

TRAINING PLAN

HALF-MARATHON (21.1K)

THIS 16-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE HALF-MARATHON (21.1K) IN THE DEMI-MARATHON DE LÉVIS ON MAY 1ST.

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	December 19	30 min continuous		30 min cont.		5 x (3'R + 1'W)		30 min cont.
B	December 26	30 min cont.		3 x (5'R + 2'W)		30 min cont.		30 min cont.
C	January 2	30 min cont.		30 min cont.		5 x (3'R + 1'W)		30 min cont.
16	January 9	35 min cont.		3 x (5'R + 2'W)		30 min cont.		30 min cont.
15	January 16	45 min cont.		45 min cont.		6 x (3'R + 1'W)		30 min cont.
14	January 23	60 min cont.		4 x (5'R + 2'W)		30 min cont.		30 min cont.
13	January 30	60 min cont.		45 min cont.		6 x (3'R + 1'W)		30 min cont.
12	February 6	60 min cont.		3 x (6'R + 2'W)		45 min cont.		30 min cont.
11	February 13	70 min cont.		45 min cont.		8 x (3'R + 1'W)		30 min cont.
10	February 20	70 min cont.	Rest	4 x (6'R + 2'W)	Rest	45 min cont.	Rest	30 min cont.
9	February 27	80 min cont.		45 min cont.		8 x (3'R + 1'W)		30 min cont.
8	March 6	90 min cont.		3 x (8'R + 2'W)		60 min cont.		30 min cont.
7	March 13	90 min cont.		60 min cont.		5 x (5'R + 2'W)		30 min cont.
6	March 20	90 min cont.		4 x (8'R + 2'W)		60 min cont.		30 min cont.
5	March 27	105 min cont.		75 min cont.		7 x (5'R + 2'W)		30 min cont.
4	April 3	105 min cont.		3 x (10'R + 2'W)		75 min cont.		30 min cont.
3	April 10	105 min cont.		60 min cont.		6 x (5'R + 2'W)		30 min cont.
2	April 17	90 min cont.		3 x (10'R + 2'W)		60 min cont.		30 min cont.
1	April 24	75 min cont.		10 min cont.		2 x (5'R + 2'W)		30 min cont.
May 1st 2022		Half-marathon (21.1K) Demi-marathon de Lévis						

DEMI — MARATHON



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 than walking pace).</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 (at a 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