

## WEEK 01

<b>Monday</b>	REST
<b>Tuesday</b>	Gentle run 40' + Strengthening
<b>Wednesday</b>	REST + Stretch
<b>Thursday</b>	Running 30' (6'20 min/km)
<b>Friday</b>	REST + Stretch
<b>Saturday</b>	REST + Stretch
<b>Sunday</b>	Running 50' (6'10 Min/Km)

## WEEK 02

<b>Monday</b>	REST
<b>Tuesday</b>	Running 40' (5'40 min/km) + Strengthening
<b>Wednesday</b>	REST+ Stretch
<b>Thursday</b>	Running 40' (6' min/km)
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	20' warm-up + 4 x 2' (6'10 min/km) rec: 1' gentle pace (6'30 min/km) + 10' Return to calm
<b>Sunday</b>	TEST 10KM

## WEEK 03

<b>Monday</b>	REST
<b>Tuesday</b>	Running 60' (6'10 min/km ) + Strengthening
<b>Wednesday</b>	REST+ Stretch
<b>Thursday</b>	Running 60' (prog 6'15 to 5'55 min/km)
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	20' warm-up + 30' prog from 6'30 to 6' min/km + 10' Return to calm
<b>Sunday</b>	Running 70' comfortable pace

## WEEK 04

<b>Monday</b>	REST
<b>Tuesday</b>	Running 50' + Strengthening
<b>Wednesday</b>	20' warm-up + 2x [4x (1'30 uphill (6'30 min/km aprox.) rec: gentle downhill) rec: 3' between blocks] + 20'
<b>Thursday</b>	Running 50'
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	20' warm-up + 4x4' (6'00 min/km) rec: 3' gentle pace + 10' Return to calm
<b>Sunday</b>	Running 90' (50 min ( 6'15 min/km) + 25 min (6'10 min/km) + 15 min (6' min/km))

## WEEK 05

<b>Monday</b>	REST
<b>Tuesday</b>	20' warm-up + 2x [8x (30'' (6'20 min/km aprox.) uphill rec: gentle downhill) rec: 3' between blocks] + 20'
<b>Wednesday</b>	REST + Stretch
<b>Thursday</b>	20' warm-up + 6x 1km effort 7 over 10 rec: 2' walking + 10' Return to calm
<b>Friday</b>	REST + Stretch
<b>Saturday</b>	Running 50' gentle pace + Strengthening
<b>Sunday</b>	Running 105' (60 min ( 6'30 min/km) + 30 min (6'10 min/km) + 15 min (5'55 min/km))


## WEEK 06

<b>Monday</b>	REST
<b>Tuesday</b>	Running 50'
<b>Wednesday</b>	REST + Stretch
<b>Thursday</b>	20' warm-up + 8x 800m (5'45 min/km) rec: 3' walking + 10' Return to calm
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	Running 30' soft pace + Strengthening
<b>Sunday</b>	ON-SITE TRAINING Running 75-80' with 10 central km pace Half Marathon

## WEEK 07

<b>Monday</b>	Running 50' gentle run
<b>Tuesday</b>	REST
<b>Wednesday</b>	20' warm-up + 3x 3000m (6'05-5'50 min/km) rec: 2'30'' + 10' Return to calm
<b>Thursday</b>	REST
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	20' warm-up + 4x6' @6' rec: 1'30'' gentle pace + 10' Return to calm
<b>Sunday</b>	Running 60' with central 30' finished with half marathon pace sensations

## WEEK 08

<b>Monday</b>	REST
<b>Tuesday</b>	20' warm-up + 2x (3' @6'10 + 1' @5'55 rec: 2' ) + 10' Return to calm
<b>Wednesday</b>	REST+ Stretch
<b>Thursday</b>	20' warm-up + 3x 1000m (6'002 min/km) rec: 2' + 10' Return to calm
<b>Friday</b>	REST+ Stretch
<b>Saturday</b>	Running 30' soft pace + Strengthening
<b>Sunday</b>	 <b>MITJA MARATÓ</b> <b>BARCELONA</b> Obj. Finisher