

WEEK 01

Monday	REST
Tuesday	Running 60' (5'30 min/km) + Strenghtening
Wednesday	20' warm-up (5'40 min/km) + 2 x 20' (5' min/km) rec: 10' gentle pace (5'30 min/km) + 10' Return to calm
Thursday	Running 50' (5'40 min/km)
Friday	REST + Stretch
Saturday	20' warm-up (5'15 min/km) + 7 x 3' (4'55 min/km) rec: 2' gentle pace (5'40 min/km) + 10' Return to calm
Sunday	Running 70' (60min 5'15 min/km and 20 min 4'45 min/km)

WEEK 02

Monday	REST
Tuesday	Running 40' (5'40 min/km) + Strenghtening
Wednesday	20' warm-up (5'30 min/km) + 2x 10' (4'55 min/km) rec: 5' gentle pace (5'30 min/km) + 10' Return to calm
Thursday	Running 40' (5'20 min/km)
Friday	REST+ Stretch
Saturday	20' warm-up + 5 x 2' (4'50 min/km) rec: 1' gentle pace (5'30 min/km) + 10' Return to calm
Sunday	TEST 10KM - sub 42'

WEEK 03

Monday	REST
Tuesday	Running 60' (4'55 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 60' (prog 5'40 a 4'45' min/km)
Friday	REST+ Stretch
Saturday	20' warm-up + 2x (4', 3', 2', 1') (4'30 min/km) rec: same gentle pace + 10' Return to calm
Sunday	Running 75' (60 min (5'35 min/km) + 20min (4'50 min/km) + 15 min (4'25 min/km))

WEEK 04

Monday	REST
Tuesday	Running 50' (5'20 min/km) + Stenghtening
Wednesday	20' warm-up + 2x [4x (1'30 uphill (5'10 min/km aprox.) rec: gentle downhill) rec: 3'between blocks] + 20'
Thursday	Running 60' (4'45 min/km)
Friday	REST+ Stretch
Saturday	20' warm-up + 4x4' (4'10 min/km) rec: 3' gentle pace + 10' Return to calm
Sunday	Running 90' (50 min (5'00 min/km) + 25min (4'40 min/km) + 15 min (4'25 min/km))

WEEK 05

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 1km (3'55min/km) rec: 2' walking + 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 (4'40 min/km) + 15 min (4'15 min/km))

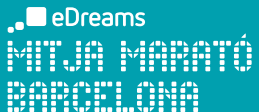
WEEK 06

Monday	REST
Tuesday	Running 50' (5'00 min/km)
Wednesday	Running 60' (5'00 min/km) + Strenghtening
Thursday	20' warm-up + 8x 800m (3' 55-4'00 min/km) rec: 3' walking + 10' Return to calm
Friday	REST+ Stretch
Saturday	Running 40' (4'45 min/km) + Stretch
Sunday	ON-SITE TRAINING Running 75-80' with 10 central km @4'15

WEEK 07

Monday	Running 50' gentle run
Tuesday	REST
Wednesday	20' warm-up + 3x 3000m (4'10-4'15 min/km) rec: 2'30'' + 10' Return to calm
Thursday	Running 60' (4'30 min/km) + Strenghtening
Friday	REST+ Stretch
Saturday	20' warm-up + 4x6' @4'25' rec: 1'30'' gentle pace 5'00 + 10' Return to calm
Sunday	Running 70' with 30' central prog from 4'35 to 4'15'

WEEK 08

Monday	REST
Tuesday	20' warm-up + 2x (3' @4'50 + 1' @4'20 rec: 2') + 10' Return to calm
Wednesday	REST+ Stretch
Thursday	20' warm-up + 5x 1000m (4'15 min/km) rec: 2' + 10' Return to calm
Friday	REST+ Stretch
Saturday	Running 30' (4'40 min/km) + Strenghtening
Sunday	 Obj. 1h30'