

TRAINING PLAN

DÉFI ESCALIERS

FONDS de solidarité FTQ — QUÉBEC

9K

THIS 12-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 9K ON JUNE 5.

PREREQUISITE: BEING ABLE TO RUN FOR 30 MINUTES CONTINUOUSLY (2 TO 3 TIMES A WEEK) BEFORE STARTING THIS PROGRAM.

| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|---------------------|--|--|---------|--|--|--------|----------|
| 12 | March 13 | 30 min continuous | 2 x (15'R + 2'W) | Rest | 30 min cont. | 2 x (15'R + 2'W) | Rest | Rest |
| 11 | March 20 | 30 min cont. | 20 min cont. 2-3 min walk 10 min cont. | | 45 min cont. | 20 min cont. 2-3 min walk 10 min cont. | | |
| 10 | March 27 | 30 min cont. | 5 min cont. 5' Stairs 5 min cont. | | 5 x (1'R + 1'W) 5 min cont. 5 x (1'R + 1'W) | 5 x (1'R + 1'W) 15 min cont. 5 x (1'R + 1'W) | | |
| 9 | April 3 | 45 min cont. | | | 4 x (2'R + 1'W) 5 min cont. 4 x (2'R + 1'W) | 5 x (1'R + 1'W) 10 min Hills 5 x (1'R + 1'W) | | |
| 8 | April 10 | 45 min cont. | 10 min cont. 10' Stairs 5 min cont. | | 3 x (3'R + 1'W) 10 min cont. 3 x (3'R + 1'W) | 5 x (1'R + 1'W) 10 min Hills 5 x (1'R + 1'W) | | |
| 7 | April 17 | 45 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) | | |
| 6 | April 24 | 30 min cont. | 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) | | |
| 5 | May 1 st | 45 min cont. | | | 2 x (5'R + 1'W) 15 min cont. 2 x (5'R + 1'W) | 2 x (5'R + 1'W) 20 min Hills 1 x (5'R + 1'W) | | |
| 4 | May 8 | 60 min cont. | 10 min cont. 20' 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 | 30 min cont. | | | 2 x (5'R + 1'W) 20 min cont. 2 x (5'R + 1'W) | 2 x (5'R + 1'W) 30 min Hills 1 x (5'R + 1'W) | | |
| 2 | May 22 | 60 min cont. | 10 min cont. 15' 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) 20 min Hills 1 x (5'R + 1'W) | | |
| 1 | May 29 | 30 min cont. | | | 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 | | <p style="text-align: center;">9K Fonds de solidarité FTQ Quebec City Staircase Challenge</p> | | | | | | |

R = RUN W = WALK

HOW TO TRAIN

| SUNDAY AND WEDNESDAY | MONDAY | THURSDAY |
|--|--|--|
| <p>SUNDAY Continuous training (endurance) on flat course.</p> <p>Take a 1 minute walk break for every 15–20 minutes of running if needed.</p> <p>WEDNESDAY Each session should be preceded and followed by an interval portion:</p> <p>$5 \times (1'R + 1'W) = 1$ minute of continuous Running followed by a 1 minute Walk, repeated 5 times.</p> | <p>Each stairs session should be preceded and followed by 5 to 15 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</p> <p>Serie 2: run up 2 x 2</p> <p>Série 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 stairs session should be preceded and followed by the following sequence:</p> <p>$5 \times (1'R + 1'W) = 1$ 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> |

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

TEST YOUR PHYSICAL FITNESS AT OUR OTHER RUNNING EVENTS!

May 1st

DEMI — MARATHON
— Lévis

May 23

— TRAIL COUREUR DES BOIS
DUCHESNAY