

# OBJECTIVE ZURICH MARATÓ BARCELONA UNDER.- 3H 30'

|                 |              |         |   |   |   |   |          |   |   |    |    |       |    |    |  |
|-----------------|--------------|---------|---|---|---|---|----------|---|---|----|----|-------|----|----|--|
| No. MICROCYCLE  | 1            | 2       | 3 | 4 | 5 | 6 | 7        | 8 | 9 | 10 | 11 | 12    | 13 | 14 |  |
| MONTH           | D.           | January |   |   |   |   | February |   |   |    |    | March |    |    |  |
| MACROCYCLE      | MACROCYCLE 1 |         |   |   |   |   |          |   |   |    |    |       |    |    |  |
| MESOCYCLE       | A            |         |   |   |   |   |          | T |   |    |    | R     |    |    |  |
| MICROCYCLE TYPE | E            | E       | E | E | E | T | E        | E | T | E  | T  | E     | E  | M  |  |
| SESSIONS        | 4            | 4       | 4 | 4 | 4 | 4 | 4        | 4 | 4 | 4  | 4  | 4     | 4  | 4  |  |

| WEEK 1                                      |   |
|---|---|
| MESOCYCLE ACCUMULATION - MICROCYCLE 1- LOAD |   |
| Monday                                      | Running 50'   |
| Tuesday                                     | REST  |
| Wednesday                                   | Running 60'   |
| Thursday                                    | REST  |
| Friday                                      | Running 70'   |
| Saturday                                    | REST  |
| Sunday                                      | Running 80' (starting 40''/km above the marathon rhythm, finishing 10''/km below) |

| WEEK 2                                      |   |
|---|---|
| MESOCYCLE ACCUMULATION - MICROCYCLE 2- LOAD |   |
| Monday                                      | REST  |
| Tuesday                                     | Running 65'   |
| Wednesday                                   | REST  |
| Thursday                                    | Running 70'   |
| Friday                                      | REST  |
| Saturday                                    | Running 40'+ racing technique   |
| Sunday                                      | Running 90' (starting 40''/km above the marathon rhythm, finishing 10''/km below) |

| WEEK 3  |   |
|---|---|
| MESOCYCLE ACCUMULATION - MICROCYCLE 3- RECOVERY |   |
| Monday  | REST  |
| Tuesday   | Running 50'   |
| Wednesday                                       | REST  |
| Thursday  | Running 50'   |
| Friday  | REST  |
| Saturday  | Running 30'+ racing technique   |
| Sunday  | Running 90' (starting 40''/km above the marathon rhythm, finishing 10''/km below) |

| WEEK 4                                      |   |
|---|---|
| MESOCYCLE ACCUMULATION - MICROCYCLE 4- LOAD |   |
| Monday                                      | REST  |
| Tuesday                                     | Running 65'   |
| Wednesday                                   | REST  |
| Thursday                                    | 20' warm-up + 2 x 15' run: 10' gentle jog + 10' return to calm                    |
| Friday                                      | REST  |
| Saturday                                    | Running 40'+ racing technique   |
| Sunday                                      | Running 95' (starting 40''/km above the marathon rhythm, finishing 10''/km below) |

| WEEK 5                                      |  |
|---|--|
| ACCUMULATION MESOCYCLE - MICROCYCLE 5- LOAD |  |
| Monday                                      | REST   |
| Tuesday                                     | Running 70'  |
| Wednesday                                   | REST   |
| Thursday                                    | 20' warm-up + 3 x 10' run: 5' gentle jog + 10' return to calm                      |
| Friday                                      | REST   |
| Saturday                                    | Running 40'+ racing technique  |
| Sunday                                      | Running 100' (starting 40''/km above the marathon rhythm, finishing 10''/km below) |

| WEEK 6  |  |
|---|--|
| ACCUMULATION MESOCYCLE - MICROCYCLE 6- IMPACT |  |
| Monday  | REST   |
| Tuesday                                       | Running 70'  |
| Wednesday                                     | REST   |
| Thursday                                      | 20' warm-up + 6x 5' run: 3' gentle jog + 10' return to calm                        |
| Friday  | REST   |
| Saturday                                      | Running 45'+ racing technique  |
| Sunday  | Running 105' (starting 40''/km above the marathon rhythm, finishing 10''/km below) |

| WEEK 7  |  |
|---|--|
| ACCUMULATION MESOCYCLE - MICROCYCLE 7- RECOVERY |  |
| Monday  | REST   |
| Tuesday   | Running 50'  |
| Wednesday                                       | REST   |
| Thursday  | 20' warm-up + 5 x 3' run: 2' gentle jog + 10' return to calm |
| Friday  | REST   |
| Saturday  | Running 40'+ racing technique                                |
| Sunday  | Competition 10km   |

| WEEK 8  |   |
|---|---|
| TRANSFORMATION MESOCYCLE - MICROCYCLE 8- LOAD |   |
| Monday  | REST  |
| Tuesday                                       | Running 60'   |
| Wednesday                                     | REST  |
| Thursday                                      | Running 20'+ 2x[ 3x (1'30'' tough uphill run: downhill gentle jog) run between blocks: 3')+ run 15' |
| Friday  | REST  |
| Saturday                                      | 20' warm-up + 3 x 3000 run: 2' stop (rhythm 4'40-4'25/km) + 10' return to calm                      |
| Sunday  | Running 90'+ racing technique   |

| WEEK 9  |   |
|---|---|
| TRANSFORMATION MESOCYCLE - MICROCYCLE 9- IMPACT |   |
| Monday  | REST  |
| Tuesday   | 20' warm-up + 4 x 2000 run: 1'30'' stop (rhythm 4'35-4'20/km) + 10' return to calm              |
| Wednesday                                       | REST  |
| Thursday  | Running 20'+ 2x[ 4x (1' tough uphill run: downhill gentle jog) run between blocks: 3')+ run 20' |
| Friday  | REST  |
| Saturday  | Running 30'+ racing technique   |
| Sunday  | Running 110' (starting 30''/km above the marathon rhythm, finishing 15''/km below)              |

| WEEK 10  |   |
|--|---|
| TRANSFORMATION MESOCYCLE - MICROCYCLE 10- RECOVERY |   |
| Monday   | REST  |
| Tuesday  | Running 40'   |
| Wednesday  | REST  |
| Thursday   | Running 20'+ 2x[ 4x (45'' tough uphill run: downhill gentle jog) run between blocks: 3')+ run 20' |
| Friday   | REST  |
| Saturday   | 20'+ 6 x 1000 run: 1' stop rhythm (4'30-4'15) + 10' return to calm                                |
| Sunday   | Running 70'   |

| WEEK 11  |   |
|--|---|
| TRANSFORMATION MESOCYCLE - MICROCYCLE 11- IMPACT |   |
| Monday   | REST  |
| Tuesday  | 20' + 4 x 2000 run: 1'30'' stop rhythm (4'35-4'20) + 10' return to calm           |
| Wednesday  | REST  |
| Thursday   | Running 70' (starting 10''/km above the marathon rhythm, finishing 20''/km below) |
| Friday   | REST  |
| Saturday   | Running 30' + racing technique  |
| Sunday   | Half Marathon Competition   |

| WEEK 12  |   |
|--|---|
| TRANSFORMATION MESOCYCLE - MICROCYCLE 12- LOAD |   |
| Monday   | REST  |
| Tuesday  | Running 50' + racing technique  |
| Wednesday                                      | REST  |
| Thursday                                       | 20' warm-up + 3 x 4000 run: 2' stop (rhythm 4'40-4'30/km) + 10' return to calm    |
| Friday   | REST  |
| Saturday                                       | Running 60' (mountain or circuit with uphill and downhill)                        |
| Sunday   | Running 90' (starting 30''/km above the marathon rhythm, finishing 15''/km below) |

| WEEK 13  |   |
|--|---|
| PERFORMANCE MESOCYCLE - MICROCYCLE 13 - RECOVERY |   |
| Monday   | REST  |
| Tuesday  | Running 50'   |
| Wednesday  | REST  |
| Thursday   | 20' + 2 x 5000 run: 3' stop rhythm (4'45-4'35) + 10' return to calm               |
| Friday   | REST  |
| Saturday   | Running 40' + racing technique  |
| Sunday   | Running 60' (starting 30''/km above the marathon rhythm, finishing 15''/km below) |

| WEEK 14   |   |
|---|---|
| COMPETITION MESOCYCLE - MICROCYCLE 14 - COMPETITION |   |
| Monday  | REST  |
| Tuesday   | 20' + 5 x 1000 run: 1' stop rhythm (4'30-4'15) + 10' return to calm |
| Wednesday   | Running 50'   |
| Thursday  | REST  |
| Friday  | REST  |
| Saturday  | Running 25' + 3 straight runs x 100m progressively                  |
| Sunday  | ZURICH MARATÓ DE BARCELONA  |