

OBJECTIVE ZURICH MARATÓ BARCELONA UNDER.- 3H

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

WEEK 1	
ACCUMULATION MESOCYCLE - MICROCYCLE 1- LOAD	
Monday	REST
Tuesday	Running 60' + racing technique
Wednesday	20' warm-up. + 2 x 15' run: 10' gentle rhythm + 10' return to calm
Thursday	Running 60'
Friday	REST
Saturday	20' warm-up. + 5 x 5' run: 3' gentle rhythm + 10' return to calm
Sunday	Running 80' (starting 40''/km above the marathon rhythm, finishing 10''/km below)

WEEK 2	
ACCUMULATION MESOCYCLE - MICROCYCLE 2- LOAD	
Monday	REST
Tuesday	Running 60' + racing technique
Wednesday	20' warm-up. + 2 x 20' run: 10' gentle rhythm + 10' return to calm
Thursday	Running 60'
Friday	REST
Saturday	20' warm-up. + 7 x 3' run: 2' gentle rhythm + 10' return to calm
Sunday	Running 90' (starting 40''/km above the marathon rhythm, finishing 10''/km below)

WEEK 3	
ACCUMULATION MESOCYCLE - MICROCYCLE 3- RECOVERY	
Monday	REST
Tuesday	Running 50' + racing technique
Wednesday	20' warm-up. + 3x 10' rec: 5' gentle rhythm + 10' return to calm
Thursday	Running 50'
Friday	REST
Saturday	20' warm-up. + 10 x 2' run: 1' gentle rhythm + 10' return to calm
Sunday	Running 80' (starting 40''/km above the marathon rhythm, finishing 10''/km below)

WEEK 4	
ACCUMULATION MESOCYCLE - MICROCYCLE 4- LOAD	
Monday	REST
Tuesday	Running 65' + racing technique
Wednesday	20' warm-up. + 2x [4x (1'30 uphill run: gentle downhill) run: 3' between blocks] + 20'
Thursday	Running 70'
Friday	REST
Saturday	20' warm-up. + 2x (4', 3', 2', 1') rec: same t' gentle rhythm + 10' return to calm
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' + racing technique
Wednesday	20' warm-up. + 2x [4x (1' uphill run: gentle downhill) run: 3' between blocks] + 20'
Thursday	Running 75'
Friday	REST
Saturday	20' warm-up. + 4x 7' rec: 3' gentle rhythm + 10' return to calm
Sunday	Running 100' (starting 40''/km above the marathon rhythm, finishing 10''/km below)

WEEK 6	
ACCUMULATION MESOCYCLE - MICROCYCLE 6- IMPACT	
Monday	REST
Tuesday	20' warm-up. + 2x [8x (30'' uphill run: gentle downhill) run: 3' between blocks] + 20'
Wednesday	Running 75'
Thursday	20' warm-up. + 6x 5' rec: 2' gentle rhythm + 10' return to calm
Friday	REST
Saturday	Running 60' + 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	Running 60' + racing technique
Thursday	20' warm-up. + 5x 3' rec: 3' gentle rhythm + 10' return to calm
Friday	REST
Saturday	Running 40' + racing technique
Sunday	Competition 10km

WEEK 8	
TRANSFORMATION MESOCYCLE - MICROCYCLE 8- LOAD	
Monday	Running 50' gentle
Tuesday	REST
Wednesday	20' warm-up. + 3x 4000 (4'10-4'05/km) run: 2'30'' + 10' return to calm
Thursday	Running 60' + racing technique
Friday	REST
Saturday	20' warm-up. + 4x 2000 (4'-3'55/km) run: 1'30'' + 10' return to calm
Sunday	Running 90' (mountain or circuit with uphill and downhill)

WEEK 9	
TRANSFORMATION MESOCYCLE - MICROCYCLE 9- IMPACT	
Monday	REST
Tuesday	20' warm-up. + 4x 3000 (4'05-4'/km) run: 2' + 10' return to calm
Wednesday	Running 60'
Thursday	20' warm-up. + 8x 1000 (3'55-3'50/km) run: 1' + 10' return to calm
Friday	REST
Saturday	Running 40' + 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 50'
Wednesday	Running 60' + racing technique
Thursday	20' warm-up. + 3x 2000 (4'-3'55/km) run: 1'30'' + 10' return to calm
Friday	REST
Saturday	20' warm-up. + 2x [5x (1' uphill run: gentle downhill) run: 3' between blocks] + 15'
Sunday	Running 90' (starting 30''/km above the marathon rhythm, finishing 15''/km below)

WEEK 11	
TRANSFORMATION MESOCYCLE - MICROCYCLE 11- IMPACT	
Monday	REST
Tuesday	Running 70'
Wednesday	20' warm-up. + 8x 1000 (3'55-3'50/km) run: 1' + 10' return to calm
Thursday	Running 50'
Friday	REST
Saturday	Running 30' + racing technique
Sunday	Half Marathon Competition

WEEK 12	
TRANSFORMATION MESOCYCLE - MICROCYCLE 12- LOAD	
Monday	REST
Tuesday	Running 50'
Wednesday	Running 60' + racing technique
Thursday	20' warm-up. + 5x 2000 (4'-3'55/km) run: 1'30'' + 10' return to calm
Friday	REST
Saturday	20' warm-up. + 2x [6x (500 (1'52''-1'49'') run: 45'') run: 3' between blocks] + 10' return to calm
Sunday	Running 90' (mountain or circuit with uphill and downhill)

WEEK 13	
PERFORMANCE MESOCYCLE - MICROCYCLE 13 - RECOVERY	
Monday	REST
Tuesday	Running 50'
Wednesday	20' warm-up. + 2x 4000 (4'10-4'05/km) run: 2'30'' + 10' return to calm
Thursday	Running 50' + racing technique
Friday	REST
Saturday	20' warm-up. + 2x 3000 (4'05-4'/km) run: 2' + 10' return to calm
Sunday	Running 70' (starting 30''/km above the marathon rhythm, finishing 15''/km below)

WEEK 14	
PERFORMANCE MESOCYCLE - MICROCYCLE 14 - COMPETITION	
Monday	REST
Tuesday	20' warm-up. + 6x 1000 (3'55-3'50/km) run: 1' + 10' return to calm
Wednesday	Running 60' + racing technique
Thursday	REST
Friday	REST
Saturday	25' gentle run + 3 straight runs x100m progressively
Sunday	ZURICH MARATÓ DE BARCELONA