

TRAINING PLAN

— TRAIL COUREUR DES BOIS DUCHESNAY

34K

THIS 12-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 34K IN THE TRAIL DU COUREUR DES BOIS DE DUCHESNAY ON MAY 23.

PREREQUISITE: HAVING RUN A 21K IN LESS THAN 135 MINUTES WITHIN THE PAST YEAR.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
12	February 27	60 min continuous		45 min cont.		45 min cont.		45 min cont.			
11	March 6	60 min cont.		45 min cont.		8 x (3'R + 1'W)		45 min cont.			
10	March 13	75 min cont.		5 x (6'R + 2'W)		60 min cont.		45 min cont.			
9	March 20	75 min cont.		60 min cont.		10 x (3'R + 1'W)		45 min cont.			
8	March 27	90 min cont.		4 x (8'R + 2'W)		75 min cont.		45 min cont.			
7	April 3	105 min cont.		Rest		60 min cont.		Rest	6 x (5'R + 2'W)	Rest	45 min cont.
6	April 10	120 min cont.		5 x (8'R + 2'W)		75 min cont. TRAIL		45 min cont. TRAIL			
5	April 17	120 min cont. TRAIL		75 min cont. TRAIL		8 x (5'R + 2'W)		45 min cont. TRAIL			
4	April 24	135 min cont. TRAIL	4 x (10'R + 2'W)	75 min cont. TRAIL	45 min cont. TRAIL						
3	May 1 st	120 min cont. TRAIL	75 min cont. TRAIL	6 x (5'R + 2'W)	45 min cont. TRAIL						
2	May 8	105 min cont. TRAIL	4 x (10'R + 2'W)	90 min cont. TRAIL	45 min cont. TRAIL						
1	May 15	90 min cont. TRAIL	30 min cont. TRAIL	4 x (5'R + 2'W)	30 min cont. TRAIL						
May 23 2022		34K Trail Coureur des Bois Duchesnay									

R = RUN W = WALK

— TRAIL COUREUR DES BOIS DUCHESNAY

HOW TO TRAIN

SUNDAY	TUESDAY AND THURSDAY	SATURDAY
<p>Continuous training - long (endurance)</p> <p>Take a 1 minute walk break for every 15-20 minutes of running.</p> <p>45 minutes continuous = road 90 minutes continuous = trail</p>	<p>Interval training on the road</p> <p>Example : 5 x (6'R + 2'W) = 6 minutes of continuous fast Running followed by 2 minute of Walk, repeated 5 times.</p> <p>10 minutes of slow jog as a warm-up before your session and 5 minutes after to cool down.</p> <p>Continuous = road Continuous Trail = off-road (trail)</p>	<p>Continuous training - short</p> <p>Example : 45 minutes continuous running (faster pace than Sunday).</p> <p>Continuous = road Continuous Trail = off-road (trail)</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

This training plan is offered by Jacques Mainguy in collaboration with