

WEEK 01

Mesocycle Accumulation Microcycle 1 - Loading

Monday REST

Tuesday Running 50'
(5'00 min/km)
+ Strenghtening

Wednesday 20' warm-up (5'30 min/km)
+ 2 x 15' (4'40 min/km)
rec: 10' gentle pace
(5'30 min/km)
+ 10' cool down lap

Thursday Running 50'
(5'00 min/km)

Friday REST + Stretch

Saturday 20' warm-up (5'20 min/km)
+ 5 x 5' (4'15 min/km)
rec: 3' gentle pace
(5'30 min/km)
+ 10' cool down lap

Sunday Running 60'
(45 min 5'00 min/km
and 15 min 4'00 min/km)

WEEK 02

Mesocycle Accumulation Microcycle 2 - Loading

Monday REST

Tuesday Running 60'
(5'00 min/km)
+ Strenghtening

Wednesday 20' warm-up (5'20 min/km)
+ 2 x 20' (4'40 min/km)
rec: 10' gentle pace
(5'30 min/km)
+ 10' cool down lap

Thursday Running 60'
(4'45 min/km)

Friday REST+ Stretch

Saturday 20' warm-up (5'15 min/km)
+ 7 x 3' (4'15 min/km)
ec: 2' gentle pace
(5'30 min/km)
+ 10' cool down lap

Sunday Running 80'
(60min 5'15 min/km and
20 min 4'05 min/km)

WEEK 03

Mesocycle Accumulation Microcycle 3 - Recovery

Monday REST

Tuesday Running 40'
(5'00 min/km)
+ Strenghtening

Wednesday 20' warm-up (5'30 min/km)
+ 3x 10' (4'40 min/km)
rec: 5' gentle pace
(5'30 min/km)
+ 10' cool down lap

Thursday Running 40'
(5'00 min/km)
+ Strenghtening

Friday REST+ Stretch

Saturday 20' warm up + 10 x 2'
(4'15 min/km)
rec: 1' gentle pace
(5'30 min/km)
+ 10' cool down lap

Sunday TEST 10KM - sub 40'

WEEK 04

Mesocycle Accumulation Microcycle 4 - Loading

Monday REST

Tuesday Running 60'
(4'45 min/km)
+ Strenghtening

Wednesday 20' warm up
+ 2x [4x (1'30 uphill
(4'30 min/km aprox.)
rec: gentle downhill)
rec: 3' between blocks]
+ 20'

Thursday Running 70'
(4'40 min/km)

Friday REST+ Stretch

Saturday 20' warm-up
+ 2x (4', 3', 2', 1')
(4'05 min/km)
rec: same gentle pace
+ 10' return to calm

Sunday Running 95'
(60 min (5'15 min/km)
+ 20min (4'30 min/km)
+ 15 min (4'05 min/km))

WEEK 05

Mesocycle Accumulation Microcycle 5 - Loading

Monday	REST
Tuesday	Running 70' (4'4"5 min/km) + Strenghtening
Wednesday	20' warm-up + 2x [4x (1'30 uphill (4'30 min/km aprox.) rec: gentle downhill) rec: 3' between blocks] + 20'
Thursday	Running 75' (4'40 min/km)
Friday	REST + Stretch
Saturday	20' warm-up + 4x 7' (4'15 min/km) rec: 3' gentle pace + 10' return to calm
Sunday	Running 100' (60 min (5'00 min/km) + 25min (4'30 min/km) + 15 min (4'05 min/km))

WEEK 06

Mesocycle Accumulation Microcycle 6 - Shock

Monday	REST
Tuesday	20' warm-up + 2x [8x (30'' (4'30 min/km aprox.) uphill rec: gentle downhill) rec: 3' between blocks] + 20'
Wednesday	Running 75' (4'45 min/km)
Thursday	20' warm-up + 6x 5' (4'00 min/km) rec: 2' gentle pace + 10' return to calm
Friday	REST + Stretch
Saturday	Running 60' (4'30 min/km) + Strenghtening
Sunday	Running 105' (60 min (5'00 min/km) + 30 min (4'30 min/km) + 15 min (4'05 min/km))

WEEK 07

Mesocycle Accumulation Microcycle 7 - Recovery

Monday	REST
Tuesday	Running 50' (5'00 min/km)
Wednesday	Running 60' 5'00 min/km) + Strenghtening
Thursday	20' warm-up + 5x 3' (3' 45 min/km) rec: 3' gentle pace + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 40' (4'45 min/km) + Stretch
Sunday	ON-SITE TRAINING Running 80-90' with 10 central km @3:55-4'

WEEK 08

Mesocycle Accumulation Microcycle 8 - Loading

Monday	50' gentle run
Tuesday	REST
Wednesday	20' warm-up + 3x 4000m (4'05 min/km) rec: 2'30'' + 10' Return to calm
Thursday	Running 60' (4'30 min/km) + Strenghtening
Friday	REST + Stretch
Saturday	20' warm-up + 4x 2000m (3'50 min/km) rec: 1'30'' + 10' Return to calm
Sunday	Running 90' (in mountain or uphill and downhill)

WEEK 09

Mesocycle Transformation Microcycle 9 - Shock

Monday	REST
Tuesday	20' warm-up + 4x 3000m (4'00 min/km) rec: 2' + 10' Return to calm
Wednesday	Running 60' (4'40 min/km)
Thursday	20' warm-up + 8x 1000m (3'50 min/km) rec: 1' + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 30' (4'40 min/km) + Strenghtening
Sunday	eDreams MITJA MARATÓ BARCELONA Obj. 1h23'

WEEK 10

Mesocycle Transformation Microcycle 10 - Shock

Monday	REST
Tuesday	Running 50' (20' central 30'' @4'10 - 1'30 @4'45)
Wednesday	Running 70' (40' @4'40 min/km) + Strenghtening
Thursday	20' warm-up + 5x 2000m (3'55 min/km) rec: 1'30'' + 10' Return to calm
Friday	REST + Stretch
Saturday	20' warm-up + 2x [6x (500m(1'52''-1'49'' rec: 45'') rec: 3' between blocks] + 10' Return to calm
Sunday	Running 90' with 3x5km @4'12-4'18''

WEEK 11

Mesocycle Transformation Microcycle 11 - Competition/Test

Monday	REST
Tuesday	Running 60' (4'30 min/km)
Wednesday	20' warm-up + 8x 1000m (3'50 min/km) rec: 1' + 10' Return to calm
Thursday	Running 50' (4'30 min/km)
Friday	REST + Stretch
Saturday	Running 30' + Stretch
Sunday	ON-SITE TRAINING 28-32km: 20' Cal + 22-25km@4'10-15'' + 5-10' Return to calm

WEEK 12

Mesocycle Transformation Microcycle 12 - Recovery

Monday	REST
Tuesday	Running 40'
Wednesday	Running 70' (40' @4'40 min/km)
Thursday	20' warm-up + 2x3000m (3'55/km) rec: 90 sec. + 10' Return to calm
Friday	REST + Stretch
Saturday	20' warm-up + 2x [5x (1' uphill (4'30 min/km aprox.) rec: gentle downhill) rec: 3' between blocks] + 15' (5'00 min/km)
Sunday	Running 105' (60 min (5'00 min/km) + 25min (4'30 min/km) + 15 min (5'15 min/km))

WEEK 13

Mesocycle Realization Microcycle 13 - Recovery

Monday REST

Tuesday Running 50'

Wednesday 20' warm-up
+ 4x2000 (4'10-4'05/km)
rec: 2'30''
+ 10' Return to calm

Thursday Running 75'

Friday REST + Stretch

Saturday Running 40'
+ Running technique

Sunday 15' warm-up
+ 2x6000: 1° 4'05-4'/km
+ 2° 4'12-15/km
+ 5' Return to calm

WEEK 14

Mesocycle Realization Microcycle 13 - Competition

Monday REST

Tuesday 20' warm-up
+ 6x 500 (3'50 min/km)
rec: 1'
+ 10' Return to calm

Wednesday Running 30'

Thursday REST + Stretch

Friday REST + Stretch

Saturday 25' gentle running
+ 3x100m in progression

Sunday ZURICH
MARATÓ
BARCELONA

42 km discovering Barcelona's
most emblematic places

A MASS
EXPERIENCE