

TRAINING PLAN

MARATHON beneva - QUÉBEC

A HEALTHY INVITATION FROM Brunet

MARATHON beneva (42.2K)

THIS 16-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE MARATHON BENEVA 42.2K OF THE BENEVA QUEBEC CITY MARATHON, A HEALTHY INVITATION FROM BRUNET ON OCTOBER 3RD.

WEEKS A AND E ARE OPTIONAL BUT MUST BE CONSIDERED AS PREREQUISITE FOR LESS EXPERIENCED RUNNERS.

START BY WALKING AND ADD PERIODS OF RUNNING GRADUALLY.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
A	May 9	30 min continuous	Rest	30 min cont.		4 x (3'R + 1'W)	Rest	30 min cont.	
B	May 16	45 min cont.		3 x (4'R + 1'W)	30 min cont.	30 min cont.		30 min cont.	30 min cont.
C	May 23	60 min cont.		45 min cont.		4 x (3'R + 1'W)		30 min cont.	
D	May 30	60 min cont.		3 x (5'R + 1'W)	30 min cont.	45 min cont.		30 min cont.	
E	June 6	70 min cont.		45 min cont.		5 x (3'R + 1'W)		30 min cont.	
16	June 13	85 min cont.		3 x (5'R + 1'W)	30 min cont.	45 min cont.		30 min cont.	
15	June 20	90 min cont.		45 min cont.		6 x (3'R + 1'W)		30 min cont.	
14	June 27	90 min cont.		4 x (5'R + 1'W)	30 min cont.	45 min cont.		30 min cont.	
13	July 4	100 min cont.		45 min cont.		6 x (3'R + 1'W)		30 min cont.	
12	July 11	100 min cont.		3 x (6'R + 1'W)	30 min cont.	60 min cont.		30 min cont.	
11	July 18	110 min cont.		60 min cont.		8 x (3'R + 1'W)		30 min cont.	
10	July 25	110 min cont.		4 x (6'R + 2'W)	30 min cont.	60 min cont.		30 min cont.	
9	August 1st	120 min cont.		60 min cont.		8 x (3'R + 1'W)		30 min cont.	
8	August 8	135 min cont.		3 x (7'R + 2'W)	30 min cont.	75 min cont.		30 min cont.	
7	August 15	145 min cont.		60 min cont.		5 x (5'R + 1'W)		30 min cont.	
6	August 22	150 min cont.		4 x (7'R + 2'W)	30 min cont.	75 min cont.		30 min cont.	
5	August 29	165 min cont.	60 min cont.		7 x (5'R + 1'W)	30 min cont.			
4	September 5	150 min cont.	3 x (8'R + 2'W)	30 min cont.	75 min cont.	30 min cont.			
3	September 12	30K	60 min cont.		6 x (5'R + 2'W)	30 min cont.			
2	September 19	150 min cont.	3 x (10'R + 1'W)	30 min cont.	60 min cont.	30 min cont.			
1	September 26	120 min cont.	10 min cont.	30 min cont.	2 x (5'R + 2'W)	30 min cont.			

October 3rd 2021

Marathon Beneva (42.2K)

Beneva Quebec City Marathon, a healthy invitation from Brunet

R = RUN W = WALK

MARATHON

beneva - QUÉBEC

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HOW TO TRAIN

SUNDAY	TUESDAY AND THURSDAY	TUESDAY, THURSDAY AND SATURDAY
<p>Continuous training - long (endurance) with some walk breaks</p> <p>1 to 2 minutes of walking for each 20 - 30 minutes of running.</p>	<p>Interval training</p> <p>Example: 3 X (4'R+1'W) = 4 minutes of continuous fast Running followed by 1 minute of Walking, repeated 3 times (faster than walking pace).</p> <p>10 minutes of slow jog as a warm-up before your session and 5 minutes after to cool down.</p>	<p>Continuous training - short</p> <p>Example: 30 minutes of continuous running (at a faster pace than Sunday).</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

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