

## 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/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_l°blocco - Session 1/3 - Mic. 1/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m10000	7'30"	T	1:15:00	1	03.00	8,00	1	03.00	23-25

Total time: 1:15:00 - Total meters: 10000 - Total kg: 0 - kCal: 700,00 - g: 77,78 - Vo2: 32,00

Training N° 2/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_l°blocco - Session 2/3 - Mic. 1/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m12000	7'30"	T	1:30:00	1	03.00	8,00	1	03.00	23-25
077 - Sit up				Un	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	6'00"	T	0:00:36:0	1	01.30	10,0	5	01.30	23-25
050 - Half squat jump				Un	0,0	20	00.45		4	01.00	19-23

Total time: 1:53:27 - Total meters: 12500 - Total kg: 0

Training N° 3/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_l°blocco - Session 3/3 - Mic. 1/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m16000	8'06"	T	2:10:08:0	1	08.00	7,40	1	08.00	23-25

Total time: 2:10:08 - Total meters: 16000 - Total kg: 0 - kCal: 1123,48 - g: 124,83 - Vo2: 29,51

Training N° 4/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_l°blocco - Session 1/3 - Mic. 2/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m12000	7'30"	T	1:30:00	1	03.00	8,00	1	03.00	23-25

Total time: 1:30:00 - Total meters: 12000 - Total kg: 0 - kCal: 840,00 - g: 93,33 - Vo2: 32,00

Training N° 5/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_l°blocco - Session 2/3 - Mic. 2/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m14400	7'30"	T	1:48:00	1	03.00	8,00	1	03.00	23-25
077 - Sit up				Un	0,0	18	00.45		4	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	5'50"	T	0:00:34:9	1	01.30	10,3	5	01.30	23-25
050 - Half squat jump				Un	0,0	20	00.45		5	01.00	19-23

Total time: 2:14:30 - Total meters: 14900 - Total kg: 0

Training N° 6/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_l°blocco - Session 3/3 - Mic. 2/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m16000	7'54"	T	2:06:56:0	1	08.00	7,60	1	08.00	23-25

Total time: 2:06:56 - Total meters: 16000 - Total kg: 0 - kCal: 1125,48 - g: 125,05 - Vo2: 30,25

Training N° 7/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_l°blocco - Session 1/3 - Mic. 3/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m9600	7'30"	T	1:12:00	1	03.00	8,00	1	03.00	23-25

Total time: 1:12:00 - Total meters: 9600 - Total kg: 0 - kCal: 672,00 - g: 74,67 - Vo2: 32,00

Training N° 8/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_I°blocco - Session 2/3 - Mic. 3/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m11520	7'30"	T	1:26:24	1	03.00	8,00	1	03.00	23-25
077 - Sit up				Un	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	5'50"	T	0:00:34:9	1	01.30	10,3	4	01.30	23-25
050 - Half squat jump				Un	0,0	20	00.45		5	01.00	19-23

Total time: 1:48:25 - Total meters: 11920 - Total kg: 0

Training N° 9/ 9 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_I°blocco - Session 3/3 - Mic. 3/3

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m12000	7'54"	T	1:34:44:2	1	08.00	7,60	1	08.00	23-25

Total time: 1:34:44 - Total meters: 12000 - Total kg: 0 - kCal: 839,97 - g: 93,33 - Vo2: 30,40