEBEC CITY MARATHON, A HEALTHY INVITATION FROM BRUNET ON OCTOBER 3RD.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	July 4	4 x (1'R + 1'W) 15 min cont. 4 x (1'R + 1'W)			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)		
12	July 11	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	July 18	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	July 25	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	August 1 st	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	August 8	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	August 15	5 x (1'R + 1'W) 25 min cont. 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) 25 min cont. 5 x (1'R + 1'W)	Rest	Rest
6	August 22	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	August 29	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	September 5	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	September 12	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	September 19	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	September 26	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)		
October 3 rd 2021		Sports Experts 10K Beneva Quebec City Marathon, a healthy invitation from Brunet						

R = RUN W = WALK

MARATHON

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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>



- 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

YOU HAVE ONE MONTH TO TEST YOUR PHYSICAL FITNESS AT OUR OTHER RUNNING EVENT!

August 28-29

**DEMI ———
MARATHON**
—————  Lévis

This training program is offered by Jacques Mainguy in collaboration with

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