

10K RACE TRAINING PROGRAM



2012 Program

This program is for anyone who jogs a little and wishes to take on the challenge of running (and finishing...) the **SSQ Quebec City Marathon's 10K Race** on **August 26, 2012**.

It is a 13 weeks program which will allow you to progress slowly.

Week	Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	May 27, 2012	4 x (1'R +1'W) 15 min 4 x (1'R +1'W)	rest	rest	3 x (2'R +1'W) 5 min 3 x (2'R +1'W)	4 x (1'R +1'W) 15 min 4 x (1'R +1'W)	rest	rest
12	June 3, 2012	5 x (1'R +1'W) 15 min 5 x (1'R +1'W)	rest	rest	4 x (2'R +1'W) 5 min 4 x (2'R +1'W)	5 x (1'R +1'W) 15 min 5 x (1'R +1'W)	rest	rest
11	June 10, 2012	5 x (1'R +1'W) 15 min 5 x (1'R +1'W)	rest	rest	4 x (2'R +1'W) 5 min 4 x (2'R +1'W)	5 x (1'R +1'W) 15 min 5 x (1'R +1'W)	rest	rest
10	June 17, 2012 *	5 x (1'R +1'W) 20 min 5 x (1'R +1'W)	5 x (4' R +1' W)	rest	2 x (3'R +1'W) 10 min 2 x (3'R +1'W)	5 x (1'R +1'W) 20 min 5 x (1'R +1'W)	rest	rest
9	June 24, 2012	5 x (1'R +1'W) 20 min 5 x (1'R +1'W)	rest	rest	2 x (3'C +1'W) 10 min 2 x (3'R +1'W)	5 x (1'R +1'W) 20 min 5 x (1'R +1'W)	rest	rest
8	July 1, 2012	5 x (1'R +1'W) 25 min 5 x (1'R +1'W)	5 x (5' R +1' W)	rest	2 x (3'R +1'W) 10 min 2 x (3'R +1'W)	5 x (1'R +1'W) 25 min 5 x (1'R +1'W)	rest	rest
7	July 8, 2012	5 x (1'R +1'W) 25 min 5 x (1'R +1'W)	rest	rest	2 x (4'R +1'W) 15 min 2 x (4'R +1'W)	5 x (1'R +1'W) 25 min 5 x (1'R +1'W)	rest	rest
6	July 15, 2012	5 x (1'R +1'W) 30 min 5 x (1'R +1'W)	5 x (6' R +1' W)	rest	2 x (4'R +1'W) 15 min 2 x (4'R +1'W)	5 x (1'R +1'W) 30 min 5 x (1'R +1'W)	rest	rest
5	July 22, 2012	5 x (1'R +1'W) 30 min 5 x (1'R +1'W)	rest	rest	2 x (4'R +1'W) 15 min 2 x (4'R +1'W)	5 x (1'R +1'W) 30 min 5 x (1'R +1'W)	rest	rest
4	July 29, 2012	5 x (1'R +1'W) 35 min 5 x (1'R +1'W)	5 x (7' R +1' W)	rest	2 x (5'R +1'W) 20 min 2 x (5'R +1'W)	5 x (1'R +1'W) 35 min 5 x (1'R +1'W)	rest	rest
3	August 5, 2012	5 x (1'R +1'W) 35 min 5 x (1'R +1'W)	rest	rest	5 km	5 x (1'R +1'W) 35 min 5 x (1'R +1'W)	rest	rest
2	August 12, 2012	5 x (1'R +1'W) 40 min 5 x (1'R +1'W)	5 x (8' R +1' W)	rest	2 x (6'R +1'W) 25 min 2 x (6'R +1'W)	5 x (1'R +1'W) 40 min 5 x (1'R +1'W)	rest	rest
1	August 19, 2012	5 x (1'R +1'W) 40 min 5 x (1'R +1'W)	rest	rest	1 x (8'R +1'W) 25 min 1 x (8'R +1'W)	5 x (1'R +1'W) 40 min 5 x (1'R +1'W)	rest	rest
	August 26, 2012	SSQ Quebec City Marathon's 10K Race						

* **June 17th** For those already in training, it is suggested to take part in an event, like the Quebec City **Descente Royale**, to **run** or **walk** either a 10K or 5K. In doing so, you will test your fitness level and see where you training is at.

HOW TO TRAIN



Objective

- Adapt yourself to progressively run longer.
- Get to know your capacity and push your limits.
- Know what to expect during the race.

How it works

SUNDAY AND THURSDAY	MONDAY	WEDNESDAY
<p>Continuous training (slow jog) with a few walking breaks of one minute after every 10 minutes of jogging if necessary, is recommended.</p> <p>Each run should be preceded and followed by this sequence : 5 x (1'R + 1'W), which means Running for 1 minute and Walking for 1 minute, repeated 5 times.</p>	<p>Every other week, interval work is recommended.</p> <p>Example: 5 x (3'R + 1'W), which means Running for 3 minute and Walking for 1 minute, repeated 5 times.</p> <p>Rest the other week.</p>	<p>Every Wednesday, continuous training (slow jog) without walking pause, is recommended.</p> <p>Each run should be preceded and followed by this sequence : 5 x (1'R + 1'W), which means Running for 1 minute and Walking for 1 minute, repeated 5 times.</p>

Tips

- Take every opportunity you have to run.
- Plan your training long before or after meals.
- Avoid sunny period (too hot).
- Always drink before, during and after training.
- Avoid finishing your training with excess fatigue.
- Run slower or shorter distance.
- Vary your routes.
- Run with others. It motivates and is more fun.
- Invest in a good pair of running shoes.

If you need more information on this program or if you would like to participate to one of **Running Room Clinics**, contact:

1049 avenue Cartier

Quebec City, Quebec
G1R 2S3

Phone: (418) 522-2345

Fax: (418) 522-0660

Store Hours:

Mon - Fri: 9:30 am - 9:00 pm

Sat: 9:30 am - 6:00 pm

Sun: 8:30 am - 5:00 pm

E-mail: villedequébec@runningroom.com

Running Room Club: Wed: 6:00 pm & Sun: 8:30 am