Mezza Maratona in 1h e 45m, passo 5 min/km

Settimana	Data	Lunedi	Martedi	Mercoledi	Giovedi	Venerdi	Sabato	Domenica	Distanza totale	Calendario Corse
1		Riposo o Cross Training	Ripetute 8x1000 a 4'35" rec 3 min	Riposo o Cross Training	Riposo o Cross Training	Progressivo 9 Km da 5'15" a 5'05" a 4'55"	Riposo o Cross Training	18 km a 05'25"	35	
2		Riposo o Cross Training	Ripetute 10x1000 a 4'35" rec 3 min	Riposo o Cross Training	Riposo o Cross Training	12 Km da 5'35" a 5'25" 5'15"	Riposo o Cross Training	10 km a 04'55"	34	
3		Riposo o Cross Training	Ripetute 4x2000 a 4'45" rec 3 min	Riposo o Cross Training	Riposo o Cross Training	12 Km da 5'35" a 5'25" 5'15"	Riposo o Cross Training	20 km da 05'30"	42	
4		Riposo o Cross Training	10 Km 5'35"	Riposo o Cross Training	Riposo o Cross Training	10 Km 5'25"	Riposo o Cross Training	10 Km 5'35"	30	
5		Riposo o Cross Training	Ripetute 5x2000 a 4'45" rec 2 min	Riposo o Cross Training	Riposo o Cross Training	12 Km da 5'05"	Riposo o Cross Training	22 km a 05'25"	46	
6		Riposo o Cross Training	Ripetute 3x3000 a 4'50" rec 2 min	Riposo o Cross Training	Riposo o Cross Training	10 Km da 5'05", 4'55", 4'45"	Riposo o Cross Training	14 Km a 5'05"	34	
7		Riposo o Cross Training	Ripetute 3x4000 a 4'55" recupero 2 min	Riposo o Cross Training	Riposo o Cross Training	12 Km da 5'05"	Riposo o Cross Training	10 Km da 4'35"	36	
8		Riposo o Cross Training	10 Km 5'35" + 8 allunghi	Riposo o Cross Training	Riposo o Cross Training	10 Km 5'35" + allunghi	Riposo o Cross Training	Mezza maratona 5'00"	41	
									298	