

## In detail every table shows :

Training n° : indicates the serial number of the training session;

Sess. (n/n) : indicates the position of session in the microcycle (compared to total sessions of the microcycle);

Mic.(n/n) : indicates in which microcycle is the session in vision (compared to the total microcycle);

Exercise : the exercise denomination;

Mode : the distance to cover in [m] (the time is indicated under the heading Load

Comm. : the commitment ( or rhythm ) to maintain during the running , calculated as time on km indicated in minutes (') and seconds (")  
(example : 7'30" indicates that during the whole exercise should be kept a pace of 7 min. and 30 sec. per km)

Un. : the measurement unit with which the Load is defined

Load : the time in which the exercise must be carried out

Rps : (Repetitions) how many times the exercise must be repeated

S. : (Speed) the speed in km/h to which the exercise must be performed

Rec. : (Recovery) the time that you should wait between a number of series (or repetition) and the subsequent

Set : (Set) the number of groups of repetitions to be performed for each exercise

Break : the recommended time to wait after finishing an exercise before starting the next

Str. : (Stretching) stretching exercises that can be combined , in recovery or in break , to each exercise

## Attention:

\* before starting the training program ,you have to submit to a specialist medical examination with the issue of fitness agonistic activity;

\* ask for, and make a cardiologcal visit under stress;

\* do not give up your program to another person;

\* perform the training with the heart rate monitor;

\* slow down if you come to a state of fatigue more than 80-85 % of the actual maximum heart rate;

\* non persistere, fino alla conclusione della seduta di allenamento, se considerate lo stato di affaticamento (eventualmente sopraggiunto) eccessivo e persistente. Se ciò dovesse ripetersi per più volte consecutive (2 o 3), comunicatelo alla sport-sys.it che provvederà a modificare il programma.

\* Not persist until the end of the training session, if you consider the state of fatigue ( that may have occurred ) excessive and persistent. If this were repeated for several times (2 or 3) , report it to Sport-sys.com that will change the program

Training N° 1/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 1/4 - Mic. 1/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m8000	5'43"	T	0:45:44	1	03.00	10,5	1	03.00	23-25
077 - Sit up					0,0	18	00.45		3	01.00	12-23
078 - Addominal with torsion				Un	0,0	18	00.45		3	01.00	11-12
160 - Progressive sprints [m]		m 100	4'35"	T	0:00:27:5	1	01.30	13,1	5	01.30	23-25
159 - Skip [m]				m	30,0	1	02.00		4	02.00	23-25
048 - Step up				Un	0,0	20	00.45		4	01.00	19-23

Total time: 1:10:28 - Total meters: 8620 - Total kg: 0

Training N° 2/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 2/4 - Mic. 1/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
113 - Continuous run		m 800	6'15"	T	0:05:00:0	1	00.30	9,60	1	00.30	23-25
160 - Progressive sprints [m]		m 400	5'36"	T	0:02:15:0	1	00.30	10,7	1	00.30	23-25
152 - Sprint [m]		m 100	5'19"	T	0:00:31:8	1	00.45	11,3	3	01.00	23-25
160 - Progressive sprints [m]		m 200	5'24"	T	0:01:05:0	1	00.30	11,1	1	00.30	23-25
152 - Sprint [m]		m 80	4'46"	T	0:00:22:9	3	01.00	12,6	1	01.00	23-25
113 - Continuous run		m 800	6'15"	T	0:05:00:0	1	00.30	9,60	1	00.30	23-25

Total time: 0:21:04 - Total meters: 2740 - Total kg: 0 - kCal: 216,97 - g: 24,11 - Vo2: 41,14

Training N° 3/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 3/4 - Mic. 1/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
187 - Growing		m 3000	5'40"	T	0:16:59:5	1	08.00	10,6	1	08.00	23-25
187 - Growing		m 3000	5'19"	T	0:15:59:0	1	10.00	11,3	1	10.00	23-25
187 - Growing		m 3000	5'10"	T	0:15:33:1	1	10.00	11,6	1	10.00	23-25

Total time: 1:06:31 - Total meters: 9000 - Total kg: 0 - kCal: 725,68 - g: 80,63 - Vo2: 44,52

Training N° 4/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 4/4 - Mic. 1/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m10000	6'07"	T	1:01:00:0	1	08.00	9,80	1	08.00	23-25

Total time: 1:01:00 - Total meters: 10000 - Total kg: 0 - kCal: 697,43 - g: 77,49 - Vo2: 39,34

Training N° 5/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 1/4 - Mic. 2/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m9600	5'43"	T	0:54:53	1	03.00	10,5	1	03.00	23-25
077 - Sit up					0,0	18	00.45		3	01.00	12-23
078 - Addominal with torsion				Un	0,0	18	00.45		4	01.00	11-12
160 - Progressive sprints [m]		m 100	4'27"	T	0:00:26:7	1	01.30	13,5	5	01.30	23-25
159 - Skip [m]				m	36,0	1	02.00		4	02.00	23-25
048 - Step up				Un	0,0	20	00.45		5	01.00	19-23

Total time: 1:21:30 - Total meters: 10244 - Total kg: 0

Training N° 6/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 2/4 - Mic. 2/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
113 - Continuous run		m 800	6'15"	T	0:05:00:0	1	00.30	9,60	1	00.30	23-25
160 - Progressive sprints [m]		m 400	5'36"	T	0:02:15:0	1	00.30	10,7	1	00.30	23-25
152 - Sprint [m]		m 100	5'00"	T	0:00:30:0	1	00.45	12,0	3	01.00	23-25
160 - Progressive sprints [m]		m 200	5'24"	T	0:01:05:0	1	00.30	11,1	1	00.30	23-25
152 - Sprint [m]		m 80	4'33"	T	0:00:21:8	3	01.00	13,2	1	01.00	23-25
113 - Continuous run		m 800	6'15"	T	0:05:00:0	1	00.30	9,60	1	00.30	23-25

Total time: 0:20:55 - Total meters: 2740 - Total kg: 0 - kCal: 217,54 - g: 24,17 - Vo2: 41,40

Training N° 7/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 3/4 - Mic. 2/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
187 - Growing		m 3000	5'24"	T	0:16:16:3	1	08.00	11,1	1	08.00	23-25
187 - Growing		m 3000	5'08"	T	0:15:24:5	1	10.00	11,7	1	10.00	23-25
187 - Growing		m 3000	5'00"	T	0:14:58:6	1	10.00	12,0	1	10.00	23-25

Total time: 1:04:39 - Total meters: 9000 - Total kg: 0 - kCal: 724,90 - g: 80,54 - Vo2: 46,32

Training N° 8/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 4/4 - Mic. 2/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m10000	5'56"	T	0:59:30:0	1	08.00	10,1	1	08.00	23-25

Total time: 0:59:30 - Total meters: 10000 - Total kg: 0 - kCal: 701,11 - g: 77,90 - Vo2: 40,34

Training N° 9/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 1/4 - Mic. 3/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m8160	5'43"	T	0:46:39	1	03.00	10,5	1	03.00	23-25
077 - Sit up					0,0	18	00.45		3	01.00	12-23
078 - Addominal with torsion				Un	0,0	18	00.45		3	01.00	11-12
160 - Progressive sprints [m]		m 100	4'27"	T	0:00:26:7	1	01.30	13,5	4	01.30	23-25
159 - Skip [m]				m	36,0	1	02.00		4	02.00	23-25
048 - Step up				Un	0,0	20	00.45		5	01.00	19-23

Total time: 1:10:07 - Total meters: 8704 - Total kg: 0

Training N° 10/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 2/4 - Mic. 3/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
113 - Continuous run		m 400	6'15"	T	0:02:30:0	1	00.30	9,60	1	00.30	23-25
160 - Progressive sprints [m]		m 200	5'36"	T	0:01:07:3	1	00.30	10,7	1	00.30	23-25
152 - Sprint [m]		m 100	5'00"	T	0:00:30:0	1	00.45	12,0	2	01.00	23-25
160 - Progressive sprints [m]		m 150	5'24"	T	0:00:48:6	1	00.30	11,1	1	00.30	23-25
152 - Sprint [m]		m 80	4'33"	T	0:00:21:8	3	01.00	13,2	1	01.00	23-25
113 - Continuous run		m 400	6'15"	T	0:02:30:0	1	00.30	9,60	1	00.30	23-25

Total time: 0:13:16 - Total meters: 1590 - Total kg: 0 - kCal: 132,78 - g: 14,75 - Vo2: 42,56

Training N° 11/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 3/4 - Mic. 3/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
187 - Growing		m 2000	5'24"	T	0:10:48:6	1	08.00	11,1	1	08.00	23-25
187 - Growing		m 2000	5'08"	T	0:10:15:4	1	10.00	11,7	1	10.00	23-25
187 - Growing		m 2000	5'00"	T	0:10:00:0	1	10.00	12,0	1	10.00	23-25

Total time: 0:49:04 - Total meters: 6000 - Total kg: 0 - kCal: 514,27 - g: 57,14 - Vo2: 46,38

Training N° 12/ 12 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - I°phase - Session 4/4 - Mic. 3/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m 8000	5'56"	T	0:47:31:5	1	08.00	10,1	1	08.00	23-25

Total time: 0:47:31 - Total meters: 8000 - Total kg: 0 - kCal: 559,90 - g: 62,21 - Vo2: 40,41