

WEEK 01

Mesocycle Accumulation Microcycle 1 - Loading

Monday	Running 50' (5'30 min/km)
Tuesday	REST
Wednesday	Running 60' (5'15 min/km)
Thursday	REST
Friday	Running 70' (5'30 min/km)
Saturday	REST
Sunday	Running 80' (50 min 5'30 min/km + 20 min 5'00 min/km + 10 min 4'30 min/km)

WEEK 02

Mesocycle Accumulation Microcycle 2 - Loading

Monday	REST
Tuesday	Running 65' (5'30 min/km) + Strenghtening
Wednesday	REST
Thursday	Running 70' (5'15 min/km)
Friday	REST
Saturday	Running 40' (5'30 min/km) + Stretch
Sunday	Running 90' (60 mi 5'30 min/km + 20 mi 5'00 min/km + 10 mi 4'30 min/km)

WEEK 03

Mesocycle Accumulation Microcycle 3 -Recovery

Monday	REST
Tuesday	Running 50' (5'30 min/km) + Strenghtening
Wednesday	REST
Thursday	Running 50' (5'20 min/km)
Friday	REST
Saturday	Running 30' (5'30 min/km) + Stretch
Sunday	TEST 10KM - sub 44'

WEEK 04

Mesocycle Accumulation Microcycle 4 - Loading

Monday	REST
Tuesday	Running 65' (5'20 min/km) + Strenghtening
Wednesday	REST
Thursday	20' warm-up + 2 x 15' (4'20 min/km) Rec: 10min (5'40 min/km) + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 40' (5'20 min/km)
Sunday	Running 95' (60 min 5'30 min/km + 25 min 5'00 min/km + 10 min 4'30 min/km)

WEEK 05

Mesocycle Accumulation Microcycle 5 - Loading

Monday	REST
Tuesday	Running 70' (5'20 min/km) + Strenghtening
Wednesday	REST
Thursday	20' warm-up + 3 x 10' (4'15 min/km) Rec: 5min (5'20 min/km) + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 40' (5'20 min/km)
Sunday	Running 100' (60 min 5'30 min/km + 25 min 5'00 min/km + 15 min 4'30 min/km)

WEEK 06

Mesocycle Accumulation Microcycle 6 - Shock

Monday	REST
Tuesday	Running 70' (5'00 min/km) + Strenghtening
Wednesday	REST
Thursday	20' warm-up + 6 x 5' (4'15 min/km) Rec: 3 min (5'15 min/km) + 10' Return to calm
Friday	REST + Stretch
Saturday	Running 45' (5'30 min/km)
Sunday	Running 105' (60 min 5'30 min/km + 30 min 5'00 min/km + 15 min 4'30 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' Return to calm
Wednesday	REST + Stretch
Thursday	REST + Stretch
Friday	Running 45' (6'30 min/km)
Saturday	REST + Stretch
Sunday	ON-SITE TRAINING Running 90' with 10km central @4'27-4'32

WEEK 08

Mesocycle Accumulation Microcycle 8 - Loading

Monday	REST
Tuesday	Running 60' (5'30 min/km) + Strenghtening
Wednesday	REST
Thursday	Running 20' (5'30 min/km) + 2x[3x (1'30'' hard uphill (5'00 min/km) rec: downhill jogging) rec between blocks: 3min)+ rodaje 15'
Friday	REST + Stretch
Saturday	20' warm-up + 3 x 3000m (4'25 min/km) rec: 2' standing + 10' Return to calm
Sunday	Running 90' (60 min 5'30 min/km + 20 min 5'00 min/km + 10 min 4'30 min/km)

WEEK 09

Mesocycle Transformation Microcycle 9 - Shock

Monday REST

Tuesday 20' warm-up
+ 4 x 2000m (4'20/km)
rec: 1'30'' standing
+ 10' Return to calm

Wednesday REST

Thursday Running 20'
+ 2x (4x (1min hard uphill
+ downhill jogging rec))
rec between blocks: 3min
+ running 20'

Friday REST + Stretch

Saturday Running 30'
(5'30 - 6'00 min/km)

Sunday  eDreams
MITJA MARATÓ
BARCELONA
Obj. 1h37' - 1h38'

WEEK 10

Mesocycle Transformation Microcycle 10 - Shock

Monday REST

Tuesday 20' warm-up
+ 4 x 3000m rec: 1'30''
(4'05-10/km) standing
+ 10' Return to calm

Wednesday REST

Thursday Running 70'
(40 min 5'30 min/km
+ 20 min 5'00 min/km
+ 10 min 4'30 min/km)

Friday REST + Stretch

Saturday Running 30'
(5'30 - 6'00 min/km)

Sunday Running 25-28km: 20' Cal
+ 3x5km @4'50 r/5'easy pace
+ 5-10' Return to calm

WEEK 11

Mesocycle Transformation Microcycle 11 - Competition/Test

Monday REST + Stretch

Tuesday Running 50'
(5'30 min/km)
+ Strenghtening

Wednesday REST

Thursday Running 20' (5'30 min/km)
+ 3 x 4000m (4'30 min/km)
rec: 2' standing
+ 10' Return to calm

Friday REST + Stretch

Saturday Running 30' + Stretch

Sunday ON-SITE TRAINING
TEST 28-32km: 20' Cal
+ 22-25km@4'55 - 5'
+ 5-10' Return to calm

WEEK 12

Mesocycle Transformation Microcycle 12 -Recovery

Monday REST

Tuesday Running 40'
(5'40 min/km)

Wednesday REST

Thursday Running 20' + 2x[4x
(45'' hard uphill rec:
downhill jogging)
rec between blocks: 3')
+ running 20'

Friday REST + Stretch

Saturday 20' warm-up
+ 6x 1000 (4'15 min/km)
rec: 1 min standing
+ 10' Return to calm

Sunday REST + Stretch

WEEK 13

Mesocycle Realization Microcycle 13 -Recovery

Monday REST

Tuesday Running 50'

Wednesday REST + Stretch

Thursday 20' warm-up
+ 3x 2000 (4'20 min/km)
rec: 3min standing
+ 10' Return to calm

Friday REST + Stretch

Saturday Running 40'
(5'30 - 6'00 min/km)

Sunday 15' cal
+ 2x6000: 1° 4'50-55/km
+ 2° 5'/km)
+ 5' Return to calm

WEEK 14

Mesocycle Realization Microcycle 14 -Competition

Monday REST

Tuesday 20' warm-up
+ 5x 500 (4'15 min/km)
rec: 1'
+ 10' Return to calm

Wednesday Running 30'

Thursday REST + Stretch

Friday REST + Stretch

Saturday 25' gentle running
+ 3x100m in progression

Sunday 

42 km discovering Barcelona's
most emblematic places

A MASS
EXPERIENCE