

Week 01

Mesocycle Accumulation
Microcycle 1 - Loading

Monday Running 50' (5'30 min/km)

Tuesday REST

Wednesday 60' run
(5'15 min/km)

Thursday REST

Friday Treading 70'
(5'30 min/km)

Saturday REST

Sunday RUN 80'
(50 min at 5'30 min/km
+ 20 min at 5'00 min/km
+ 10 min at 4'30 min/km)

Week 02

Mesocycle Accumulation
Microcycle 2 - Loading

Monday REST

Tuesday 65' run (5'30 min/km)
+ strength training

Wednesday REST

Thursday 70' run
(5'15 min/km)

Friday REST

Saturday Running 40'
(5'30 min/km)
+ stretching

Sunday 90' run
(60 min at 5'30 min/km
+ 20 min at 5'00 min/km
+ 10 min at 4'30 min/km)

Week 03

Mesocycle Accumulation
Microcycle 3 - Recovery

Monday REST

Tuesday Running 50'
(5'30 min/km)
+ strength training

Wednesday DESCANSO

Thursday Running 50'
(5'20 min/km)

Friday REST

Saturday Running 30'
(5'30 min/km)
+ stretching

Sunday 75' run
(50 min at 5'30 min/km
+ 15 min at 5'00 min/km
+ 10 min at 4'30 min/km)

Week 04

Mesocycle Accumulation
Microcycle 4 - Loading

Monday REST

Tuesday 65' run
(5'20 min/km)
+ Strengthening

Wednesday REST

Thursday 20' Warm up
+ 2 x 15' (4'20 min/km)
Rec: 10min (5'40 min/km)
+ 10' Back to calm down

Friday REST + Stretching

Saturday Run 40'
(5'20 min/km)

Sunday 95' run
(60 min at 5'30 min/km
+ 25 min at 5'00 min/km
+ 10 min at 4'30 min/km)

Week 05

Mesocycle Accumulation
Microcycle 5 - Loading

Monday REST

Tuesday Running 70'
(5'20 min/km)
+ Strengthening

Wednesday REST

Thursday 20' Warm up
+ 3 x 10' (4'15 min/km)
Rec: 5min(5'20 min/km)
+ 10' Cool down

Friday REST + Stretching

Saturday Run 40'
(5'20 min/km)

Sunday 100' run
(60 min at 5'30 min/km
+ 25 min at 5'00 min/km
+ 15 min at 4'30 min/km)

Week 06

Mesocycle Accumulation
Microcycle 6 - Shock

Monday REST

Tuesday Running 70'
(5'00 min/km)
+ Strengthening

Wednesday REST

Thursday 20' Warm up
+ 6 x 5' (4'15 min/km)
Rec: 3 min(5'15 min/km)
+ 10' Return to calmness

Friday REST + Stretch

Saturday Run 45'
(5'30 min/km)

Sunday 105' run
(60 min at 5'30 min/km
+ 30 min at 5'00 min/km
+ 15 min at 4'30 min/km)

Week 07

Mesocycle Accumulation
Microcycle 7 - Recovery

Monday REST

Tuesday Running 50'
(5'30 min/km)
+ Strengthening

Wednesday REST

Thursday 20' Warm up + 5 x 3'
(4'15 min/km)
Rec: 2 min(5'15min/km)
+ 10' Return to calmness

Friday REST + Stretch

Saturday Run 40'
(5'30 min/km)

Sunday Test 10km
Target: sub 45 min

Week 08

Mesocycle Transformation
Microcycle 8 - Loading

Monday REST

Tuesday 60' run
(5'30 min/km)
+ Strengthening

Wednesday REST

Thursday Rolling 20'
(5'30 min/km)
+ 2x[3x (1'30" hard uphill
(5'00 min/km)
rec: downhill jogging)
rec between blocks: 3min)
+ Rolling 15' + Stretching

Friday REST + Stretch

Saturday 20' warm up
+ 3 x 3000m (4'25 min/km)
rec: 2' stationary
+ 10' return to calmness

Sunday Running 90'
(60 min at 5'30 min/km
+ 20 min at 5'00 min/km
+ 10 min at 4'30 min/km)

Week 09

**Mesocycle Transformation
Microcycle 9 - Shock**

Monday REST

Tuesday 20' Warm-up
+ 4 x 2000m (4'20/km)
rec: 1'30" standing
+ 10' cool down lap

Wednesday REST

Thursday 20' run + 2x
(4x (1min hard uphill
+ the downhill jogging rec))
rec between blocks:
3min + 20' run

Friday REST + Stretch

Saturday 30' run
(5'30 - 6'00 min/km)

Sunday 105' run (60' at 5'20 min/km
+ 30' at 5'00 min/km
+ 15' at 4'30 min/km)

Week 10

**Mesocycle Transformation
Microcycle 10 - Shock**

Monday REST

Tuesday 20' Warm up
+ 4 x 3000m rec: 1'30''
(4'05-10/km) standing
+ 10' Back to calm down

Wednesday REST

Thursday Running 70'
(40 min a 5'30 min/km
+ 20 min a 5'00 min/km
+ 10 min a 4'30 min/km)

Friday REST + Stretch

Saturday Running 30'
(5'30 - 6'00 min/km)

Sunday Running 25-28km: 20' Cal
+ 3x5km @4'50 r/5' easy pace
+ 5-10' Back to calm down

Week 11

**Mesocycle Transformation
Microcycle 11 - Competition/Test**

Monday REST + Stretch

Tuesday Running 50' (5'30 min/km)
+ Strengthening

Wednesday REST

Thursday 20' run (5'30 min/km)
+ 3 x 4000m (4'30 min/km)
rec: 2' stationary
+ 10' cool down

Friday REST + Stretch

Saturday 30' run + Stretch

Sunday Half Marathon Test
Objective: 1h40'00

Week 12

**Mesocycle Transformation
Microcycle 12 - Recovery**

Monday DESCANSO

Tuesday 40' run
(5'40 min/km)

Wednesday DESCANSO

Thursday 20' run
+ 2x[4x (45" hard uphill rec:
downhill jogging) rec between
blocks: 3')+ 20' run

Friday REST + Stretch

Saturday 20' warm up
+ 6x 1000 (4'15 min/km)
rec: 1 min stationary
+ 10' cool down

Sunday Run 90' (40 min (5'15 min/km)
+ 20min (4'30-4'40 min/km)
+ 10 min (5'15 min/km))

Week 13

Mesocycle Realization
Microcycle 13 - Recovery

Monday REST

Tuesday 50' run-in

Wednesday REST + Stretch

Thursday 20' warm up + 3x 2000
(4'20 min/km) rec: 3min
stationary + 10' cool down

Friday REST + Stretch

Saturday Running 40'
(5'30 - 6'00 min/km)

Sunday 15' cal
+ 2x6000: 1st 4'50-55/km
+ 2nd 5'/(km)
+ 5' Calm down lap

Week 14

Mesocycle Performance
Microcycle 14 - Competition

Monday REST

Tuesday 20' warm up.
+ 5x 500 (4'15 min/km)
rec: 1'
+ 10' cool down lap

Wednesday 30' run

Thursday REST + Stretch

Friday REST + Stretch

Saturday 25' Gentle running
+ 3x100m in progression

Sunday

Marathons there are
many, San Sebastian
only one.