

WEEK 01

Mesocycle Accumulation Microcycle 1 - Loading

Monday	Running 50' (6'30 min/km)
Tuesday	REST
Wednesday	Running 60' (6'30 min/km)
Thursday	REST
Friday	Running 70' (6'30 min/km)
Saturday	REST
Sunday	Running 80' (50 min 6'40 min/km + 20 min 6'20 min/km + 10 min 6'00 min/km)

WEEK 02

Mesocycle Accumulation Microcycle 2 - Loading

Monday	REST
Tuesday	Running 65' (6'30 min/km) + Strengthening
Wednesday	REST
Thursday	Running 70' (6'30 min/km)
Friday	REST
Saturday	Running 40' (6'30 min/km) + Stretch
Sunday	Running 80' (50 min 6'40 min/km + 20 min 6'20 min/km + 10 min 6'00 min/km)

WEEK 03

Mesocycle Accumulation Microcycle 3 - Recovery

Monday	REST
Tuesday	Running 50' (6'30 - 7'00 min/km) + Strengthening
Wednesday	REST
Thursday	Running 50' (6'30 - 7'00 min/km)
Friday	REST
Saturday	Running 20' easy pace
Sunday	5KM TEST

WEEK 04

Mesocycle Accumulation Microcycle 4 - Loading

Monday	REST
Tuesday	Running 65' (6'30 min/km) + Strengthening
Wednesday	REST
Thursday	20' warm-up + 2 x 12' (6'30 min/km) Rec: 10min (6'00 min/km) + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 40' (6'30 min/km)
Sunday	Running 90' (60 min 6'30 min/km + 20 min 6'10 min/km + 10 min 5'50 min/km)

WEEK 05

Mesocycle Accumulation Microcycle 5 - Loading

Monday	REST
Tuesday	Running 70' (6'30 min/km) + Strengthening
Wednesday	REST
Thursday	20' warm-up + 3 x 8' (6'15 min/km) Rec: 3min (6'40 min/km) + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 45' (6'30 min/km)
Sunday	Running 90' (60 min 6'30 min/km + 20 min 6'10 min/km + 10 min 5'50 min/km)

WEEK 06

Mesocycle Accumulation Microcycle 6 - Shock

Monday	REST
Tuesday	Running 70' (6'30 min/km) + Strengthening
Wednesday	REST
Thursday	20' warm-up + 5 x 5' (5'50 min/km) Rec: 3 min(6'30 min/km) + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 45' (6'30 min/km)
Sunday	Running 80' (50 min 6'40 min/km + 20 min 6'20 min/km + 10 min 6'00 min/km)

WEEK 07

Mesocycle Accumulation Microcycle 7 - Recovery

Monday	REST
Tuesday	20' warm up + 4 x 3' (5'45 min/km) Rec: 2 min (6'30 min/km) + 10' Return to calm
Wednesday	REST + Stretch
Thursday	REST + Stretch
Friday	Running 45' (6'30 min/km)
Saturday	REST + Stretch
Sunday	ON-SITE TRAINING Running 80' with 10 central Km gentle pace @6'00-6'05

WEEK 08

Mesocycle Accumulation Microcycle 8 - Loading

Monday	REST
Tuesday	Running 40' (6'30 min/km) + Strengthening
Wednesday	REST
Thursday	20' warm-up + 6 x 1000m (5'45 min/km) rec: 2' standing + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 50' (6'30 min/km)
Sunday	Running 90' (60 min 6'30 min/km 20 min 6'10 min/km + 10 min 5'50 min/km)

WEEK 09

Mesocycle Transformation Microcycle 9 - Shock

Monday REST

Tuesday 20' warm-up
+ 3 x 1500m (5'30 min/km)
rec: 1'30'' standing
+ 10' Return to calm

Wednesday REST

Thursday Running 15'
+ 2x (3x (1min hard uphill
+ downhill jogging rec))
rec between blocks: 3min
+ running 15'

Friday REST + Stretch

Saturday Running 40'
(6'30 - 7'00 min/km)

Sunday  eDreams
MITJA MARATÓ
BARCELONA
Obj. FINISHER

WEEK 10

Mesocycle Transformation Microcycle 10 - Shock

Monday REST

Tuesday 20' warm-up
+ 3 x 1500m (5'30 min/km)
rec: 1'30'' standing
+ 10' Return to calm

Wednesday REST

Thursday Running 15'
+ 2x (3x (1min hard uphill
+ downhill jogging rec))
rec between blocks: 3min
+ running 15'

Friday REST + Stretch

Saturday Running 30'
(6'30 - 7'00 min/km)

Sunday Running 25km: 20' Cal
+ 3x5km @6' km
r/5' easy pace
+ 5-10' Return to calm

WEEK 11

Mesocycle Transformation Microcycle 11 - Loading

Monday REST + Stretch

Tuesday Running 50' (6'30 min/km)
+ Strengthening

Wednesday REST

Thursday Running 20' (6'00 min/km)
+ 4 x 2000m (5'30min/km)
rec: 2' standing
+ 10' Return to calm

Friday Running 20'
+ 2x[4x (30'' hard uphill
rec: downhill jogging)
rec between blocks: 3')
+ running 20'

Saturday REST

Sunday ON-SITE TRAINING TEST
Max 30km: 20' warm-up
+ 20-25km gentle pace,
objective MARATHON
+ 5-10' RETURN TO CALM

WEEK 12

Mesocycle Transformation Microcycle 12 - Recovery

Monday REST

Tuesday Running 45'
(6'30 min/km or slower)

Wednesday REST

Thursday 20' warm-up
+ 6x 1000 (5'50 min/km)
rec: 1 min standing
+ 10' Return to calm

Friday REST + Stretch

Saturday Running 70'
(40 min 6'30 min/km
+ 20 mi 6'10 min/km
+ 10 mi 5'50 min/km)

Sunday REST + Stretch

WEEK 13

Mesocycle Realization Microcycle 13 - Recovery

Monday REST

Tuesday Running 60'
(6'30 min/km or slower)

Wednesday REST + Stretch

Thursday 20' warm-up
+ 3x 1500 (6'00 min/km)
rec: 2'30" standing
+ 10' Return to calm

Friday REST + Stretch

Saturday REST

Sunday 15' warm-up
+ 2x6000: 1° 5'50/km
+ 2° 6'-6'10/km
+ 5' Return to calm

WEEK 14

Mesocycle Realization Microcycle 14 - Competition

Monday REST

Tuesday 20' warm-up
+3x 400 (5'45 min/km)
rec: 1' + 10' Return to calm

Wednesday REST + Stretch

Thursday Running 30'
(6'30 min/km or slower)

Friday REST + Stretch

Saturday REST

Sunday ZURICH
MARATÓ
BARCELONA

42 km discovering Barcelona's
most emblematic places

A MASS
EXPERIENCE