

NOVIEMBRE	semana 1	semana 2	semana 3	semana 4	semana 5
lunes		7	14	21	28
martes	1 50 min relaxed run OK 55min parque Pocuro	8 50 min relaxed run	15 55 min relaxed run	22 55 min relaxed run	29 60 min relaxed run
miércoles	2	9	16	23	30
jueves	3 55 min 3x5 min in 10Km-RT (in between 3min lite jog)	10 55 min 3x5 min in 10Km-RT (in between 3min lite jog).	17 60 min of which 20min are intensive/fast	24 60 min medium slow run	
viernes	4	11	18	25	
sábado	5 100 min slow run ok casa o'higgins casa, 100 minutos	12 100 min slow run	19 110 min slow run	26 110 min slow run	
domingo	6 40 min medium slow run and 45 min easy biking	13 40 min medium slow run and 45 min easy biking	20 40 min medium slow run and 45 min easy biking	27 40 min medium slow run and 45 min easy biking	

DICIEMBRE	semana 5	semana 6	semana 7	semana 8	semana 9
lunes		5	12	19	26
martes		6 30 min slow run	13 55 min relaxed run	20 55 min relaxed run	27 55 min relaxed run
miércoles		7	14	21	28
jueves	1 45 min with 3x5min (or 3x1km) in 10km-RT (in between 3 min jog)	8 40 min relaxed run	15 60 min with 4x5min in 10km-RT (in between 3 min lite jog)	22 60 min with 4x5min in 10km-RT (in between 3 min lite jog)	29 60 min with 4x5min in 10km-RT (in between 3 min lite jog)
viernes	2	9	16	23	30
sábado	3 25 min slow run	10 70 min slow run	17 115 min slow run	24 120 min slow run	31 125 min slow run
domingo	4 Test Race 10Km, or 10km fast run (15min warm up/10 min cool down)	11 40 min easy biking or skating	18 40 min medium slow run and 45 min easy biking	25 40 min medium slow run and 45 min easy biking	

ENERO	semana 9	semana 10	semana 11	semana 12	semana 13	semana 14
lunes		2	9	16	23	30
martes		3 45 min relaxed run	10 40 min slow run	17 40 min slow run	24 50 min relaxed run	31 60 min relaxed run
miércoles		4	11	18	25	

jueves			5	10km RT	12	45 min relaxed run	19	45 min relaxed run	26	60 min medium slow run		
viernes			6		13		20		27			
sábado			7	12km relaxed run	14	130 min slow run	21	130 min slow run	28	140 min slow run		
domingo	1	40 min medium slow run and 45 min easy biking	8	60 min easy biking	15	45 min easy biking	22	45 min easy biking	29	45 min relaxed run		

FEBRERO	semana 14	semana 15	semana 16	semana 17	semana 18
lunes		6	13	20	27
martes		7 60 min relaxed run	14 45 min slow run	21 60 min relaxed run	28 40 min slow run
miércoles	1	8	15	22	29
jueves	2 3x2km in 10km-RT (3km warm up, in between every 800 m jog, 2km cool down)	9 6 km fast run (3km warm up, 2 km cool down)	16 60 min relaxed run with 6 IIR	23 2x2 km in 21,1 km-RT (3km warm up, in between 6 min jog, 2km cool down)	
viernes	3	10	17	24	
sábado	4 150 min slow run	11 165 min slow run	18 35 min slow run	25 30 min slow run	
domingo	5 45 min relaxed run	12 45 min relaxed run	19 30 km relaxed run	26 20km in the MS (3km warm up/cool down) or	

MARZO	semana 18	semana 19	semana 20	semana 21	semana 22
lunes		5	12	19	26
martes		6 60 min relaxed run	13 40 min slow run	20 8 km intense run (2 km warm up / 2 km cool down)	27 40 min run, of which 3 km in MS
miércoles		7	14	21	28
jueves	1 50 min relaxed run with 4 IIR	8 2x2 km in 21,1 km-RT (3km warm up, in between 6 min jog, 2km cool down)	15 50 min relaxed run with 4 IIR	22 50 min relaxed run	29 30 min slow run with 4 IIR
viernes	2	9	16	23	30
sábado	3 120 min slow run	10 30 min slow run	17 120 min slow run	24 50 min run, of which 5 km in MS	31 25 min slow run
domingo	4 40 min relaxed run	11 20km in the MS (3km warm up/cool down) or halfmarathon (21,1 Km)	18 40 min relaxed run	25 35 min slow run	

ABRIL	semana 23						
lunes		1					
martes		2					
miércoles		3					
jueves		4					
viernes		5					
sábado		6					
domingo	1	your marathon, GOOD LUCK	7				