Marathon – Program A

(3 to 5 training per week)

Week 8	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	E: 150 min	E: 40 min		Fartlek Time: 80 min 8 x 120 sec fast pace	E: 40 min		E: 15 min QE: 50 min E: 15 min
Week 9		E		QE		E	

Marathon – Program B

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

Week 8	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	E: 150 min	E: 40 min	E: 15 min Inter.: 4 x 1600m Rec.: 5 min E: 10 à 15 min		E: 75 min	E: 15 min QE: 50 min E: 15 min	E: 30 min
Week 9	E		Intervals		E	EQ	

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