

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 60' run
(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 60' run
(4'45 min/km)

Friday REST + Stretch

Saturday 20' warm up. (5'15 min/km)
+ 7 x 3' (4'15 min/km)
rec: 2'easy pace
(5'30 min/km)
+ 10' return to calmness

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

Week 03

Mesocycle Accumulation
Microcycle 3 - Recovery

Monday REST

Tuesday 40' run
(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' Return to calmness

Thursday Run 40'
(5'00 min/km)

Friday REST + Stretch

Saturday 20' warm up
+ 10 x 2' (4'15 min/km)
rec: 1' gentle pace
(5'30 min/km)
+ 10' return to a relaxed pace

Sunday 60' run
(45 min (5'15 min/km)
+ 15 min (4'05 min/km))

Week 04

Mesocycle Accumulation
Microcycle 4 - Loading

Monday REST

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

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

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

Friday REST + Stretch

Saturday 20' warm up.
+ 2x (4', 3', 2', 1')
(4'05 min/km) rec:
same t'gentle pace
+ 10' Return to calmness

Sunday 95' run (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)
 + Strengthening

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

Thursday 75' run
 (4'40 min/km)

Friday REST + Stretch

Saturday 20' warm up
 + 4x 7' (4'15 min/km)
 rec: 3' gentle pace
 + 10' Return to calmness

Sunday 100' run (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
 approx.) uphill rec: gentle
 downhill) rec: 3' between
 blocks] + 20' + 20'

Wednesday 75' run
 (4'45 min/km)

Thursday 20' warm-up + 6x 5'
 (4'00 min/km) rec: 2'
 gentle pace
 + 10' Return to calmness

Friday REST + Stretch

Saturday 60' run (4'30 min/km)
 + Strengthening

Sunday 105' run (60 min
 (5'00 min/km)
 + 30 min (4'30 min/km)
 + 15 min (4'05 min/km))

Week 07

Mesocycle Transformation
 Microcycle 7 - Recovery

Monday REST

Tuesday 50' run
 (5'00 min/km)

Wednesday 60' (5'00 min/km)
 + strength training

Thursday 20' warm up. + 5x 3'
 (3' 45 min/km) rec:
 3' gentle pace
 + 10' cool-down

Friday REST + Stretch

Saturday Run 40'
 (4'45 min/km) + Stretch

Sunday 10km test:
 Target: sub-40 min

Week 08

Mesocycle Transformation
 Microcycle 8 - Loading

Monday 50' gentle run-in

Tuesday REST

Wednesday 20' warm up. + 3x 4000m
 (4'05 min/km) rec: 2'30"
 + 10' cool down lap

Thursday 60' run (4'30 min/km)
 + Strengthen up

Friday REST + Stretch

Saturday C20' warm up + 4x 2000m
 (3'50 min/km) rec: 1'30"
 + 10' Return to calmness

Sunday Running 90'
 (uphill and downhill)

Week 09

Mesocycle Transformation
Microcycle 9 - Shock

Monday	REST
Tuesday	C20' warm up. + 4x 3000m (4'00 min/km) rec: 2' + 10' cool down lap
Wednesday	60' run (4'40 min/km)
Thursday	20' warm up + 8x 1000m (3'50 min/km) rec: 1' + 10' Return to calmness
Friday	REST + Stretch
Saturday	40' run (4'40 min/km) + Strengthening
Sunday	Running 105' (60 min (5'00 min/km) + 25min (4'30 min/km) + 15 min (5'15 min/km))

Week 10

Mesocycle Transformation
Microcycle 10 - Shock

Monday	REST
Tuesday	50' run (20' central 30" @4'10 - 1'30 @4'45)
Wednesday	Running 70' (40' @4'40 min/km) + Strengthening
Thursday	20' warm up. + 5x 2000m (3'55 min/km) rec: 1'30" + 10' Cool down lap
Friday	REST + Stretch
Saturday	20' warm up + 2x [6x (500m(1'52"-1'49") rec: 45") rec: 3' between blocks] + 10' Cool down lap
Sunday	Running 25-28km: 20' Warm up + 3x5km @4'10-15" r/5' gentle + 5-10' Calm down lap

Week 11

Mesocycle Transformation
Microcycle 11 - Competition/Test

Monday	REST
Tuesday	60' run (4'30 min/km)
Wednesday	20' warm up. + 8x 1000m (3'50 min/km) rec: 1' + 10' Return to calmness
Thursday	50' run (4'30 min/km)
Friday	REST + Stretch
Saturday	30' run + Stretch
Sunday	Half Marathon Test Objective: 1h23'00

Week 12

Mesocycle Transformation
Microcycle 12 - Recovery

Monday	REST
Tuesday	40' run
Wednesday	Running 70' (40' @4'40 min/km)
Thursday	20' warm up. + 2x3000m (3'55/km) rec: 90 sec. + 10' cool down
Friday	REST + Stretch
Saturday	20' warm up. + 2x [5x (1' uphill (4'30 min/km approx.) rec: gentle downhill) rec: 3' between blocks] + 15' (5'00 min/km)
Sunday	105' run (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-in 50'

Wednesday 20' warm up + 4x2000
(4'10-4'05/km)
rec: 2'30"
+ 10' cool down lap

Thursday 75' run

Friday REST + Stretch

Saturday 40' run
+ Running technique

Sunday 15' warm up
+ 2x6000: 1st 4'05-4'/km
+ 2nd 4'12-15/km)
+ 5' cool down lap

Week 14

Mesocycle Performance
Microcycle 14 - Competition

Monday REST

Tuesday 20' warm up.
+ 6x 500 (3'50 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  
MARATÓN
SAN SEBASTIÁN
DONOSTIAKO
MARATOIA

Marathons there are
many, San Sebastian
only one.