



OBJECTIVE ZURICH MARATÓ BARCELONA UNDER- 6H

WEEK 1	
Monday	10' walking, 5' running slowly, 5' walking, 5' running slowly.
Tuesday	10' walking, 8'; running slowly, 5' walking, 8' running slowly.
Wednesday	Rest.
Thursday	10' walking, 9' running slowly, 5' walking, 6' running slowly.
Friday	10' walking, 10' running slowly, 5' walking, 10' running slowly.
Saturday	Rest.
Sunday	10' walking, 15' running slowly, 10' walking, 15' running slowly.

WEEK 2	
Monday	8' walking, 10' running slowly, 4' walking, 10' running slowly.
Tuesday	8' walking, 11' running slowly, 4' walking, 11' running slowly.
Wednesday	Rest.
Thursday	8' walking, 12' running slowly, 4' walking, 12' running slowly.
Friday	8' walking, 13' running slowly, 4' walking, 13' running slowly.
Saturday	Rest.
Sunday	8' walking, 20' running slowly, 5' walking, 15' running slowly.

WEEK 3	
Monday	6' walking, 12' running slowly, 3' walking, 12' running slowly.
Tuesday	6' walking, 13' running slowly, 3' walking, 13' running slowly.
Wednesday	Rest.
Thursday	6' walking, 14' running slowly, 3' walking, 14' running slowly.
Friday	6' walking, 15' running slowly, 3' walking, 15' running slowly.
Saturday	Rest.
Sunday	6' walking, 25' running slowly, 5' walking, 20' running slowly.

WEEK 4	
Monday	5' walking, 14' running slowly, 2' walking, 14' running slowly.
Tuesday	5' walking, 15' running slowly, 2' walking, 15' running slowly.
Wednesday	Rest.
Thursday	5' walking, 16' running slowly, 2' walking, 16' running slowly.
Friday	5' walking, 17' running slowly, 2' walking, 17' running slowly.
Saturday	Rest.
Sunday	5' walking, 30' running slowly, 2' walking, 20' running slowly.

WEEK 5	
Monday	4' walking, 16' running slowly, 1' walking, 16' running slowly.
Tuesday	4' walking, 17' running slowly, 1' walking, 17' running slowly.
Wednesday	Rest.
Thursday	4' walking, 18' running slowly, 1' walking, 18' running slowly.
Friday	4' walking, 19' running slowly, 1' walking, 19' running slowly.
Saturday	Rest.
Sunday	4' walking, 35' running slowly, 5' walking, 25' running slowly.

WEEK 6	
Monday	3' walking, 17' running slowly + 17' running a little faster.
Tuesday	3' walking, 18' running slowly + 18' running a little faster.
Wednesday	Rest.
Thursday	3' walking, 19' running slowly + 19' running a little faster.
Friday	3' walking, 20' running slowly + 20' running a little faster.
Saturday	Rest.
Sunday	3' walking, 40' running slowly + 25' running a little faster.

WEEK 7	
Monday	20' running slowly + 20' running a little faster.
Tuesday	20' running slowly + 22' running a little faster.
Wednesday	Rest.
Thursday	20' running slowly + 24' running a little faster.
Friday	Friday 25 20' running slowly + 26' running a little faster.
Saturday	Saturday 26 Rest.
Sunday	50' running slowly + 20' running a little faster.

WEEK 8	
Monday	20' running slowly + 24' running a little faster.
Tuesday	20' running slowly + 26' running a little faster.
Wednesday	Rest
Thursday	20' running slowly + 28' running a little faster.
Friday	Friday 1 20' running slowly + 30' running a little faster.
Saturday	Rest.
Sunday	30' running slowly + 40' running a little faster.

WEEK 9	
Monday	20' running slowly + 26' running a little faster.
Tuesday	20' running slowly + 6 times (1' fast + 1' slowly).
Wednesday	Rest.
Thursday	20' running slowly + 4 times (3' fast + 3' slowly).
Friday	20' running slowly + 15' running a little faster.
Saturday	Rest.
Sunday	70' running slowly.

WEEK 10	
Monday	50' running slowly.
Tuesday	25' running slowly + 10' fast, 5' of recuperation + 10' fast.
Wednesday	Rest.
Thursday	20' running slowly + 25' running a little faster.
Friday	55' running slowly.
Saturday	Rest.
Sunday	80' running slowly.

WEEK 11	
Monday	25' running slowly.
Tuesday	25' running slowly + 4 times (5' fast + 3' walking).
Wednesday	Rest.
Thursday	25' running slowly + 6 times (2' fast + 2' walking).
Friday	50' running slowly.
Saturday	Rest.
Sunday	70' running slowly.

WEEK 12	
Monday	20' running slowly
Tuesday	20'; running slowly + 5 times (5' fast + 5' slowly)
Wednesday	Rest.
Thursday	30' running slowly + 10 times (1' fast + 1' slowly).
Friday	Rest.
Saturday	Rest.
Sunday	ZURICH MARATÓ BARCELONA