

## WEEK 01

<b>Monday</b>	REST
<b>Tuesday</b>	Gentle run 40' + Strengthening
<b>Wednesday</b>	20' warm-up (6'00 min/km) + 2 x 20' (5'40' min/km) rec: 10' gentle pace (5'50 min/km) + 10' Return to calm
<b>Thursday</b>	Running 30' (5'40 min/km)
<b>Friday</b>	REST + Stretch
<b>Saturday</b>	20' warm-up (5'15 min/km) + 7 x 3' (5'15 min/km) rec: 2' gentle pace (5'40 min/km) + 10' Return to calm
<b>Sunday</b>	Running 60' (60min 5'45 min/km and 20 min 5'10 min/km)

## WEEK 02

<b>Monday</b>	REST
<b>Tuesday</b>	Running 40' (5'40 min/km) + Strengthening
<b>Wednesday</b>	20' warm-up (5'30 min/km) + 2x 10' (5' min/km) rec: 5' gentle pace (5'40 min/km) + 10' Return to calm
<b>Thursday</b>	Running 40' (5'20 min/km)
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	20' warm-up + 5 x 2' (5' min/km) rec: 1' gentle pace (5'30 min/km) + 10' Return to calm
<b>Sunday</b>	TEST 10KM - sub 46'

## WEEK 03

<b>Monday</b>	REST
<b>Tuesday</b>	Running 60' (5'30 min/km ) + Strengthening
<b>Wednesday</b>	20' warm-up + 2x [4x (1'30 uphill (5'30 min/km aprox.) rec: gentle downhill) rec: 3' between blockss] + 20'
<b>Thursday</b>	Running 60' (prog 6'15 to 5'10'min/km)
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	20' warm-up + 2x (4', 3', 2', 1') (4'45- 4'55 min/km) rec: same time gentle pace + 10' Return to calm
<b>Sunday</b>	Running 70' (60 min ( 5'55 min/km) + 20 min (5'20 min/km) + 15 min (4'55 min/km))

## WEEK 04

<b>Monday</b>	REST
<b>Tuesday</b>	Running 50' (5'40 min/km ) + Strengthening
<b>Wednesday</b>	20' warm-up + 2x [4x (1'30 uphill (5'10 min/km aprox.) rec: gentle downhill) rec: 3' between blocks] + 20'
<b>Thursday</b>	Running 50' (5'15 min/km)
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	20' warm-up + 4x4' (4'50 min/km) rec: 3' gentle pace + 10' Return to calm
<b>Sunday</b>	Running 90' (50 min ( 5'50 min/km) + 25min (5'10 min/km) + 15 min (4'55 min/km))

## WEEK 05

**Monday** REST

**Tuesday** 20' warm-up  
+ 2x [8x (30''  
(5'10 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  
(4'15-4'20min/km  
rec: 2' walking  
+ 10' Return to calm

**Friday** REST + Stretch

**Saturday** Running 50' (5'10 min/km )  
+ Strengthening

**Sunday** Running 105' (60 min  
( 5'30 min/km)  
+ 30 min (5'00 min/km)  
+ 15 min (4'45 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  
(4'05 -4'10 min/km)  
rec: 3' walking  
+ 10' Return to calm

**Friday** REST+ Stretch

**Saturday** Running 30' (5'40 min/km  
+ Stretch

**Sunday** ON-SITE TRAINING  
Running 75-80' with  
10 central km @4'45

## WEEK 07

**Monday** Running 50'  
gentle run

**Tuesday** REST

**Wednesday** 20' warm-up  
+ 3x 3000m  
(4'40min/km)  
rec: 2'30'  
+ 10' Return to calm

**Thursday** Running 60'  
(4'30 min/km)  
+ Strenghtening

**Friday** REST+ Stretch

**Saturday** 20' warm-up  
+ 4x6' @4'45''  
rec: 1'30''gentle pace  
5'30 + 10' Return to calm

**Sunday** Running 60  
with central 30' prog  
from 5'20 to 4'45

## WEEK 08

**Monday** REST

**Tuesday** 20' warm-up  
+ 2x (3' @5'40  
+ 1' @4'35 rec: 2' )  
+ 10' Return to calm

**Wednesday** REST+ Stretch

**Thursday** 20' warm-up  
+ 5x 1000m (4'45 min/km)  
rec: 2' + 10' Return to calm

**Friday** REST+ Stretch

**Saturday** Running 30'  
(5'20 min/km)  
+ Strengthening

**Sunday**  eDreams  
**MITJA MARATÓ**  
**BARCELONA**  
Obj. 1h40'