

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 a 6'40 min/km
+ 20 min a 6'20 min/km
+ 10 min a 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 a 6'40 min/km
+ 20 min a 6'20 min/km
+ 10 min a 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 80'
(50 min a 6'40 min/km
+ 20 min a 6'20 min/km
+ 10 min a 6'00 min/km)

Sunday REST

Week 04

Mesocycle Accumulation
Microcycle 4 - Loading

Monday REST

Tuesday Running 65'
(6'30 min/km)
+ Strengthening

Wednesday REST

Thursday 20' Warm up
+ B70o + 2 x 12'
(6'30 min/km) Rec: 10min
(6'00 min/km)
+ 10' Back to calm

Friday REST + Stretch

Saturday Running 40'
(6'30 min/km)

Sunday Running 90'
(60 min a 6'30 min/km
+ 20 min a 6'10 min/km
+ 10 min a 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' Back to calm down

Friday REST + Stretch

Saturday Running 45'
(6'30 min/km)

Sunday Running 90'
(60 min a 6'30 min/km
+ 20 min a 6'10 min/km
+ 10 min a 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' Back to calm down

Friday REST + Stretch

Saturday Running 45'
(6'30 min/km)

Sunday Running 80'
(50 min a 6'40 min/km
+ 20 min a 6'20 min/km
+ 10 min a 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' Back to calm down

Wednesday REST + Stretch

Thursday REST + Stretch

Friday Running 45'
(6'30 min/km)

Saturday REST + Stretch

Sunday Test 10km
Objetive: 1h10'00

Week 08

Mesocycle Transformation
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' Back to calm down

Friday REST + Stretch

Saturday Running 50'
(6'30 min/km)

Sunday Running 90'
(60 min a 6'30 min/km
+ 20 min a 6'10 min/km
+ 10 min a 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' Back to calm

Wednesday REST

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

Friday REST + Stretch

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

Sunday Running 95'
(60 min a 6'30 min/km
+ 20 min a 6'10 min/km
+ 15 min a 5'50 min/km)

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' Back to calm down

Wednesday REST

Thursday Running 15'
+ 2x (3x (1min hard uphill
+ the 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' Back to calm down

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' Back to calm down

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

Saturday REST

Sunday Half Marathon
Test - Steady pace

Week 12

Mesocycle Transformation
Microcycle 12 - Recovery

Monday REST

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

Wednesday REST

Thursday 20'cWarm up
+ 6x 1000 (5'50 min/km)
rec: 1 min standing
+ 10' Back to calm down

Friday REST + Stretch

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

Sunday REST + Stretch

Week 13

Mesocycle Transformation
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' Back to calm down

Friday REST + Stretch

Saturday REST

Sunday 15' Warm up
+ 2x 6000: 1° 5'50/km
+ 2° 6'-6'10/km
+ 5' Back to calm down

Week 14

Mesocycle Transformation
Microcycle 14 - Competition

Monday REST

Tuesday 20' Warm up
+ 3x 400 (5'45 min/km)
rec: 1'
+ 10' Back to calm down

Wednesday REST + Stretch

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

Friday REST + Stretch

Saturday REST

Sunday

Maratones hay muchas,
San Sebastián solo
hay una