

OBJECTIVE ZURICH MARATÓ BARCELONA UNDER.- 4H

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	:	:	:	:	:	:	:	:	:	:	:	:	:	:
SESSIONS	4	4	3	4	4	4	3	4	4	3	4	4	3	3

WEEK 1	
ACCUMULATION MESOCYCLE - 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	
ACCUMULATION MESOCYCLE - 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	
ACCUMULATION MESOCYCLE - MICROCYCLE 3- RECOVERY	
Monday	REST
Tuesday	Running 50'
Wednesday	REST
Thursday	Running 50'+ racing technique
Friday	REST
Saturday	Running 90' (starting 40''/km above the marathon rhythm, finishing 10''/km below)
Sunday	REST

WEEK 4	
ACCUMULATION MESOCYCLE - MICROCYCLE 4- LOAD	
Monday	REST
Tuesday	Running 65'
Wednesday	REST
Thursday	20' warm-up + 2 x 12' 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 8' 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 + 5x 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	20' warm-up + 4x 3' run: 3' gentle jog + 10' return to calm
Wednesday	REST
Thursday	REST
Friday	Running 45'+ racing technique
Saturday	REST
Sunday	Competition 10km

WEEK 8	
TRANSFORMATION MESOCYCLE - MICROCYCLE 8- LOAD	
Monday	REST
Tuesday	Running 60'
Wednesday	REST
Thursday	20' warm up + 3 x 3000 run: 2' stop (rhythm 4'50-4'45/km) + 10' return to calm
Friday	REST
Saturday	Running 50'+ racing technique
Sunday	Running 90' (starting 30''/km above the marathon rhythm, finishing 15''/km below)

WEEK 9	
TRANSFORMATION MESOCYCLE - MICROCYCLE 9- IMPACT	
Monday	REST
Tuesday	20' warm up + 3 x 2000 run: 1'30'' stop (rhythm 4'45-4'40/km) + 10' return to calm
Wednesday	REST
Thursday	Running 20'+ 2x[4x (1' tough uphill run: downhill gentle jog) run between blocks: 3'] + run 15'
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 45'
Wednesday	REST
Thursday	20' warm up + 6 x 1000 run: 1' stop (rhythm 4'40-4'35/km) + 10' return to calm
Friday	REST
Saturday	Running 70'+ racing technique
Sunday	REST

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 3000 run: 2' stop (rhythm 4'50-4'45/km) + 10' return to calm
Friday	REST
Saturday	Running 20' + 2x[4x (30'' tough uphill run: downhill gentle jog) run between blocks: 3')+ run 20'
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 60' + racing technique
Wednesday	REST
Thursday	20' warm up + 2 x 4000 run: 2'30'' stop (rhythm 5'-4'55/km) + 10' return to calm
Friday	REST
Saturday	REST
Sunday	Running 80' (starting 30''/km above the marathon rhythm, finishing 15''/km below)

WEEK 14	
PERFORMANCE MESOCYCLE - MICROCYCLE 14 - COMPETITION	
Monday	REST
Tuesday	20' warm-up + 5x 1000 runs: 1'30'' stop (rhythm 4'45-4'40/km) + 10' return to calm
Wednesday	REST
Thursday	Running 45' + racing technique
Friday	REST
Saturday	REST
Sunday	ZURICH MARATÓ DE BARCELONA