

TRAINING PLAN

DEMI-MARATHON



5K

GOAL: TO RUN 5K IN LESS THAN 28 MINUTES

THIS 7-WEEK PROGRESSIVE TRAINING PROGRAM WILL HELP YOU FULLY PREPARE FOR THE 5K IN THE DEMI-MARATHON DE LÉVIS ON MAY 1ST.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	March 13	2 x (1'R + 1'W) 2 min continuous 2 x (1'W + 1'R)	4 x (1'R + 1'W)	Rest	2 x (1'R + 1'W) 3 min cont. 2 x (1'W + 1'R)	5 x (1'R + 1'W)	Rest	Rest
6	March 20	3 x (1'R + 1'W) 4 min cont. 3 x (1'W + 1'R)	3 x (2'R + 1'W)		3 x (1'R + 1'W) 5 min cont. 3 x (1'W + 1'R)	4 x (2'R + 1'W)		
5	March 27	2 x (2'R + 1'W) 6 min cont. 2 x (2'W + 1'R)	5 x (2'R + 1'W)		2 x (2'R + 1'W) 7 min cont. 2 x (2'W + 1'R)	6 x (2'R + 1'W)		
4	April 3	3 x (2'R + 1'W) 8 min cont. 3 x (2'W + 1'R)	3 x (3'R + 1'W)		3 x (2'R + 1'W) 9 min cont. 3 x (2'W + 1'R)	4 x (3'R + 1'W)		
3	April 10	2 x (3'R + 1'W) 10 min cont. 2 x (3'W + 1'R)	5 x (3'R + 1'W)		2 x (3'R + 1'W) 12 min cont. 2 x (3'W + 1'R)	6 x (3'R + 1'W)		
2	April 17	3 x (3'R + 1'W) 14 min cont. 3 x (3'W + 1'R)	4 x (4'R + 1'W)		3 x (3'R + 1'W) 15 min cont. 3 x (3'W + 1'R)	5 x (4'R + 1'W)		
1	April 24	20 min cont.	6 x (4'R + 1'W)		20 min cont.	6 x (4'R + 1'W)		
May 1 st 2022		5K Demi-marathon de Lévis						

R = RUN W = WALK



- 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 run, 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

This training program is offered by Jacques Mainguy in collaboration with



PEPS = UNIVERSITÉ LAVAL