



8-WEEK WALKING/RUNNING PROGRAM

A program created
for Le Week-end
participants by



Congratulations dear participant of the Jewish General Hospital Foundation's "Week-end pour combattre le cancer" on receiving your new walking / running program. This program is a guide that you can modify according to your reality, your fitness level and the distance you wish to run during "Le Week-end". Here is your 8 week training program. Before you begin this new training program and put on your running shoes, here are some important general tips:

Health Professional	Ask a health professional, such as a kinesiologist, to make sure this program is appropriate for your current physical condition.
Tool	This running program is a tool; it is important to adapt it to your personal needs..
Warm-up and Cool-down	ALWAYS begin your running training with a 5-10 minute warm-up (walk or light jog).
Progression	It is important to comply with suggested speeds to ensure improvement and progression. Always keep your safety in mind and focus on long-term progression.
Mixed/Hybrid Trainings	If, during any point, you feel overly tired, choose a mixed training method instead. Such sessions are dedicated to other sports such as strength training, group class, cycling, swimming, etc. They will allow you to involve different muscle groups, change routine, and boost your training in a safe way.
Long Runs	This is not a race! In fact, these runs allow your body to adapt to long distances .Take breaks where necessary and walk for a few minutes when you need to.
Listen to Your Body	Be attentive to speed change , for example, during interval training. It is recommended to accelerate progressively until you reach your desired speed, but also to slow down progressively, always aiming to reduce risks of injury. If you suffer from joint pain (knees, ankles), we recommend applying ice after your training sessions.

ZONE AND RUNNING SPEED

This program comprises training sessions based on effort zones. The best way to know your effort zones is to use the maximal/submaximal running test. Don't know what your running zones are? Énergie Cardio's trainers are always available to help you determine your zones and running pace; these will ensure you train effectively and safely. Your program can be adjusted according to your fitness condition and the distance you wish to run during the event. You are responsible for setting your speed according to your goal.

Zones	My Speed	Perceived Exertion Scale	% Max HR		Perception
1		3-4	50-65		Normal breathing Really easy to speak
2		5	65-75		Normal breathing Easy to speak
3		6-7	76-85		Breathing accelerates Conversation gets harder
4		8	85-90		Hyperventilation Difficult to speak
5		9-10	91+		Critical hyperventilation Impossible to speak

RUNNING PROGRAM

(At the end of the session, note your distance [D], and perceived exertion [RPE] from 1 to 10)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20' Z2 D: RPE:	4 x 1' Z4/1' Z2 D: RPE:	Recovery	8 x 30" Z5/30" Z2 D: RPE:	Muscle strength	Recovery	40' Z2 D: RPE:
2	25' Z2 D: RPE:	5 x 1' Z4/1' Z2 D: RPE:	Recovery	9 x 30" Z5/30" Z2 D: RPE:	Muscle strength	Recovery	50' Z2 D: RPE:
3	30' Z2 D: RPE:	6 x 1' Z4/1' Z2 D: RPE:	Recovery	10 x 30" Z5/30" Z2 D: RPE:	Muscle strength	Recovery	55' Z2 D: RPE:
4	35' Z2 D: RPE:	8 x 1' Z4/1' Z2 D: RPE:	Recovery	10 x 30" Z5/30" Z2 D: RPE:	Muscle strength	Recovery	60' Z2 D: RPE:
5	40' Z2 D: RPE:	10 x 1' Z4/1' Z2 D: RPE:	Recovery	12 x 30" Z5/30" Z2 D: RPE:	Muscle strength	Recovery	65' Z2 D: RPE:
6	45' Z2 D: RPE:	8 x 1' 30" Z4/1' Z2 D: RPE:	Recovery	14 x 30" Z5/30" Z2 D: RPE:	Muscle strength	Recovery	70' Z2 D: RPE:
7	35' Z2 D: RPE:	6 x 1' 30" Z4/1' Z2 D: RPE:	Recovery	10 x 30" Z5/30" Z2 D: RPE:	Muscle strength	Recovery	50' Z2 D: RPE:
8	30' Z2 D: RPE:	4 x 1' 30" Z4/1' Z2 D: RPE:	Muscle strength	6 x 30" Z5/20" Z2 D: RPE:	60-Minute "relaxed" walk	Recovery	FDHJ WEEKEND

Reminder: it is crucial to listen to your body and adapt this program to your personal fitness level and ability.

When starting this program, you agree to release Énergie Cardio from any liability with respect to damage or injury that may occur and understand the risks related to starting a new exercise program. Énergie Cardio's personal trainers and kinesiologists are there to help you initiate this new journey and reach your new goal.

Program legend

'	Minutes
''	Seconds
Z	Zone
W	Walk
x	# series or repetitions
D	Distance
RPE	Perceived Exertion Scale (1-10)

Strength Training for Walking/Running

Forward Walking Lunges

- Weeks 1 & 2; 2 × 10 steps
- Weeks 3 & 4; 3 × 12 steps
- Weeks 5 & 6; 4 × 15 steps
- Weeks 7 & 8; 4 × 20 steps

Forearm Plank

- Weeks 1 & 2; 1 × 30 seconds
- Weeks 3 & 4; 2 × 45 seconds
- Weeks 5 & 6; 2 × 60 seconds
- Weeks 7 & 8; 3 × 60 seconds

Dynamic Squats + Jump Squats

- Weeks 1 & 2; 2 × 30 seconds (1 x squat - 1 x jumped squat)
- Weeks 3 & 4; 2 × 45 seconds (1 x squat - 1 x jumped squat)
- Weeks 5 & 6; 2 × 60 seconds (1 x squat - 1 x jumped squat)
- Weeks 7 & 8; 2 × 60 seconds (1 x squat - 1 x jumped squat)

Anterior Tibial/Calf Muscle Strengthening

- Weeks 1 & 2; 2 × 30 seconds (1 x tibial - 1 x calf)
- Weeks 3 & 4; 2 × 45 seconds (1 x tibial - 1 x calf)
- Weeks 5 & 6; 2 × 60 seconds (1 x tibial - 1 x calf)
- Weeks 7 & 8; 2 × 60 seconds (1 x tibial - 1 x calf)