

TRAINING PLAN

MARATHON

beneva - QUÉBEC

A HEALTHY INVITATION FROM  Brunet

beneva HEALTH 5K

GOAL: TO RUN 5K IN LESS THAN 28 MINUTES

THIS 7-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE BENEVA HEALTH 5K OF THE BENEVA QUEBEC CITY MARATHON, A HEALTHY INVITATION FROM BRUNET ON OCTOBER 2ND.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	August 15	2 x (1'R + 1'W) 2 min cont. 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	August 22	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	August 29	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	September 5	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	September 12	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	September 19	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	September 26	20 min cont.	6 x (4'R + 1'W)		20 min cont.	6 x (4'R + 1'W)		
October 2 nd 2021		Beneva Health 5K Beneva Quebec City Marathon, a healthy invitation from Brunet						

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

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