

5K RACE TRAINING PROGRAM - KIDS



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 **Kids Run** on **August 26, 2012**.

It is a 7 weeks program, which will allow you to progress slowly.

Week	Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	July 8, 2012	2 x (1'R +1'W) 2 min. continuous 2 x (1'M+1'C)	4 x (1'R +1'W)	rest	2 x (1'R +1'W) 3 min. continuous 2 x (1'W+1'R)	5 x (1'R +1'W)	rest	rest
6	July 15, 2012	3 x (1'R +1'W) 4 min. continuous 3 x (1'W +1'C)	3 x (2'R +1'W)	rest	3 x (1'R +1'W) 5 min. continuous 3 x (1'W+1'R)	4 x (2'R +1'W)	rest	rest
5	July 22, 2012	2 x (2'R +1'W) 6 min. continuous 2 x (2'W +1'R)	5 x (2'R +1'W)	rest	2 x (2'R +1'W) 7 min. continuous 2 x (2'W +1'R)	6 x (2'R +1'W)	rest	rest
4	July 29, 2012	3 x (2'C +1'W) 8 min. continuous 3 x (2'W +1'R)	3 x (3'R +1'W)	rest	3 x (2'R +1'W) 9 min. continuous 3 x (2'W +1'R)	4 x (3'R +1'W)	rest	rest
3	August 5, 2012	2 x (3'R +1'W) 10 min. continuous 2 x (3'W +1'C)	5 x (3'R +1'W)	rest	2 x (3'R +1'W) 12 min. continuous 2 x (3'W +1'R)	6 x (3'R +1'W)	rest	rest
2	August 12, 2012	3 x (3'R +1'W) 14 min. continuous 3 x (3'W +1'R)	4 x (4'R +1'W)	rest	3 x (3'R +1'W) 15 min. continuous 3 x (3'W +1'R)	5 x (4'R +1'W)	rest	rest
1	August 19, 2012	20 min. continuous	6 x (4'R +1'W)	rest	20 min. continuous	6 x (4'R +1'W)	rest	rest
	August 26, 2012	SSQ Quebec City Marathon's Kids Run						

HOW TO TRAIN

Objective

- Have fun while training.
- 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
Continuous training (slow jog) with a few walking breaks of 1 minute after every 4 minutes of jogging if necessary, is recommended.	Interval work is recommended. Here is an example: 5 x (3' R + 1' W), which means R unning for 3 minute and W alking for 1 minute, repeated 5 times.	Every Wednesday, continuous training (slow jog) without walking pause, is recommended. Each run should be preceded and followed by this sequence : 3 x (1' R + 1' W), which means R unning for 1 minute and W alking for 1 minute, repeated 3 times.

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

E-mail: villedequébec@runningroom.com

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