

TRAINING PLAN

MARATHON

beneva - QUÉBEC

A HEALTHY INVITATION FROM  Brunet

HALF-MARATHON (21.1K)

PRESENTED BY



THIS 16-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE HALF-MARATHON PRESENTED BY WKND 91.9FM (21.1K) IN THE BENEVA QUEBEC CITY MARATHON, A HEALTHY INVITATION FROM BRUNET ON OCTOBER 2ND.

WEEKS A AND C ARE OPTIONAL BUT MUST BE CONSIDERED AS PREREQUISITE FOR LESS EXPERIENCED RUNNERS.

START BY WALKING AND ADD PERIODS OF RUNNING GRADUALLY.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	May 22	30 min continuous		30 min cont.		5 x (3'R + 1'W)		30 min cont.
B	May 29	30 min cont.		3 x (5'R + 2'W)		30 min cont.		30 min cont.
C	June 5	30 min cont.		30 min cont.		5 x (3'R + 1'W)		30 min cont.
16	June 12	35 min cont.		3 x (5'R + 2'W)		30 min cont.		30 min cont.
15	June 19	45 min cont.		45 min cont.		6 x (3'R + 1'W)		30 min cont.
14	June 26	60 min cont.		4 x (5'R + 2'W)		30 min cont.		30 min cont.
13	July 3	60 min cont.		45 min cont.		6 x (3'R + 1'W)		30 min cont.
12	July 10	60 min cont.		3 x (6'R + 2'W)		45 min cont.		30 min cont.
11	July 17	70 min cont.	Rest	45 min cont.	Rest	8 x (3'R + 1'W)	Rest	30 min cont.
10	July 24	70 min cont.		4 x (6'R + 2'W)		45 min cont.		30 min cont.
9	July 31	80 min cont.		45 min cont.		8 x (3'R + 1'W)		30 min cont.
8	August 7	90 min cont.		3 x (8'R + 2'W)		60 min cont.		30 min cont.
7	August 14	90 min cont.		60 min cont.		5 x (5'R + 2'W)		30 min cont.
6	August 21	90 min cont.		4 x (8'R + 2'W)		60 min cont.		30 min cont.
5	August 28	105 min cont.		75 min cont.		7 x (5'R + 2'W)		30 min cont.
4	September 4	105 min cont.		3 x (10'R + 2'W)		75 min cont.		30 min cont.
3	September 11	105 min cont.		60 min cont.		6 x (5'R + 2'W)		30 min cont.
2	September 18	90 min cont.		3 x (10'R + 2'W)		60 min cont.		30 min cont.
1	September 25	75 min cont.		10 min cont.		2 x (5'R + 2'W)		30 min cont.

October 2nd 2021 **Half-marathon (21.1K) presented by WKND 91.9FM**
 Beneva Quebec City Marathon, a healthy invitation from Brunet

R = RUN W = WALK

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HOW TO TRAIN

SUNDAY	TUESDAY AND THURSDAY	TUESDAY, THURSDAY AND SATURDAY
<p>Continuous training - long (endurance) with some walk breaks</p> <p>1 to 2 minutes of walking for each 20 - 30 minutes of running.</p>	<p>Interval training</p> <p>Example: 3 X (4'R+1'W) = 4 minutes of continuous fast Running followed by 1 minute of Walking, repeated 3 times (faster pace than Sunday).</p> <p>10 minutes of slow jog as a warm-up before your session and 5 minutes after to cool down.</p>	<p>Continuous training - short</p> <p>Example: 30 minutes of continuous running (faster pace than Sunday).</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


May 23

**— TRAIL
COUREUR
DES BOIS**
DUCHESNAY

June 5

**— DÉFI
ESCALIERS**
 — QUÉBEC

This training program is offered by Jacques Mainguy in collaboration with

sports experts  **COURSE
CARDIO
CHAUSSURES
CONSEILS**
PEPS - UNIVERSITÉ LAVAL