

## WEEK 01

### Mesocycle Accumulation Microcycle 1 - Loading

**Monday** Running 50'  
(6'30 min/km)

**Tuesday** REST

**Wednesday** Running 60'  
(6'30 min/km)

**Thursday** REST

**Friday** Running 70'  
(6'30 min/km)

**Saturday** REST

**Sunday** Running 80'  
(50 min a 6'40 min/km  
+ 20 min a 6'20 min/km  
+ 10 min a 6'00 min/km)

## WEEK 02

### Mesocycle Accumulation Microcycle 2 - Loading

**Monday** REST

**Tuesday** Running 65'  
(6'30 min/km)  
+ Strengthening

**Wednesday** REST

**Thursday** Running 70'  
(6'30 min/km)

**Friday** REST

**Saturday** Running 40'  
(6'30 min/km)  
+ Stretch

**Sunday** Running 80'  
(50 min a 6'40 min/km  
+ 20 min a 6'20 min/km  
+ 10 min a 6'00 min/km)

## WEEK 03

### Mesocycle Accumulation Microcycle 3 - Recovery

**Monday** REST

**Tuesday** Running 50'  
(6'30 - 7'00 min/km)  
+ Strengthening

**Wednesday** REST

**Thursday** Running 50'  
(6'30 - 7'00 min/km)

**Friday** REST

**Saturday** Running 80'  
(50 min a 6'40 min/km  
+ 20 min a 6'20 min/km  
+ 10 min a 6'00 min/km)

**Sunday** REST

## WEEK 04

### Mesocycle Accumulation Microcycle 4 - Loading

**Monday** REST

**Tuesday** Running 65'  
(6'30 min/km )  
+ Strengthening

**Wednesday** REST

**Thursday** 20' Warm up  
+ B70o + 2 x 12'  
(6'30 min/km) Rec: 10min  
(6'00 min/km)  
+ 10' Back to calm

**Friday** REST + Stretch

**Saturday** Running 40'  
(6'30 min/km)

**Sunday** Running 90'  
(60 min a 6'30 min/km  
+ 20 min a 6'10 min/km  
+ 10 min a 5'50 min/km)

## WEEK 05

### Mesocycle Accumulation Microcycle 5 - Loading

**Monday** REST

**Tuesday** Running 70'  
(6'30 min/km )  
+ Strengthening

**Wednesday** REST

**Thursday** 20' Warm up  
+ 3 x 8' (6'15 min/km)  
Rec: 3min (6'40 min/km)  
+ 10' Back to calm down

**Friday** REST + Stretch

**Saturday** Running 45'  
(6'30 min/km )

**Sunday** Running 90'  
(60 min a 6'30 min/km  
+ 20 min a 6'10 min/km  
+ 10 min a 5'50 min/km)

## WEEK 06

### Mesocycle Accumulation Microcycle 6 - Shock

**Monday** REST

**Tuesday** Running 70'  
(6'30 min/km )  
+ Strengthening

**Wednesday** REST

**Thursday** 20' Warm up  
+ 5 x 5' (5'50 min/km)  
Rec: 3 min(6'30 min/km)  
+ 10' Back to calm down

**Friday** REST + Stretch

**Saturday** Running 45'  
(6'30 min/km )

**Sunday** Running 80'  
(50 min a 6'40 min/km  
+ 20 min a 6'20 min/km  
+ 10 min a 6'00 min/km)

## WEEK 07

### Mesocycle Accumulation Microcycle 7 - Recovery

**Monday** REST

**Tuesday** 20' Warm up  
+ 4 x 3' (5'45 min/km)  
Rec: 2 min (6'30 min/km)  
+ 10' Back to calm down

**Wednesday** REST + Stretch

**Thursday** REST + Stretch

**Friday** Running 45'  
(6'30 min/km )

**Saturday** REST + Stretch

**Sunday** Test 10km  
Objetive: 1h10'00

## WEEK 08

### Mesocycle Transformation Microcycle 8 - Loading

**Monday** REST

**Tuesday** Running 40'  
(6'30 min/km )  
+ Strengthening

**Wednesday** REST

**Thursday** 20' Warm up  
+ 6 x 1000m (5'45 min/km)  
rec: 2' Standing  
+ 10' Back to calm down

**Friday** REST + Stretch

**Saturday** Running 50'  
(6'30 min/km )

**Sunday** Running 90'  
(60 min a 6'30 min/km  
+ 20 min a 6'10 min/km  
+ 10 min a 5'50 min/km)

## WEEK 09

### Mesocycle Transformation Microcycle 9 - Shock

**Monday** REST

**Tuesday** 20' Warm up  
+ 3 x 1500m (5'30 min/km)  
rec: 1'30'' Standing  
+ 10' Back to calm

**Wednesday** REST

**Thursday** Running 15'  
+ 2x (3x (1min hard uphill  
+ the downhill jogging rec))  
rec between blocks: 3min  
+ running 15'

**Friday** REST + Stretch

**Saturday** Running 40'  
(6'30 - 7'00 min/km)

**Sunday** Running 95'  
(60 min a 6'30 min/km  
+ 20 min a 6'10 min/km  
+ 15 min a 5'50 min/km)

## WEEK 10

### Mesocycle Transformation Microcycle 10 - Shock

**Monday** REST

**Tuesday** 20' Warm up  
+ 3 x 1500m (5'30 min/km)  
rec: 1'30'' standing  
+ 10' Back to calm down

**Wednesday** REST

**Thursday** Running 15'  
+ 2x (3x (1min hard uphill  
+ the downhill jogging rec))  
rec between blocks: 3min  
+ running 15'

**Friday** REST + Stretch

**Saturday** Running 30'  
(6'30 - 7'00 min/km)

**Sunday** Running 25km: 20' Cal  
+ 3x5km @6' km r/5' easy pace  
+ 5-10' Back to calm down

## WEEK 11

### Mesocycle Transformation Microcycle 11 - Loading

**Monday** REST + Stretch

**Tuesday** Running 50'  
(6'30 min/km)  
+ Strengthening

**Wednesday** REST

**Thursday** Running 20' (6'00 min/km)  
+ 4 x 2000m (5'30min/km)  
rec: 2' standing  
+ 10' Back to calm down

**Friday** Running 20'  
+ 2x[ 4x (30'' hard uphill  
+ the downhill jogging) rec  
Between blocks: 3']  
+ running 20'

**Saturday** REST

**Sunday** Half Marathon  
Test - Steady pace

## WEEK 12

### Mesocycle Transformation Microcycle 12 - Recovery

**Monday** REST

**Tuesday** Running 45'  
(6'30 min/km or slower)

**Wednesday** REST

**Thursday** 20'cWarm up  
+ 6x 1000 (5'50 min/km)  
rec: 1 min standing  
+ 10' Back to calm down

**Friday** REST + Stretch

**Saturday** Running 70'  
(40 min a 6'30 min/km  
+ 20 min a 6'10 min/km  
+ 10 min a 5'50 min/km)

**Sunday** REST + Stretch

## WEEK 13

### Mesocycle Transformation Microcycle 13 - Recovery

Monday REST

Tuesday Running 60'  
(6'30 min/km or slower)

Wednesday REST + Stretch

Thursday 20' Warm up  
+ 3x 1500 (6'00 min/km)  
rec: 2'30" standing  
+ 10' Back to calm down

Friday REST + Stretch

Saturday REST

Sunday 15' Warm up  
+ 2x 6000: 1° 5'50/km  
+ 2° 6'-6'10/km)  
+ 5' Back to calm down

## WEEK 14

### Mesocycle Transformation Microcycle 14 - Competition

Monday REST

Tuesday 20' Warm up  
+ 3x 400 (5'45 min/km)  
rec: 1'  
+ 10' Back to calm down

Wednesday REST + Stretch

Thursday Running 30'  
(6'30 min/km or slower)

Friday REST + Stretch

Saturday REST

Sunday 

### A magical experience

42 km discovering the most  
emblematic sites of Barcelona

THIS YEAR  
IF YOU RUN,  
YOU HAVE  
ALREADY WON.