

## HALF-MARATHON 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 Half-Marathon** on **August 26, 2012**.

It is a 16 weeks program divided in 4 blocks, which will allow you to progress slowly. Weeks A to C are optional, but should be considered a requirement for those who have been less active.

Week	Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat	No of run
A	April 15, 2012	30 min	rest	30 min	rest	5 x (3'R +1'W)	rest	30 min	4
B	April 24, 2012	30 min	rest	3 x (5'R +2'W)	rest	30 min	rest	30 min	4
C	April 29, 2012	30 min	rest	30 min	rest	5 x (3'R +1'W)	rest	30 min	4
1	May 6, 2012	<b>DMIQ *</b>	rest	3 x (5'R +2'W)	rest	30 min	rest	30 min	4
2	May 13, 2012	45 min	rest	45 min	rest	6 x (3'R +1'W)	rest	30 min	4
3	May 20, 2012	60 min	rest	4 x (5'R +2'W)	rest	30 min	rest	30 min	4
4	May 27, 2012	60 min	rest	45 min	rest	6 x (3'R +1'W)	rest	30 min	4
5	June 3, 2012	<b>DDE **</b>	rest	3 x (6'R+2'W)	rest	45 min	rest	30 min	4
6	June 10, 2012	60 min	rest	45 min	rest	8 x (3'R +1'W)	rest	30 min	4
7	June 17, 2012	<b>DR **</b>	rest	4 x (6'R+2'W)	rest	45 min	rest	30 min	4
8	June 24, 2012	75 min	rest	45 min	rest	8 x (3'R +1'W)	rest	30 min	4
9	July 1, 2012	90 min	rest	3 x (8'R+2'W)	rest	60 min	rest	30 min	4
10	July 8, 2012	90 min	rest	60 min	rest	5 x (5'R+2'W)	rest	30 min	4
11	July 15, 2012	100 min	rest	4 x (8'R+2'W)	rest	60 min	rest	30 min	4
12	July 22, 2012	105 min	rest	75 min	rest	7 x (5'R+2'W)	rest	30 min	4
13	July 29, 2012	105 min	rest	3 x (10'R+2'W)	rest	75 min	rest	30 min	4
14	August 5, 2012	105 min	rest	60 min	rest	6 x (5'R+2'W)	rest	30 min	4
15	August 12, 2012	90 min	rest	3 x (10'R+2'W)	rest	60 min	rest	30 min	4
16	August 19, 2012	75 min	rest	10 min	rest	2 x (5'R +2'W)	rest	repos	4
17	August 26, 2012	<b>SSQ Quebec City Marathon Half-Marathon</b>							<b>76</b>

\* : For those already in training, it is suggested to take part in an event, like the **Quebec City International Half Marathon**, to **run** or **walk** either a Half-Marathon or a 10K. In doing so, you will test your fitness level and see where your training is at.

\*\* **Week 5 & 7**: It is suggested to take part in a race such as the **Quebec City Staircase Challenge** and the **Descente Royale**. It improves your fitness and accustoms you to a race day.

## 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	TUESDAY & THURSDAY	TUESDAY, THURSDAY & SATURDAY
<p><b>Endurance Work with a few walking pauses</b></p> <p>Walk for 1 or 2 minutes each 20-30 minutes.</p>	<p><b>Interval Work</b></p> <p>Example: 3 x (4'R+1'W) = Continuous <b>R</b>unning for 4 minutes and <b>W</b>alking for 1 minute. Repeat 3 times. Your running pace should be faster than the one use for your Sunday training.</p> <p>You should jog for about 10 minutes before to warm up and 5 minutes after to cool down.</p>	<p><b>Continuous Work - Short</b></p> <p>Example: Continuous run without stops. Your pace should be just a bit faster than the one you have for your Sunday training. For those who are just starting, you may include brief breaks for walking, stretching and hydrating.</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:

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Sat: 9:30 am - 6:00 pm

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