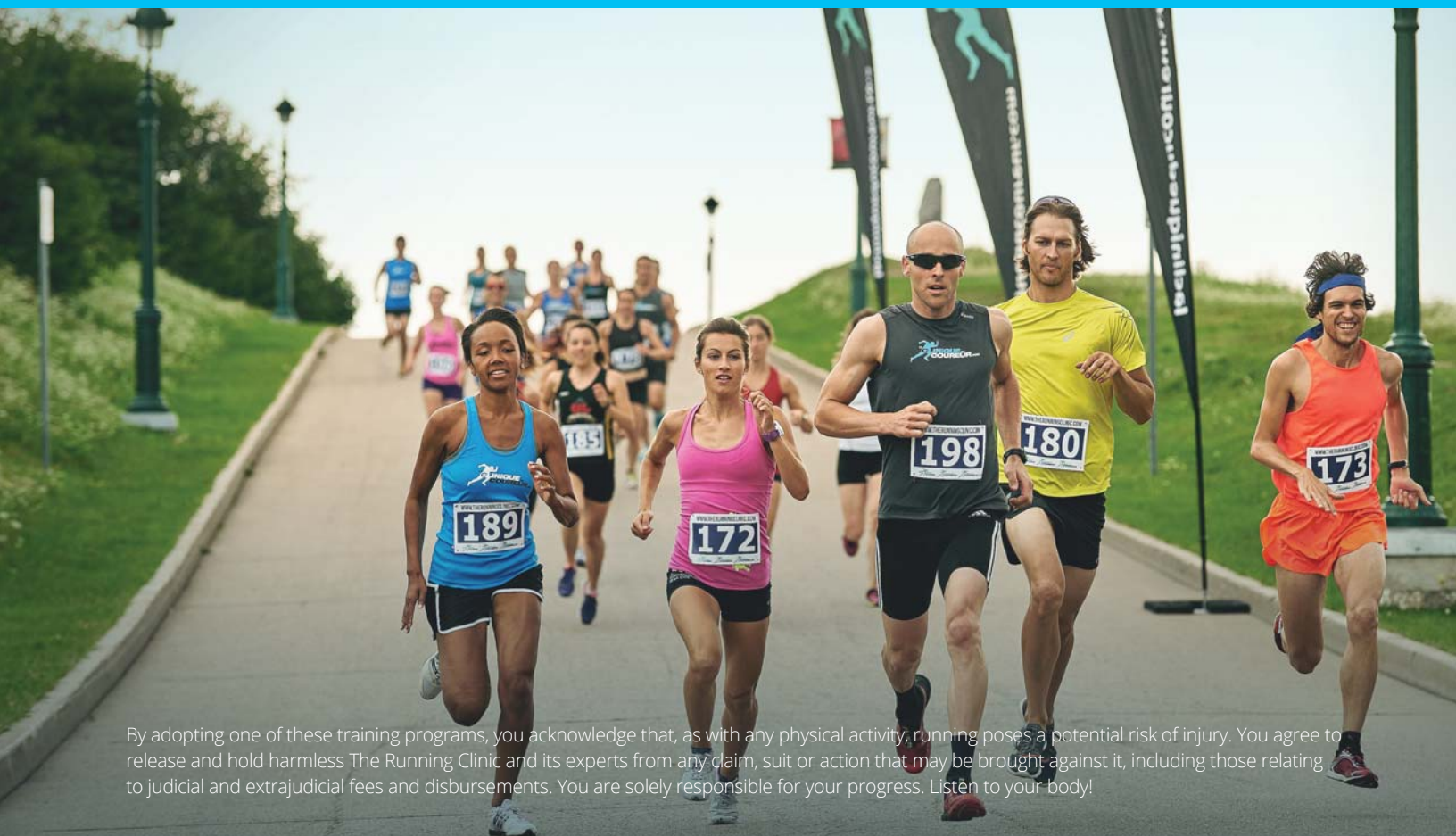




TRAINING PROGRAM N° 4

RUNNING A MARATHON IN UNDER 3 H

Congratulations on your new goal! By adopting a healthy lifestyle, you will enjoy the many benefits of physical activity while inspiring those around you to be more active. At The Running Clinic, we are happy to support you during your training and wish you a great run!



By adopting one of these training programs, you acknowledge that, as with any physical activity, running poses a potential risk of injury. You agree to release and hold harmless The Running Clinic and its experts from any claim, suit or action that may be brought against it, including those relating to judicial and extrajudicial fees and disbursements. You are solely responsible for your progress. Listen to your body!



A PROGRAM DESIGNED BY THE EXPERTS AT THE RUNNING CLINIC

The Running Clinic is a training organization for health professionals that has set the global standard for the prevention of running injuries. Our classes, given on five continents and in five different languages, promote best medical practices with regard to runners' health.

Mission

Promote better health through running!

Philosophy

The simpler the better

THE EXPERTS

WHO DESIGNED YOUR PROGRAM



Blaise Dubois

Physiotherapist, Founding President of The Running Clinic

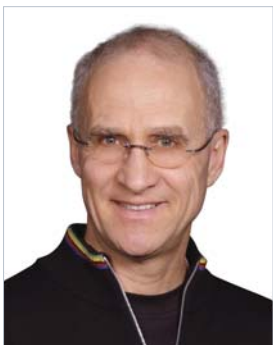
A leader in the prevention of running injuries, Blaise Dubois has earned international renown for teaching best medical practices on five continents. Thousands of runners, health professionals and trainers have benefited from his innovative concepts. A seasoned athlete and co-owner of the PCN physiotherapy and sports medicine clinics, he sees himself first as a clinician specializing in the prevention and treatment of running injuries. A former consultant with the national track and field team, he has extensive international experience.



Guy Thibault

Exercise Physiologist

Doctor of Exercise Physiology and former Québec long-distance running runner-up, Guy Thibault is a researcher with the Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche, and an Associate Professor of Kinesiology at Université de Montréal. His last two books are bestsellers: *Entraînement cardio – Sports d'endurance et performance* (2009), and *En pleine forme – Conseils pratiques pour s'entraîner et persévérer* (2013). He has published hundreds of popular science articles in magazines from Québec and abroad, including Kmag, Sport et Vie and Zatopek.







Richard Chouinard

Coach and Professor of Kinesiology at Université Laval

Head of Practical Training in the Kinesiology Department of the Faculty of Medicine at Université Laval and coach of the Université Laval Running Club, Richard Chouinard was a long-distance runner from 1971 to 1980 and holds the 100K North American record, which he set in 1979 with a time of 6 h 36 min 57 s. He also coached marathon runners from the national track and field team for international competitions between 1984 and 1993, and was the personal trainer of marathon runner Odette Lapierre, who competed in the Seoul and Barcelona Olympics. Richard is the co-author of *Course à pied, Le Guide d'entraînement et de nutrition* (2013).



LEARN TO READ YOUR TRAINING PLAN

COLOUR CODE OR ABBREVIATION	MEANING
	Initiation phase
	Progression phase
	Intensive phase
	Tapering and competition phase
Diff. :	Difficulty level of the overall workout
CT :	Continuous training
IT :	Interval training
IT 15"-15" ou 15"-30"	Between the warm-up and cool-down, alternate 15 seconds of high intensity running (not max effort) with 15-30 seconds of active recovery (walking or very slow jogging).
IT 1'-1' ou 1'-2'	Between the warm-up and cool-down, alternate 1 minute of high intensity running (not max effort) with 1-2 minutes of active recovery (walking or very slow jogging).
IT 3'-1' ou 3'-2'	Between the warm-up and cool-down, alternate approximately 3 minutes of high intensity running (not max effort) with 1-2 minutes of active recovery (walking or very slow jogging).
IT 5'-1' ou 5'-2'	Between the warm-up and cool-down, alternate approximately 5 minutes of high intensity running (not max effort) with 1-2 minutes of active recovery (walking or very slow jogging).

N.B.

The times shown in each box (e.g., 45' or 45 min) refer to the total duration of the workout, including the warm-up (10 min) and cool-down (5 min). Mondays are rest days.

PACE YOURSELF DURING YOUR WORKOUTS

WORKOUT DIFFICULTY SCALE

Diff.	Overall workout...
2-4	Very easy
5	Easy
6-7	Moderately difficult
8	Difficult
9	Very difficult
10	Exhausting, like a competition with flat out effort

During your continuous training (CT) workout or interval training (IT) workout, constantly adjust your effort so that your overall level of difficulty for the workout (Diff.) matches the level indicated in your training plan.

TRAINING PLAN FLEXIBILITY

We don't suggest following this training plan to the letter. Use it as inspiration to help plan your workouts for the week while taking into account your fitness level, mood and external (lack of sleep, busy day at work, etc.) and environmental factors (heat, rain, etc.), and make adjustments day by day.

If you lack time or motivation, try to run anyway, even if it's just for 5 or 10 minutes at a moderate pace. Interval training workouts and long-distance runs are what counts. Shorter steady-state runs at a slower pace help improve your aerobic endurance and strengthen your musculoskeletal system.

Take advantage of opportunities to spice up your training (invitations from friends, vacations, etc.), even if it means deviating slightly from your original plan. However, avoid sudden increases in the duration or intensity of your runs.

On occasion, you may want to replace a long weekly run with a race.

During especially long interval training workouts, feel free to skip effort intervals one, two or three times to give yourself the energy to execute subsequent effort intervals with better form.

If you find it hard to recover from strenuous workouts, try reducing the level of difficulty and giving yourself more time to recover, even if it means decreasing the number of runs per week.

Feel free to engage in physical activities other than those prescribed in the training plan, but avoid trying new exercises in the days leading up to a race.

If you find you are exhausted, take a few days to recover (e.g., two rest days and two days with very short workouts).

TIPS

To warm up and cool down, start and end each workout with 5-10 minutes of jogging at a moderate pace or by alternating running and walking.

Try not to lengthen your stride unnecessarily. Aim for a pace of three steps per second.

If you are just starting out, choose minimalist shoes. Are you already an experienced runner, uninjured, satisfied with your performance and used to running in a certain type of shoe? If so, don't change anything!

If you suffer from an injury caused by an accident or wear, replace your runs with cross-training workouts, which can include cycling, swimming or inline skating. If the pain persists for more than three days, consult a healthcare professional who specializes in sports.



TRAINING PROGRAM N° 4

RUNNING A MARATHON IN UNDER 3 H

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INITIATION PHASE						
WK 1	30' / Diff. 2-4 CT	20' / Diff. 2-4 CT	40' / Diff. 2-4 CT	Rest	20' / Diff. 2 CT	45' / Diff. 4 CT
WK 2	30' / Diff. 2-4 CT	25' / Diff. 2-4 CT	40' / Diff. 2-4 CT	Rest	20' / Diff. 2 CT	50' / Diff. 4 CT
WK 3	30' / Diff. 2-4 CT	30' / Diff. 2-4 CT	45' / Diff. 2-4 CT	Rest	20' / Diff. 2 CT	55' / Diff. 5 CT
WK 4	45' / Diff. 2-4 CT	30' / Diff. 2-4 CT	40' / Diff. 2-4 CT	Rest	25' / Diff. 2 CT	60' / Diff. 5 CT
PROGRESSION PHASE						
WK 5	IT / Diff. 6 15"-15" or 15"-30" 45'	35' / Diff. 2-4 CT	45' / Diff. 2-4 CT	Rest	25' / Diff. 2 CT	70' / Diff. 6-7 CT
WK 6	IT / Diff. 6 15"-15" or 15"-30" 50'	35' / Diff. 2-4 CT	45' / Diff. 2-4 CT	Rest	30' / Diff. 2 CT	80' / Diff. 6-7 CT
WK 7	IT / Diff. 6 15"-15" or 15"-30" 50'	40' / Diff. 2-4 CT	IT / Diff. 6 1'-1' or 1'-2' 45'	30' / Diff. 3 CT	30' / Diff. 3 CT	90' / Diff. 6-7 CT
WK 8	IT / Diff. 6 15"-15" or 15"-30" 50'	30' / Diff. 2-4 CT	IT / Diff. 6 1'-1' or 1'-2' 50'	30' / Diff. 3 CT	20' / Diff. 3 CT	70' / Diff. 6-7 CT
WK 9	IT / Diff. 6 15"-15" or 15"-30" 55'	45' / Diff. 2-4 CT	IT / Diff. 6 1'-1' or 1'-2' 50'	35' / Diff. 3 CT	30' / Diff. 3 CT	100' / Diff. 6-7 CT
WK 10	IT / Diff. 6 15"-15" or 15"-30" 60'	50' / Diff. 2-4 CT	IT / Diff. 7 1'-1' or 1'-2' 55'	40' / Diff. 3 CT	30' / Diff. 3 CT	110' / Diff. 6-7 CT

TRAINING PROGRAM N° 4

RUNNING A MARATHON IN UNDER 3 H

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK 11	IT / Diff. 6 15"-15" or 15"-30" 60'	50' / Diff. 2-4 CT	IT / Diff. 7 3'-1" or 3'-2" 60'	40' / Diff. 2-4 CT	30' / Diff. 3 CT	120' / Diff. 6-7 CT
WK 12	IT / Diff. 6 1'-1" or 1'-2" 60'	30' / Diff. 2-4 CT	IT / Diff. 6 3'-1" or 3'-2" 60'	30' / Diff. 2-4 CT	20' / Diff. 3 CT	90' / Diff. 8 CT
WK 13	IT / Diff. 6 1'-1" or 1'-2" 70'	50' / Diff. 2-4 CT	IT / Diff. 7 3'-1" or 3'-2" 60'	40' / Diff. 2-4 CT	35' / Diff. 3 CT	135' / Diff. 8 CT
WK 14	IT / Diff. 7 1'-1" or 1'-2" 70'	50' / Diff. 2-4 CT	IT / Diff. 7 3'-1" or 3'-2" 70'	45' / Diff. 2-4 CT	40' / Diff. 3 CT	150' / Diff. 8 CT
WK 15	IT / Diff. 7 1'-1" or 1'-2" 70'	50' / Diff. 2-4 CT	IT / Diff. 8 3'-1" or 3'-2" 70'	50' / Diff. 2-4 CT	40' / Diff. 3 CT	160' / Diff. 8 CT
WK 16	IT / Diff. 6 1'-1" or 1'-2" 50'	60' / Diff. 2-4 CT	IT / Diff. 6 3'-1" or 3'-2" 70'	30' / Diff. 2-4 CT	30' / Diff. 3 CT	120' / Diff. 7 CT
INTENSIVE PHASE						
WK 17	IT / Diff. 8 1'-1" or 1'-2" 75'	60' / Diff. 2-4 CT	IT / Diff. 8 5'-1" or 5'-2" 75'	60' / Diff. 2-4 CT	40' / Diff. 3 CT	150' / Diff. 9 CT
WK 18	IT / Diff. 8 3'-1" or 3'-2" 60'	50' / Diff. 2-4 CT	IT / Diff. 8 5'-1" or 5'-2" 60'	30' / Diff. 2-4 CT	40' / Diff. 3 CT	120' / Diff. 9 CT
TAPERING AND COMPETITION PHASE						
WK 19	IT / Diff. 6 15"-15" or 15"-30" 60'	40' Diff. 2-4 CT	IT / Diff. 6 1'-1" or 1'-2" 50'	Rest	IT / Diff. 3 15"-15" or 15"-30" 20'	90' / Diff. 8 CT
WK 20	IT / Diff. 6 1'-1" or 1'-2" 50'	40' Diff. 2-4 CT	Rest	IT / Diff. 3 15"-15" or 15"-30" 25'	Rest	MARATHON
POST MARATHON PHASE						
WK 21	Rest	Rest	20' / Diff. 2 (biking, swimming or elliptical)	30' / Diff. 3 (biking, swimming or elliptical)	20' / Diff. 2 (biking, swimming or elliptical)	40' / Diff. 3 (biking, swimming or elliptical)
WK 22	20' / Diff. 2-4 10x (1'run- 1'walk)	30' / Diff. 3 (biking, swimming or elliptical)	30' / Diff. 2-4 10x (2'run- 1'walk)	Rest	40' / Diff. 2-4 10x (3'run- 1'walk)	50' / Diff. 2-4 10x (4'run- 1'walk)

N.B. Contact a kinesiologist or certified running coach for a personalized training program and follow-up.

OTHER PROGRAMS OFFERED BY THE RUNNING CLINIC

ADULTS

Training Program	This program is for you if...
N° 1. Running your first marathon	<ol style="list-style-type: none">1. You can run for at least 1 h per week without pain or injury.2. Your goal is to run a marathon.
N° 2. Running a marathon in under 4 h	<ol style="list-style-type: none">1. You can run for at least 1 h 30 per week without pain or injury.2. You have already participated in at least one 5k race.3. Your goal is to run a marathon in under 4 h.
N° 3. Running a marathon in under 3 h 30	<ol style="list-style-type: none">1. You can run for at least 2 h per week without pain or injury.2. You have already finished a marathon or another 20+km race.3. Your 10K personal record is under 45 minutes or you have good reason to believe that you could beat this time.4. Your goal is to run a marathon in under 3 h 30.
N° 4. Running a marathon in under 3 h	<ol style="list-style-type: none">1. You can run for at least 2 h 30 per week without pain or injury.2. You have already finished a marathon or other 20+km race.3. Your 10K personal record is under 40 minutes or you have good reason to believe that you could beat this time.4. Your goal is to run a marathon in under 3 h.
N° 5. Running your first half marathon	<ol style="list-style-type: none">1. You can run for at least 30 minutes per week without pain or injury.2. Your goal is to run a half marathon.
N° 6. Running a half marathon in under 2 h	<ol style="list-style-type: none">1. You can run for at least 1 h per week without pain or injury.2. You have already participated in at least one 5km race.3. Your goal is to run a half marathon in under 2 h.
N° 7. Running a half marathon in under 1 h 30	<ol style="list-style-type: none">1. You can run for at least 1 h 15 per week without pain or injury.2. You have already participated in at least one 10km race.3. Your goal is to run a half marathon in under 1 h 30.

ADULTS AND ADOLESCENTS

N° 8. Running your first 10K	<ol style="list-style-type: none">1. You can run for at least 20 consecutive minutes without pain or injury.2. Your goal is to run your first 10K.
N° 9. Running your first 10K in under 55 minutes	<ol style="list-style-type: none">1. You can run for at least 20 minutes continuously without pain or injury.2. Your goal is to run a 10K in under 55 minutes.
N° 10. Running your first 5K	<ol style="list-style-type: none">1. Your goal is to run a 5K.
N° 11. Running a 5K in under 25 minutes	<ol style="list-style-type: none">1. You can run regularly without pain or injury.2. Your goal is to run a 5K in under 25 minutes.

CHILDREN

Children should engage in as much physical activity as possible each day. Activities should be fun and, if possible, should include exercises that help develop and maintain physical fitness and strengthen bones.

To make a 1K race fun for children, we regularly incorporate games that involve running short distances. Children tend to prefer intermittent activities over prolonged activities with little variation in intensity. Nevertheless, both forms of physical activity are equally capable of improving cardiorespiratory fitness. To help develop the habit of physical activity and sports through adolescence, it is important to focus on fun and avoid early specialization.