

SETTIMANA 1 - TRAINING		PACE	HR	Km tot
LUNGO 23 K	Ultimi 5 K 3.50"	4.15"	140	23
FL 12 K	easy run	4.05"	135	12
RB	15 x 300m in 54/55" Rec 1.15" in souplesse (warm up 5 K - cool down 2 K)	3.03"	-	15
FL 15 K	recovery run	.	130	15
FL 15 K	easy run	4.05"	135	15
S.AN	3 x 10 min 3.25" Rec 2.30" + 3 x 6 min + 3.25" Rec 2.00" + 3 x 4 min 3.25" Rec 1.30". Recupero souplesse (warm up 4 K - cool down 1 K)	3.25"	-	22,8
FL 12 K	recovery run	.	130	12
COLLINARE 18 K	1h20. collinare	.	140	18

4 K WEEK 109,8

SETTIMANA 2 - TRAINING		PACE	HR	Km tot
FL 12 K	recovery run	.	130	12
FL 15 K	easy run + 10 x 80 m allungo / rec 30" corsetta	4.05"	135	15
RL/RM	4 x 2 K a 3.25" (rec 3 min) + 2 x 1 K a 3.20" (rec 2.30") + 1 x 800m fast (warm up 4 K - cool down 1 K)	3.25/20"	-	19
FL 12 K	recovery run	.	130	12
FL/P 15 K	10 K easy run + 5 K progressione di 5" partendo da 3.50"	4.05"	135	15
TEST 5 K	1 x 5 K in 17.50"	3.32"	160	12
LUNGO 25 K	Ultimi 5 K 3.45"	4.15"	140	25

4 K WEEK 110

SETTIMANA 3 - TRAINING		PACE	HR	Km tot
FL 10	recovery run	.	130	10
RM	10 x 1 K 3.25" REC 1 min Fondo Lento a piacere (warm up 4 K - cool down 1 K)	3.20"	168	18
FL 12 K	recovery run	.	130	12
FL 15 K	easy run + 10 x 80 m allungo / rec 30" corsetta	4.05"	135	15
MEDIO 15 K	fondo medio 55 min (warm up 3 K - cool down 1 K)	3.43"	155	19
FL 13 K	recovery run	.	130	13
3/2/1km x 3	3 x (3 K a 3.30" + 2 K a 3.25" + 1 K a 3.20"): tra le prove rec 3 min jogging, tra le serie rec 5 min (warm up 4 K - cool down 2 K)	3.30/25/20"	-	20

4 K WEEK 107

SETTIMANA 4 - TRAINING		PACE	HR	Km tot
FL 13 K	recovery run	.	130	13
FL 15 K	easy run + 10 x 80 m allungo / rec 30" corsetta	4.05"	135	15
RL	4 x 3,000m in 10.40" REC 1 K 4.30": tot lavoro specifico 16 K (warm up 4 K - cool down 1 K)	3.33"	165	21
FL 12 K	recovery run	.	130	12
FL/P 15 K	10 K easy run + 5 K progressione di 5" partendo da 3.45"	4.05"	135	15
TEST 6 K	1 x 6 K in 21.22" (warm up 5 K - cool down 2 K)	3.34"	160	13
LUNGO 25 K	1h45 LUNGO (facile)	.	140	25

4 K WEEK 114

SETTIMANA 5 - TRAINING		PACE	HR	Km tot
FL 11 K	easy run	4.10"	135	11
RM800	10 x 800m in 2.36" REC 400m in 1.45/48" (warm up 4 K - cool down 2 K)	3.15"	168	18
FL 15 K	recovery run	.	130	15
MEDIO 15 K	fondo medio 55 min (warm up 3 K - cool down 1 K)	3.43"	155	19
FL 15 K	recovery run	.	130	15
FL 12 K	easy run + 10 x 80 m allungo / rec 30" corsetta	4.05"	135	12
RL	5 x 3,000m in 10.40" REC 1 K 4.30": tot lavoro specifico 20 K (warm up 4 K - cool down 1 K)	3.33"	165	25

4 K WEEK 115

SETTIMANA 6 - TRAINING		PACE	HR	Km tot
REST	MASSAGGIO	.	-	0
FL/P 18 K	10 K Fondo Lento poi aumentare di 5" al K partendo da 4.05"	4.05"	135	18
FL 15 K	easy run	4.05"	135	15
MEDIO/VAR	15 x (400m in 1.23/24" + 400m in 1.32/33"): Tot 12 K 44 minuti circa (warm up 4 K - cool down 2 K)	3.27/53"	-	18
FL 15 K	recovery run	4.05"	135	15
FL 12 K	easy run + 10 x 80 m allungo / rec 30" corsetta	4.05"	135	12
MEDIO 18 K	1h10 a 3.50" circa in scioltezza (warm up 3 K - cool down 1 K)	3.50"	150	22

4 K WEEK 100

SETTIMANA 7 - TRAINING		PACE	HR	Km tot
REST	MASSAGGIO	.	-	0
FL 13 K	easy run + 6 x 80 m allungo / rec 50" corsetta	4.05"	135	13
RM	5 x 1,200m in 4.10" Rec 1 min souplesse. (warm up 4 K - cool down 1 K)	3.28"	168	12
FL 11 K	easy run	.	130	11
FL 10 K	easy run	.	130	10
FL 8 K	easy run + 5 x 80 m allungo / rec 30" corsetta	.	130	8
ROMA OSTIA 21 K	1h15.25". Passaggi: 5 K 17.59" (3.36") 5 K 18.04" (3.37") 5 K 17.54" (3.35") 6,097 K 21.26" (3.31").	3.34"	-	25

4 K WEEK 79