

# TRAINING PLAN

# DÉFI ESCALIERS

FONDS de solidarité FTQ — QUÉBEC

## 19K

THIS 14-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 19K ON JUNE 5.

PREREQUISITE: BEING ABLE TO RUN FOR 60 MINUTES CONTINUOUSLY, 2 TO 3 TIMES A WEEK, BEFORE STARTING THIS PROGRAM.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
14	February 27	30 min continuous		30 min cont.		10 min cont. 5 x (3'R + 1'W) 5 min cont.		30 min cont.		
13	March 6	45 min cont.		30 min cont.		10 min cont. 5 x (3'R + 1'W) 5 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)		
12	March 13	45 min cont.		10 min cont. 10' Stairs 5 min cont.		30 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)		
11	March 20	45 min cont.		30 min cont.		10 min cont. 6 x (3'R + 1'W) 5 min cont.		30 min cont.		
10	March 27	60 min cont.		10 min cont. 15' Stairs 5 min cont.		45 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)		
9	April 3	60 min cont.		45 min cont.		10 min cont. 8 x (3'R + 1'W) 5 min cont.		30 min cont.		
8	April 10	60 min cont.		10 min cont. 20' Stairs 5 min cont.		60 min cont.		2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)		
7	April 17	70 min cont.		Rest		45 min cont.		Rest	10 min cont. 5 x (5'R + 2'W) 5 min cont.	30 min cont.
6	April 24	80 min cont.				10 min cont. 20' Stairs 5 min cont.		60 min cont.	2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)	
5	May 1 <sup>st</sup>	90 min cont.				60 min cont.		10 min cont. 20' Stairs 5 min cont.	30 min cont.	
4	May 8	100 min cont.				10 min cont. 15' Stairs 5 min cont.		60 min cont.	2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)	
3	May 15	105 min cont.				60 min cont.		10 min cont. 15' Stairs 5 min cont.	30 min cont.	
2	May 22	90 min cont.				10 min cont. 10' Stairs 5 min cont.		75 min cont.	2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W)	
1	May 29	75 min cont.				30 min cont.		30 min cont.	30 min cont.	
June 5 2022		<p align="center"><b>19K</b> Fonds de solidarité FTQ Quebec City Staircase Challenge</p>								

R = RUN W = WALK

## HOW TO TRAIN

SUNDAY	TUESDAY AND THURSDAY	SATURDAY
<p><b>Continuous training - long (endurance) on flat course.</b></p> <p>Take a 1 minute walk break for every 15-20 minutes of running.</p>	<p><b>30 minutes of continuous Running on flat course. With a 1-minute walk break every 15 - 20 minutes.</b></p> <p><b>Each stairs session should be preceded and followed by 5 to 10 minutes of slow jogging on flat course.</b></p> <p>Next:</p> <p>10 minutes in the stairs (20 to 30 steps):</p> <p><b>Serie 1 :</b> walk up 2 x 2</p> <p><b>Serie 2 :</b> run up 2 x 2</p> <p><b>Serie 3 :</b> 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><b>30 minutes of continuous Running on flat course.</b></p> <p><b>Each Hills session should be preceded and followed by the following sequence:</b></p> <p>2 x (5'R + 1'W) = 5 minutes of continuous Running followed by a 1-minute Walk break, repeated 2 times.</p> <p>Run slow (30 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 2-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 1<sup>st</sup>

**DEMI — MARATHON**  
— Lévis

May 23

**— TRAIL COUREUR DES BOIS**  
DUCHESNAY