Marathon – Program A

(3 to 5 training per week)

Week 10	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	E: 180 min	E: 30 min		Fartlek Time: 60 min 8 x 30 sec Fast pace	E: 45 min		E: 15 min QE: 60 min E: 15 min
Week 10	E	E		Fartlek	E		QE

Marathon – Program B

(4 to 6 training per week - With intervals training)

Week 10	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	E: 180 min	E: 30 min		E: 15 min Inter.: 5 x 1000m Rec.: 3 à 5 min E: 10 à 15 min	E: 60 min	E: 40	E: 15 min QE: 60 min E: 15 min
Week 11		E	E	Intervals		E	E

Term definitions

E : Endurance – (170 – Age) — Example: 170 – 40 year old = 130 (HR: 130puls/min) *
QE: Quality Endurance – (190 – Age) — Example: 190 – 40 year old = 150 (THR: 150puls/min)
Inter: Intervals – (210 – Âge) — Example: 210 – 40 year old = 170 (THR: 170puls/min)
* Target heart rate

Color: Week intensity: (Green = Easy / Yellow = Medium / Red = difficult)
Last line of the grid: Following week intensity + day and type of training.

Caution

You are aware that running represents a potential risk of injury. It is highly recommended that you seek the approval of your doctor before starting any training program. By using one of the training programs offered on the Marathon du P'tit Train du Nord web page, you release all responsibility of Le Marathon and its specialists. In addition, you waive all claims or lawsuits that may be directed against the Marathon or its specialists. French text will prevail.