

## WEEK 01

### Mesocycle Accumulation Microcycle 1 - Loading

<b>Monday</b>	Running 50' (6'00 min/km)
<b>Tuesday</b>	REST
<b>Wednesday</b>	Running 60' (5'40 min/km)
<b>Thursday</b>	REST
<b>Friday</b>	Running 70' (6'00 min/km)
<b>Saturday</b>	REST
<b>Sunday</b>	Running 80' (50 min 6'00 min/km + 20 min 5'45 min/km + 10 min 5'30 min/km)

## WEEK 02

### Mesocycle Accumulation Microcycle 2 - Loading

<b>Monday</b>	REST
<b>Tuesday</b>	Running 65' (6'00 min/km) + Strenghtening
<b>Wednesday</b>	REST
<b>Thursday</b>	Running 70' (5'40 min/km)
<b>Friday</b>	REST
<b>Saturday</b>	Running 40' (6'00 min/km) + Stretch
<b>Sunday</b>	Running 90' (60 min 6'00 min/km + 20 min 5'45 min/km + 10 min 5'30 min/km)

## WEEK 03

### Mesocycle Accumulation Microcycle 3 - Recovery

<b>Monday</b>	REST
<b>Tuesday</b>	Running 50' (6'00 min/km) + Strenghtening
<b>Wednesday</b>	REST
<b>Thursday</b>	Running 50' (5'45 min/km)
<b>Friday</b>	REST
<b>Saturday</b>	Running 20': 10' @ 6' km + 10' 5'40 km
<b>Sunday</b>	10KM TEST obj: 50'

## WEEK 04

### Mesocycle Accumulation Microcycle 4 - Loading

<b>Monday</b>	REST
<b>Tuesday</b>	Running 65' (5'50 min/km ) + Strenghtening
<b>Wednesday</b>	REST
<b>Thursday</b>	20' warm-up + 2 x 12' (5'25 min/km) Rec: 10min (5'50 min/km) + 10' Return to calm
<b>Friday</b>	REST + Stretch
<b>Saturday</b>	Running 40' (5'40 min/km)
<b>Sunday</b>	Running 95' (60 min 6'00 min/km + 25 min 5'40 min/km + 10 min 5'15 min/km)

## WEEK 05

### Mesocycle Accumulation Microcycle 5 - Loading

**Monday** REST

**Tuesday** Running 70'  
(6'00 min/km )  
+ Streghtening

**Wednesday** REST

**Thursday** 20' warm-up  
+ 3 x 8' (5'15 min/km)  
Rec: 3min (6'00 min/km)  
+ 10' Return to calm

**Friday** REST + Stretch

**Saturday** Running 45'  
(5'45 min/km )

**Sunday** Running 100'  
(60 min 6'00 min/km  
+ 25 min 5'40 min/km  
+ 15 min 5'25 min/km)

## WEEK 06

### Mesocycle Accumulation Microcycle 6 - Shock

**Monday** REST

**Tuesday** Running 70'  
(6'00 min/km )  
+ Streghtening

**Wednesday** REST

**Thursday** 20' warm-up  
+ 5 x 5' (4'45 min/km)  
Rec: 3 min (5'40 min/km)  
+ 10' Return to calm

**Friday** REST + Stretch

**Saturday** Running 45'  
(5'50 min/km )

**Sunday** Running 105'  
(60 min 6'00 min/km  
+ 30 min 5'40 min/km  
+ 15 min 5'25 min/km)

## WEEK 07

### Mesocycle Accumulation Microcycle 7 - Recovery

**Monday** REST

**Tuesday** 20' warm-up  
+ 4 x 3' (4'40 min/km)  
Rec: 2 min 5'40 min/km)  
+ 10' Return to calm

**Wednesday** REST + Stretch

**Thursday** REST + Stretch

**Friday** Running 45'  
(5'40 min/km )

**Saturday** REST + Stretch

**Sunday** ON-SITE TRAINING  
Running 90' with 10 central  
km @5'22-5'27'

## WEEK 08

### Mesocycle Accumulation Microcycle 8 - Loading

**Monday** REST

**Tuesday** Running 60'  
(5'50 min/km )  
+ Streghtening

**Wednesday** REST

**Thursday** 20' warm-up  
+ 8 x 1000m (4'40 min/km)  
rec: 2' standing  
+ 10' Return to calm

**Friday** REST + Stretch

**Saturday** Running 50'  
(6'00 min/km )

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

## WEEK 09

### Mesocycle Transformation Microcycle 9 - Shock

**Monday** REST

**Tuesday** 20' warm-up  
+ 3 x 2000m (4'40/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 15'

**Friday** REST + Stretch

**Saturday** Running 20'  
(6'10 min/km )

**Sunday**  eDreams  
MITJA MARATÓ  
BARCELONA  
Obj. Sub 1h51'

## WEEK 10

### Mesocycle Transformation Microcycle 10 - Shock

**Monday** REST

**Tuesday** 20' warm-up  
+ 3 x 3000m  
rec: 1'30'' (4'30/km) standing  
+ 10' Return to calm

**Wednesday** REST

**Thursday** Running 70'  
(40 min 5'40 min/km  
+ 20 min 5'20 min/km  
+ 10 min 5'40 min/km)

**Friday** Running 30'  
(6'00 min/km )

**Saturday** REST

**Sunday** Running 25km: 20' Cal  
+ 3x5km @5'35-5'40  
r/5' easy pace  
+ 5-10' Return to calm

## WEEK 11

### Mesocycle Transformation Microcycle 11 - Loading

**Monday** REST + Stretch

**Tuesday** Running 50'  
(6'00 min/km )  
+ Stregtening

**Wednesday** REST

**Thursday** Running 20' (5'40 min/km)  
+ 8x1000m (4'40min/km)  
rec: 2' standing  
+ 10' Return to calm

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

**Saturday** REST

**Sunday** ON-SITE TEST 27-30km:  
20' Cal + 21km- 25Km  
@5'38-5'45  
+ 5-10' Return to calm

## WEEK 12

### Mesocycle Transformation Microcycle 12 - Recovery

**Monday** REST

**Tuesday** Running 45'  
(6'00 min/km or slower)

**Wednesday** REST

**Thursday** 20' warm-up  
+ 3x 2000 (4'30-4'35 min/km)  
rec: 1 min standing  
+ 10' Return to calm

**Friday** REST + Stretch

**Saturday** Running 90'  
(60 min 5'40 min/km  
+ 20 min 5'30 min/km  
+ 10 min 5'40 min/km)

**Sunday** REST + Stretch

## WEEK 13

### Mesocycle Realization Microcycle 12 - Recovery

<b>Monday</b>	REST
<b>Tuesday</b>	Running 60' (6'00 min/km or slower)
<b>Wednesday</b>	REST + Stretch
<b>Thursday</b>	20' warm-up + 3x 1500 (4'40 min/km) rec: 2'30" standing + 10' Return to calm
<b>Friday</b>	REST + Stretch
<b>Saturday</b>	REST
<b>Sunday</b>	15' cal + 2x6000: 1° 5'30/km + 2° 5'43/km) + 5' Vuelta a la calma

## WEEK 14

### Mesocycle Realization Microcycle 12 - Competition

<b>Monday</b>	REST
<b>Tuesday</b>	20' warm-up + 5x 400 (5'15 min/km) rec: 1' + 10' Return to calm
<b>Wednesday</b>	REST + Stretch
<b>Thursday</b>	Running 30' (6'00 min/km or slower)
<b>Friday</b>	REST + Stretch
<b>Saturday</b>	REST
<b>Sunday</b>	ZURICH MARATÓ BARCELONA

42 km discovering Barcelona's  
most emblematic places

A MASS  
EXPERIENCE