



# MARATHON

## *P'tit Train du Nord*

### Half-Marathon – Program A

| Week 3 | Sunday     | Monday    | Tuesday | Wednesday                                           | Thursday  | Friday | Saturday                             |
|--------|------------|-----------|---------|-----------------------------------------------------|-----------|--------|--------------------------------------|
|        | E: 100 min | E: 30 min |         | Fartlek<br>Time: 75 min<br>6 x 90 sec.<br>fast pace | E: 30 min |        | E: 15 min<br>QE: 30 min<br>E: 15 min |
| Week 4 | E          |           |         | QE                                                  |           | E      |                                      |

### Half-Marathon – Program B

| Week 3 | Sunday     | Monday    | Tuesday   | Wednesday                                                                       | Thursday  | Friday    | Saturday                             |
|--------|------------|-----------|-----------|---------------------------------------------------------------------------------|-----------|-----------|--------------------------------------|
|        | E: 100 min | E: 40 min |           | E: 15 min<br>Inter.: 5 x 800m<br>10k pace<br>Rec.: 3 to 5 min<br>E: 10 – 15 min | E: 30 min | E: 60 min | E: 15 min<br>QE: 30 min<br>E: 15 min |
| Week 4 | E          |           | Intervals |                                                                                 | QE        |           | E                                    |

#### Term definitions

E : Endurance – (170 – Age)

QE: Quality Endurance – (190 – Age)

Inter: Intervals – (210 – Âge)

Example: 170 – 40 year old = 130 (THR: 130puls/min) \*

Example: 190 – 40 year old = 150 (THR: 150puls/min)

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