

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** on **August 26, 2012**.

It is a 16 weeks program divided in 4 blocks, which will allow you to progress slowly. Weeks A to E 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 1, 2012	30 min	rest	30 min	rest	4 x (3'R+1'W)	rest	30 min	4
B	April 8, 2012	45 min	rest	3 x (4'R+1'W)	30 min	30 min	rest	30 min	5
C	April 15, 2012	60 min	rest	45 min	rest	4 x (3'R+1'W)	rest	30 min	4
D	April 24, 2012	60 min	rest	3 x (5'R+1'W)	30 min	45 min	rest	30 min	5
E	April 29, 2012	85 min	rest	45 min	rest	5 x (3'R+1'W)	rest	30 min	4
1	May 6, 2012	DMIQ *	rest	3 x (5'R+1'W)	30 min	45 min	rest	30 min	5
2	May 13, 2012	90 min	rest	45 min	rest	6 x (3'R+1'W)	rest	30 min	4
3	May 20, 2012	90 min	rest	4 x (5'R+1'W)	30 min	45 min	rest	30 min	5
4	May 27, 2012	105 min	rest	45 min	rest	6 x (3'R+1'W)	rest	30 min	4
5	June 3, 2012	DDE **	rest	3 x (6'R+1'W)	30 min	60 min	rest	30 min	5
6	June 10, 2012	115 min	rest	60 min	rest	8 x (3'R+1'W)	rest	30 min	4
7	June 17, 2012	DR **	rest	4 x (6'R+2'W)	30 min	60 min	rest	30 min	5
8	June 24, 2012	120 min	rest	60 min	rest	8 x (3'R+1'W)	rest	30 min	4
9	July 1, 2012	135 min	rest	3 x (7'R+2'W)	30 min	75 min	rest	30 min	5
10	July 8, 2012	145 min	rest	60 min	rest	5 x (5'R+1'W)	rest	30 min	4
11	July 15, 2012	145 min	rest	4 x (7'R+2'W)	30 min	75 min	rest	30 min	5
12	July 22, 2012	165 min	rest	60 min	rest	7 x (5'R+1'W)	rest	30 min	4
13	July 29, 2012	150 min	rest	3 x (8'R+2'W)	30 min	75 min	rest	30 min	5
14	August 5, 2012	30 km	rest	60 min	rest	6 x (5'R+2'W)	rest	30 min	4
15	August 12, 2012	150 min	rest	3 x (10'R+1'W)	30 min	60 min	rest	30 min	5
16	August 19, 2012	120 min.	rest	10 min	30 min	2 x (5'R+2'W)	rest	rest	4
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* For those already in training, it is suggested to take part in an event, like the **Quebec City International Half Marathon**, to run 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 races 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	WEDNESDAY & SATURDAY
Endurance Work with a few walking pauses Walk for 1 or 2 minutes each 20-30 minutes.	Interval Work Example: 3 x (4'R+1'W) = Continuous R unning for 4 minutes and W alking for 1 minute. Repeat 3 times. Your running pace should be faster than the one use for your Sunday training. You should jog for about 10 minutes before to warm up and 5 minutes after to cool down.	Continuous Work - Short 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.

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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Store Hours:

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

Sat: 9:30 am - 6:00 pm

Sun: 8:30 am - 5:00 pm

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