

## 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 cardiological 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\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 1/4 - Mic. 1/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m14000	7'30"	T	1:45:00	1	03.00	8,00	1	03.00	23-25

Total time: 1:45:00 - Total meters: 14000 - Total kg: 0 - kCal: 980,00 - g: 108,89 - Vo2: 32,00

Training N° 2/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 2/4 - Mic. 1/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m5600	7'30"	T	0:42:00	1	03.00	8,00	1	03.00	23-25
113 - Continuous run		m 800	6'15"	T	0:05:00:0	1	00.30	9,60	1	00.30	23-25
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
077 - Sit up				Un	0,0	24	00.45		3	01.00	12-23
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
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: 1:23:31 - Total meters: 8460 - Total kg: 0

Training N° 3/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 3/4 - Mic. 1/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m16000	7'30"	T	2:00:00	1	03.00	8,00	1	03.00	23-25

Total time: 2:00:00 - Total meters: 16000 - Total kg: 0 - kCal: 1120,00 - g: 124,44 - Vo2: 32,00

Training N° 4/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 4/4 - Mic. 1/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m22000	8'06"	T	2:58:56:0	1	08.00	7,40	1	08.00	23-25

Total time: 2:58:56 - Total meters: 22000 - Total kg: 0 - kCal: 1544,79 - g: 171,64 - Vo2: 29,51

Training N° 5/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 1/4 - Mic. 2/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m15000	7'30"	T	1:52:30	1	03.00	8,00	1	03.00	23-25

Total time: 1:52:30 - Total meters: 15000 - Total kg: 0 - kCal: 1050,00 - g: 116,67 - Vo2: 32,00

Training N° 6/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 2/4 - Mic. 2/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m5800	7'30"	T	0:43:30	1	03.00	8,00	1	03.00	23-25
113 - Continuous run		m 800	6'15"	T	0:05:00:0	1	00.30	9,60	1	00.30	23-25

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	5'13"	T	0:00:31:2	1	00.45	11,5	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	4'43"	T	0:00:22:7	3	01.00	12,7	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
077 - Sit up				Un	0,0	24	00.45		4	01.00	12-23
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
083 - Side crunch				Un	0,0	18	00.45		4	01.00	11-12
148 - Alternating jumps [m]				m	32,0	1	02.00		4	02.00	23-25
052 - Alternately jump				Un	0,0	20	00.45		5	01.00	19-23

Total time: 1:29:37 - Total meters: 8668 - Total kg: 0

Training N° 7/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 3/4 - Mic. 2/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m17200	7'30"	T	2:09:00	1	03.00	8,00	1	03.00	23-25

Total time: 2:09:00 - Total meters: 17200 - Total kg: 0 - kCal: 1204,00 - g: 133,78 - Vo2: 32,00

Training N° 8/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 4/4 - Mic. 2/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m22000	8'06"	T	2:57:28:0	1	08.00	7,40	1	08.00	23-25

Total time: 2:57:28 - Total meters: 22000 - Total kg: 0 - kCal: 1532,13 - g: 170,24 - Vo2: 29,75

Training N° 9/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 1/4 - Mic. 3/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m16000	7'30"	T	2:00:00	1	03.00	8,00	1	03.00	23-25

Total time: 2:00:00 - Total meters: 16000 - Total kg: 0 - kCal: 1120,00 - g: 124,44 - Vo2: 32,00

Training N° 10/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 2/4 - Mic. 3/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m6200	7'30"	T	0:46:30	1	03.00	8,00	1	03.00	23-25
113 - Continuous run		m 800	6'15"	T	0:05:00:0	1	00.30	9,60	1	00.30	23-25
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	5'05"	T	0:00:30:6	1	00.45	11,8	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	4'39"	T	0:00:22:4	3	01.00	12,9	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
077 - Sit up				Un	0,0	24	00.45		5	01.00	12-23
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
083 - Side crunch				Un	0,0	18	00.45		5	01.00	11-12

148 -Alternating jumps [m]				m	34,0	1	02.00		4	02.00	23-25
052 - Alternately jump				Un	0,0	20	00.45		6	01.00	19-23

Total time: 1:37:14 - Total meters: 9076 - Total kg: 0

Training N° 11/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 3/4 - Mic. 3/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m18200	7'30"	T	2:16:30	1	03.00	8,00	1	03.00	23-25

Total time: 2:16:30 - Total meters: 18200 - Total kg: 0 - kCal: 1274,00 - g: 141,56 - Vo2: 32,00

Training N° 12/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 4/4 - Mic. 3/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m22000	8'00"	T	2:56:00:0	1	08.00	7,50	1	08.00	23-25

Total time: 2:56:00 - Total meters: 22000 - Total kg: 0 - kCal: 1540,00 - g: 171,11 - Vo2: 30,00

Training N° 13/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 1/4 - Mic. 4/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m17000	7'30"	T	2:07:30	1	03.00	8,00	1	03.00	23-25

Total time: 2:07:30 - Total meters: 17000 - Total kg: 0 - kCal: 1190,00 - g: 132,22 - Vo2: 32,00

Training N° 14/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 2/4 - Mic. 4/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m6600	7'30"	T	0:49:30	1	03.00	8,00	1	03.00	23-25
113 - Continuous run		m 800	6'15"	T	0:05:00:0	1	00.30	9,60	1	00.30	23-25
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	4'37"	T	0:00:22:2	3	01.00	13,0	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
077 - Sit up				Un	0,0	24	00.45		6	01.00	12-23
078 - Addominal with torsion				Un	0,0	24	00.45		6	01.00	11-12
080 - Back hiperextension				Un	0,0	18	00.45		6	01.00	19-28
083 - Side crunch				Un	0,0	18	00.45		6	01.00	11-12
148 -Alternating jumps [m]				m	36,5	1	02.00		4	02.00	23-25
052 - Alternately jump				Un	0,0	20	00.45		7	01.00	19-23

Total time: 1:44:50 - Total meters: 9486 - Total kg: 0

Training N° 15/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 3/4 - Mic. 4/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m19400	7'30"	T	2:25:30	1	03.00	8,00	1	03.00	23-25

Total time: 2:25:30 - Total meters: 19400 - Total kg: 0 - kCal: 1358,00 - g: 150,89 - Vo2: 32,00

Training N° 16/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 4/4 - Mic. 4/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m22000	7'54"	T	2:54:32:0	1	08.00	7,60	1	08.00	23-25

Total time: 2:54:32 - Total meters: 22000 - Total kg: 0 - kCal: 1547,53 - g: 171,95 - Vo2: 30,25

Training N° 17/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 1/4 - Mic. 5/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m13600	7'30"	T	1:42:00	1	03.00	8,00	1	03.00	23-25

Total time: 1:42:00 - Total meters: 13600 - Total kg: 0 - kCal: 952,00 - g: 105,78 - Vo2: 32,00

Training N° 18/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 2/4 - Mic. 5/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m5280	7'30"	T	0:39:36	1	03.00	8,00	1	03.00	23-25
113 - Continuous run		m 400	6'15"	T	0:02:30:0	1	00.30	9,60	1	00.30	23-25
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	4'37"	T	0:00:22:2	3	01.00	13,0	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
077 - Sit up				Un	0,0	24	00.45		6	01.00	12-23
078 - Addominal with torsion				Un	0,0	24	00.45		6	01.00	11-12
080 - Back hiperextension				Un	0,0	18	00.45		5	01.00	19-28
083 - Side crunch				Un	0,0	18	00.45		5	01.00	11-12
148 -Alternating jumps [m]				m	36,5	1	02.00		3	02.00	23-25
052 - Alternately jump				Un	0,0	20	00.45		7	01.00	19-23

Total time: 1:24:53 - Total meters: 6979,5 - Total kg: 0

Training N° 19/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 3/4 - Mic. 5/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m15520	7'30"	T	1:56:24	1	03.00	8,00	1	03.00	23-25

Total time: 1:56:24 - Total meters: 15520 - Total kg: 0 - kCal: 1086,40 - g: 120,71 - Vo2: 32,00

Training N° 20/ 20 - Mr: Example\_Marathon 2:1-2:1-4:1-3:1-ENG - 10-10,7\_III°blocco - Session 4/4 - Mic. 5/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
182 - Long		m16000	7'54"	T	2:06:18:9	1	08.00	7,60	1	08.00	23-25

Total time: 2:06:18 - Total meters: 16000 - Total kg: 0 - kCal: 1119,86 - g: 124,43 - Vo2: 30,40