Mezza Maratona in 1h e 52 Minuti, passo 5:20 min/km

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