

TRAINING PLAN

DÉFI ESCALIERS

FONDS de solidarité FTQ — QUÉBEC

13K

THIS 12-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 13K ON JUNE 5.

PREREQUISITE: BEING ABLE TO RUN FOR 30 TO 45 MINUTES CONTINUOUSLY BEFORE STARTING THIS PROGRAM.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
12	March 13	30 min continuous	30 min cont.	Rest	30 min cont.	30 min cont.	Rest	Rest		
11	March 20	45 min cont.	30 min cont.		45 min cont.	30 min cont.				
10	March 27	5 x (1'R + 1'W) 30 min cont. 5 x (1'R + 1'W)	5 min cont. 10' Stairs 5 min cont.		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	April 3	5 x (1'R + 1'W) 30 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) 15 min Hills 5 x (1'R + 1'W)				
8	April 10	5 x (1'R + 1'W) 30 min cont. 5 x (1'R + 1'W)	5 min cont. 10' Stairs 5 min cont.		2 x (3'R + 1'W) 10 min cont. 2 x (3'R + 1'W)	5 x (1'R + 1'W) 15 min Hills 5 x (1'R + 1'W)				
7	April 17	5 x (1'R + 1'W) 45 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) 15 min Hills 5 x (1'R + 1'W)				
6	April 24	5 x (1'R + 1'W) 45 min cont. 5 x (1'R + 1'W)	10 min cont. 15' Stairs 5 min cont.		2 x (4'R + 1'W) 15 min cont. 2 x (4'R + 1'W)	5 x (1'R + 1'W) 15 min Hills 5 x (1'R + 1'W)			Rest	Rest
5	May 1 st	5 x (1'R + 1'W) 45 min cont. 5 x (1'R + 1'W)			2 x (4'R + 1'W) 15 min cont. 2 x (4'R + 1'W)	2 x (5'R + 1'W) 20 min Hills 1 x (5'R + 1'W)				
4	May 8	5 x (1'R + 1'W) 60 min cont. 5 x (1'R + 1'W)	10 min cont. 15' Stairs 5 min cont.		2 x (5'R + 1'W) 20 min cont. 2 x (5'R + 1'W)	2 x (5'R + 1'W) 20 min Hills 1 x (5'R + 1'W)				
3	May 15	5 x (1'R + 1'W) 60 min cont. 5 x (1'R + 1'W)			2 x (5'R + 1'W) 20 min cont. 2 x (5'R + 1'W)	2 x (5'R + 1'W) 25 min Hills 1 x (5'R + 1'W)				
2	May 22	5 x (1'R + 1'W) 60 min cont. 5 x (1'R + 1'W)	10 min cont. 20' Stairs 5 min cont.		2 x (6'R + 1'W) 25 min cont. 2 x (6'R + 1'W)	2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)				
1	May 29	5 x (1'R + 1'W) 45 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) 25 min cont. 5 x (1'R + 1'W)				
June 5 2022		13K Fonds de solidarité FTQ Quebec City Staircase Challenge								

R = RUN W = WALK

HOW TO TRAIN

SUNDAY AND WEDNESDAY	MONDAY	THURSDAY
<p>Each session 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 on flat course (slow jogging) with a 1-minute walk break for every 10 minutes of jogging, if needed.</p>	<p>Each session should be preceded and followed by 5 to 10 minutes of slow jogging on flat course.</p> <p>Next: 10 minutes in the stairs (20 to 30 steps):</p> <p>Serie 1 : walk up 2 x 2 Serie 2 : run up 2 x 2 Serie 3 : quick run up 1 x 1</p> <p>Walk down the stairs between each serie for a total of 10 minutes ascending/descending.</p>	<p>Each session 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>Next: Run slow (15 minutes uphill in loops) and pick a hill that is not too steep. You can include some walking or even a 30 second stop for each minute of climbing.</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 1st

DEMI — MARATHON
— Lévis

May 23

— TRAIL COUREUR DES BOIS
DUCHESNAY