

TRAINING PLAN

DEMI-MARATHON



10K

GOAL: TO RUN 10K IN LESS THAN 70 MINUTES

THIS 13-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 10K IN THE DEMI-MARATHON DE LÉVIS ON AUGUST 28.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
13	May 30	4 x (1'R + 1'W) 15 min continuous 4 x (1'R + 1'W)		Rest	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	June 6	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	June 13	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	June 20	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	June 27	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	July 4	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	July 11	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	July 18	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	July 25	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	August 1 st	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	August 8	5 x (1'R + 1'W) 35 min cont. 5 x (1'R + 1'W)			5 k	5 x (1'R + 1'W) 35 min cont. 5 x (1'R + 1'W)			
2	August 15	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	August 22	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)			
August 28 2021		10K Demi-marathon de Lévis							

R = RUN W = WALK

DEMI — MARATHON



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>

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