

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/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 1/5 - Mic. 1/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m10000	5'27"	T	0:54:30	1	03.00	11,0	1	03.00	23-25
077 - Sit up				Un	0,0	24	00.45		3	01.00	12-23
083 - Side crunch				Un	0,0	18	00.45		3	01.00	11-12
148 -Alternating jumps [m]				m	30,0	1	02.00		4	02.00	23-25
052 - Alternately jump				Un	0,0	20	00.45		4	01.00	19-23

Total time: 1:08:06 - Total meters: 10120 - Total kg: 0 - kCal: 699,42 - g: 77,71 - Vo2: 44,57

Training N° 2/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 2/5 - Mic. 1/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
189 - Progression		m 400	4'55"	T	0:01:58:5	1	08.00	12,2	1	08.00	23-25
189 - Progression		m 800	4'55"	T	0:03:56:9	1	08.00	12,2	1	08.00	23-25
189 - Progression		m 1000	4'58"	T	0:04:56:6	1	08.00	12,1	1	08.00	23-25
189 - Progression		m 1200	4'58"	T	0:05:56:4	1	08.00	12,1	1	08.00	23-25
189 - Progression		m 1500	4'58"	T	0:07:25:0	1	08.00	12,1	1	08.00	23-25
189 - Progression		m 2000	4'58"	T	0:09:53:3	1	08.00	12,1	1	08.00	23-25

Total time: 1:14:06 - Total meters: 6900 - Total kg: 0 - kCal: 691,60 - g: 76,84 - Vo2: 48,61

Training N° 3/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 3/5 - Mic. 1/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
183 - Middle		m 8000	5'19"	T	0:42:28:8	1	08.00	11,3	1	08.00	23-25
078 - Addominal with torsion				Un	0,0	24	00.45		3	01.00	11-12
080 - Back hiperextension				Un	0,0	18	00.45		3	01.00	19-28
149 - Successive jumps [m]				m	50,0	1	02.00		4	02.00	23-25
050 - Half squat jump				Un	0,0	20	00.45		4	01.00	19-23

Total time: 1:01:04 - Total meters: 8200 - Total kg: 0 - kCal: 601,85 - g: 66,87 - Vo2: 46,34

Training N° 4/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 4/5 - Mic. 1/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 1500	4'41"	T	0:07:03:4	1	05.00	12,8	9	10.00	23-25

Total time: 1:43:30 - Total meters: 13500 - Total kg: 0 - kCal: 1157,52 - g: 128,61 - Vo2: 51,06

Training N° 5/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 5/5 - Mic. 1/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
186 - Race rhythm		m 8000	5'13"	T	0:41:48:6	1	10.00	11,5	1	10.00	23-25

Total time: 0:41:48 - Total meters: 8000 - Total kg: 0 - kCal: 560,82 - g: 62,31 - Vo2: 45,93

Training N° 6/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 1/5 - Mic. 2/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m11000	5'27"	T	0:59:57	1	03.00	11,0	1	03.00	23-25

077 - Sit up				Un	0,0	24	00.45		4	01.00	12-23
083 - Side crunch				Un	0,0	18	00.45		4	01.00	11-12
148 -Alternating jumps [m]				m	33,0	1	02.00		4	02.00	23-25
052 - Alternately jump				Un	0,0	20	00.45		5	01.00	19-23

Total time: 1:16:15 - Total meters: 11132 - Total kg: 0 - kCal: 769,36 - g: 85,48 - Vo2: 44,57

Training N° 7/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 2/5 - Mic. 2/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
189 - Progression		m 400	4'50"	T	0:01:56:2	1	08.00	12,4	1	08.00	23-25
189 - Progression		m 800	4'50"	T	0:03:52:3	1	08.00	12,4	1	08.00	23-25
189 - Progression		m 1000	4'53"	T	0:04:53:8	1	08.00	12,3	1	08.00	23-25
189 - Progression		m 1200	4'50"	T	0:05:49:5	1	08.00	12,4	1	08.00	23-25
189 - Progression		m 1500	4'50"	T	0:07:16:3	1	08.00	12,4	1	08.00	23-25
189 - Progression		m 2000	4'50"	T	0:09:41:8	1	08.00	12,4	1	08.00	23-25

Total time: 1:13:29 - Total meters: 6900 - Total kg: 0 - kCal: 693,34 - g: 77,04 - Vo2: 49,51

Training N° 8/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 3/5 - Mic. 2/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
183 - Middle		m 8000	5'13"	T	0:41:45:6	1	08.00	11,5	1	08.00	23-25
078 - Addominal with torsion				Un	0,0	24	00.45		4	01.00	11-12
080 - Back hiperextension				Un	0,0	18	00.45		4	01.00	19-28
149 - Successive jumps [m]				m	55,0	1	02.00		4	02.00	23-25
050 - Half squat jump				Un	0,0	20	00.45		5	01.00	19-23

Total time: 1:03:03 - Total meters: 8220 - Total kg: 0 - kCal: 602,15 - g: 66,91 - Vo2: 47,25

Training N° 9/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 4/5 - Mic. 2/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 1500	4'39"	T	0:06:59:0	1	05.00	12,9	9	10.00	23-25

Total time: 1:42:51 - Total meters: 13500 - Total kg: 0 - kCal: 1155,89 - g: 128,43 - Vo2: 51,55

Training N° 10/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 5/5 - Mic. 2/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
186 - Race rhythm		m 8000	5'08"	T	0:41:03:4	1	10.00	11,7	1	10.00	23-25

Total time: 0:41:03 - Total meters: 8000 - Total kg: 0 - kCal: 560,33 - g: 62,26 - Vo2: 46,77

Training N° 11/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 1/5 - Mic. 3/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m12000	5'27"	T	1:05:24	1	03.00	11,0	1	03.00	23-25
077 - Sit up				Un	0,0	24	00.45		5	01.00	12-23
083 - Side crunch				Un	0,0	18	00.45		5	01.00	11-12
148 -Alternating jumps [m]				m	36,0	1	02.00		4	02.00	23-25

052 - Alternately jump				Un	0,0	20	00.45		6	01.00	19-23
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Total time: 1:24:24 - Total meters: 12144 - Total kg: 0 - kCal: 839,30 - g: 93,26 - Vo2: 44,57

Training N° 12/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 2/5 - Mic. 3/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
189 - Progression		m 400	4'43"	T	0:01:53:8	1	08.00	12,7	1	08.00	23-25
189 - Progression		m 800	4'46"	T	0:03:47:7	1	08.00	12,6	1	08.00	23-25
189 - Progression		m 1000	4'50"	T	0:04:50:9	1	08.00	12,4	1	08.00	23-25
189 - Progression		m 1200	4'46"	T	0:05:42:5	1	08.00	12,6	1	08.00	23-25
189 - Progression		m 1500	4'46"	T	0:07:07:7	1	08.00	12,6	1	08.00	23-25
189 - Progression		m 2000	4'46"	T	0:09:30:2	1	08.00	12,6	1	08.00	23-25

Total time: 1:12:52 - Total meters: 6900 - Total kg: 0 - kCal: 691,50 - g: 76,83 - Vo2: 50,46

Training N° 13/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 3/5 - Mic. 3/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
183 - Middle		m 8000	5'08"	T	0:41:02:4	1	08.00	11,7	1	08.00	23-25
078 - Addominal with torsion				Un	0,0	24	00.45		5	01.00	11-12
080 - Back hiperextension				Un	0,0	18	00.45		5	01.00	19-28
149 - Successive jumps [m]				m	60,0	1	02.00		4	02.00	23-25
050 - Half squat jump				Un	0,0	20	00.45		6	01.00	19-23

Total time: 1:05:02 - Total meters: 8240 - Total kg: 0 - kCal: 602,11 - g: 66,90 - Vo2: 48,19

Training N° 14/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 4/5 - Mic. 3/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 1500	4'37"	T	0:06:54:7	1	05.00	13,0	9	10.00	23-25

Total time: 1:42:12 - Total meters: 13500 - Total kg: 0 - kCal: 1151,85 - g: 127,98 - Vo2: 52,17

Training N° 15/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 5/5 - Mic. 3/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
186 - Race rhythm		m 8000	5'03"	T	0:40:18:2	1	10.00	11,9	1	10.00	23-25

Total time: 0:40:18 - Total meters: 8000 - Total kg: 0 - kCal: 559,50 - g: 62,17 - Vo2: 47,64

Training N° 16/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 1/5 - Mic. 4/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m10200	5'27"	T	0:55:35	1	03.00	11,0	1	03.00	23-25
077 - Sit up				Un	0,0	24	00.45		5	01.00	12-23
083 - Side crunch				Un	0,0	18	00.45		4	01.00	11-12
148 -Alternating jumps [m]				m	36,0	1	02.00		4	02.00	23-25
052 - Alternately jump				Un	0,0	20	00.45		6	01.00	19-23

Total time: 1:13:23 - Total meters: 10344 - Total kg: 0 - kCal: 713,32 - g: 79,26 - Vo2: 44,66

Training N° 17/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 2/5 - Mic. 4/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
189 - Progression		m 200	4'43"	T	0:00:56:7	1	08.00	12,7	1	08.00	23-25
189 - Progression		m 400	4'46"	T	0:01:54:3	1	08.00	12,6	1	08.00	23-25
189 - Progression		m 800	4'50"	T	0:03:52:3	1	08.00	12,4	1	08.00	23-25
189 - Progression		m 1000	4'46"	T	0:04:45:7	1	08.00	12,6	1	08.00	23-25
189 - Progression		m 1200	4'46"	T	0:05:42:9	1	08.00	12,6	1	08.00	23-25
189 - Progression		m 1500	4'46"	T	0:07:08:6	1	08.00	12,6	1	08.00	23-25

Total time: 1:04:20 - Total meters: 5100 - Total kg: 0 - kCal: 566,17 - g: 62,91 - Vo2: 50,40

Training N° 18/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 3/5 - Mic. 4/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
183 - Middle		m 6000	5'08"	T	0:30:46:2	1	08.00	11,7	1	08.00	23-25
078 - Addominal with torsion				Un	0,0	24	00.45		5	01.00	11-12
080 - Back hiperextension				Un	0,0	18	00.45		4	01.00	19-28
149 - Successive jumps [m]				m	60,0	1	02.00		4	02.00	23-25
050 - Half squat jump				Un	0,0	20	00.45		6	01.00	19-23

Total time: 0:53:34 - Total meters: 6240 - Total kg: 0 - kCal: 461,97 - g: 51,33 - Vo2: 48,68

Training N° 19/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 4/5 - Mic. 4/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 1500	4'37"	T	0:06:54:7	1	05.00	13,0	8	10.00	23-25

Total time: 1:30:17 - Total meters: 12000 - Total kg: 0 - kCal: 1020,95 - g: 113,44 - Vo2: 52,17

Training N° 20/ 20 - Mr: Example_8000-12000m 2:1-4:1-3:1-ENG - III°phase - Session 5/5 - Mic. 4/4

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
186 - Race rhythm		m 6000	5'03"	T	0:30:15:1	1	10.00	11,9	1	10.00	23-25

Total time: 0:30:15 - Total meters: 6000 - Total kg: 0 - kCal: 419,97 - g: 46,66 - Vo2: 47,60