



## Marathon – Program A

(3 to 5 training per week)

Week 11	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		E: 60 min	E: 30 min	E: 15 min Inter: 2 km Rec.: 2 km Jog Inter: 1 km Rec.: 2 km Jog Inter: 2 km E: 10 min		E: 50 min	
Week12		E		QE			E

## Marathon – Program B

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

Week 11	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		E: 70 min	E: 40 min	E: 15 min Inter: 3 km Rec.: 2 km Jog Inter: 1 km Rec.: 2 km Jog Inter: 3 km E: 10 min		E: 30 min	E: 60 min
Week 12	E	E		QE			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.