

## 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\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 1/4 - Mic. 1/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m10000	5'43"	T	0:57:10	1	03.00	10,5	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 150	4'37"	T	0:00:41:5	1	01.30	13,0	5	01.30	23-25
159 - Skip [m]				m	50,0	1	01.30	#	5	01.30	23-25
048 - Step up				Un	0,0	20	00.45		4	01.00	19-23

Total time: 1:19:52 - Total meters: 11000 - Total kg: 0

Training N° 2/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 2/4 - Mic. 1/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 800	4'41"	T	0:03:45:4	1	05.00	12,8	9	10.00	23-25

Total time: 1:13:48 - Total meters: 7200 - Total kg: 0 - kCal: 714,00 - g: 79,33 - Vo2: 51,20

Training N° 3/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 3/4 - Mic. 1/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
187 - Growing		m 5000	5'40"	T	0:28:19:2	1	08.00	10,6	1	08.00	23-25
187 - Growing		m 5000	5'19"	T	0:26:38:4	1	10.00	11,3	1	10.00	23-25
187 - Growing		m 5000	5'10"	T	0:25:55:2	1	10.00	11,6	1	10.00	23-25

Total time: 1:38:52 - Total meters: 15000 - Total kg: 0 - kCal: 1146,54 - g: 127,39 - Vo2: 44,52

Training N° 4/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 4/4 - Mic. 1/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
185 - Fartlek		m 8000	5'24"	T	0:43:23:5	1	10.00	11,1	1	05.00	23-25

Total time: 0:43:23 - Total meters: 8000 - Total kg: 0 - kCal: 561,81 - g: 62,42 - Vo2: 44,26

Training N° 5/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 1/4 - Mic. 2/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m10800	5'43"	T	1:01:44	1	03.00	10,5	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 150	4'31"	T	0:00:40:7	1	01.30	13,3	5	01.30	23-25
159 - Skip [m]				m	49,0	1	01.30	#	5	01.30	23-25
048 - Step up				Un	0,0	20	00.45		5	01.00	19-23

Total time: 1:26:37 - Total meters: 11795 - Total kg: 0

Training N° 6/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 2/4 - Mic. 2/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 800	4'39"	T	0:03:43:1	1	05.00	12,9	9	10.00	23-25

Total time: 1:13:27 - Total meters: 7200 - Total kg: 0 - kCal: 713,42 - g: 79,27 - Vo2: 51,66

Training N° 7/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 3/4 - Mic. 2/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
187 - Growing		m 5000	5'33"	T	0:27:50:4	1	08.00	10,8	1	08.00	23-25
187 - Growing		m 5000	5'16"	T	0:26:24:0	1	10.00	11,4	1	10.00	23-25
187 - Growing		m 5000	5'08"	T	0:25:40:8	1	10.00	11,7	1	10.00	23-25

Total time: 1:37:55 - Total meters: 15000 - Total kg: 0 - kCal: 1146,67 - g: 127,41 - Vo2: 45,06

Training N° 8/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 4/4 - Mic. 2/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
185 - Fartlek		m 8000	5'19"	T	0:42:37:4	1	10.00	11,3	1	05.00	23-25

Total time: 0:42:37 - Total meters: 8000 - Total kg: 0 - kCal: 561,83 - g: 62,43 - Vo2: 45,05

Training N° 9/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 1/4 - Mic. 3/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m11400	5'43"	T	1:05:10	1	03.00	10,5	1	03.00	23-25
077 - Sit up				Un	0,0	18	00.45		5	01.00	12-23
078 - Addominal with torsion				Un	0,0	18	00.45		5	01.00	11-12
160 - Progressive sprints [m]		m 150	4'25"	T	0:00:39:8	1	01.30	13,6	5	01.30	23-25
159 - Skip [m]		[m]		m	48,0	1	01.30	#	5	01.30	23-25
048 - Step up				Un	0,0	20	00.45		6	01.00	19-23

Total time: 1:32:14 - Total meters: 12390 - Total kg: 0

Training N° 10/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 2/4 - Mic. 3/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 800	4'37"	T	0:03:40:8	1	05.00	13,0	9	10.00	23-25

Total time: 1:13:07 - Total meters: 7200 - Total kg: 0 - kCal: 710,50 - g: 78,94 - Vo2: 52,36

Training N° 11/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 3/4 - Mic. 3/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
187 - Growing		m 5000	5'27"	T	0:27:21:6	1	08.00	11,0	1	08.00	23-25
187 - Growing		m 5000	5'13"	T	0:26:09:6	1	10.00	11,5	1	10.00	23-25
187 - Growing		m 5000	5'05"	T	0:25:26:4	1	10.00	11,8	1	10.00	23-25

Total time: 1:36:57 - Total meters: 15000 - Total kg: 0 - kCal: 1146,47 - g: 127,39 - Vo2: 45,61

Training N° 12/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 4/4 - Mic. 3/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
185 - Fartlek		m 8000	5'13"	T	0:41:51:4	1	10.00	11,5	1	05.00	23-25

Total time: 0:41:51 - Total meters: 8000 - Total kg: 0 - kCal: 561,49 - g: 62,39 - Vo2: 45,88

Training N° 13/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 1/4 - Mic. 4/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
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181 - CrossCountry		m12200	5'43"	T	1:09:45	1	03.00	10,5	1	03.00	23-25
077 - Sit up				Un	0,0	18	00.45		6	01.00	12-23
078 - Addominal with torsion				Un	0,0	18	00.45		6	01.00	11-12
160 - Progressive sprints [m]		m 150	4'21"	T	0:00:39:0	1	01.30	13,8	5	01.30	23-25
159 - Skip [m]				m	47,0	1	01.30	#	5	01.30	23-25
048 - Step up				Un	0,0	20	00.45		7	01.00	19-23

Total time: 1:38:59 - Total meters: 13185 - Total kg: 0

Training N° 14/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 2/4 - Mic. 4/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 800	4'33"	T	0:03:38:5	1	05.00	13,2	9	10.00	23-25

Total time: 1:12:46 - Total meters: 7200 - Total kg: 0 - kCal: 713,58 - g: 79,29 - Vo2: 52,84

Training N° 15/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 3/4 - Mic. 4/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
187 - Growing		m 5000	5'21"	T	0:26:52:8	1	08.00	11,2	1	08.00	23-25
187 - Growing		m 5000	5'10"	T	0:25:55:2	1	10.00	11,6	1	10.00	23-25
187 - Growing		m 5000	5'03"	T	0:25:12:0	1	10.00	11,9	1	10.00	23-25

Total time: 1:36:00 - Total meters: 15000 - Total kg: 0 - kCal: 1146,16 - g: 127,35 - Vo2: 46,16

Training N° 16/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 4/4 - Mic. 4/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
185 - Fartlek		m 8000	5'08"	T	0:41:05:3	1	10.00	11,7	1	05.00	23-25

Total time: 0:41:05 - Total meters: 8000 - Total kg: 0 - kCal: 560,79 - g: 62,31 - Vo2: 46,73

Training N° 17/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 1/4 - Mic. 5/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
181 - CrossCountry		m10370	5'43"	T	0:59:17	1	03.00	10,5	1	03.00	23-25
077 - Sit up				Un	0,0	18	00.45		6	01.00	12-23
078 - Addominal with torsion				Un	0,0	18	00.45		6	01.00	11-12
160 - Progressive sprints [m]		m 150	4'21"	T	0:00:39:0	1	01.30	13,8	4	01.30	23-25
159 - Skip [m]				m	47,0	1	01.30	#	4	01.30	23-25
048 - Step up				Un	0,0	20	00.45		7	01.00	19-23

Total time: 1:26:22 - Total meters: 11158 - Total kg: 0

Training N° 18/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 2/4 - Mic. 5/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
188 - Repeated		m 800	4'33"	T	0:03:38:5	1	05.00	13,2	8	10.00	23-25

Total time: 1:04:08 - Total meters: 6400 - Total kg: 0 - kCal: 631,38 - g: 70,15 - Vo2: 52,84

Training N° 19/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 3/4 - Mic. 5/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
187 - Growing		m 5000	5'21"	T	0:26:47:1	1	08.00	11,2	1	08.00	23-25
187 - Growing		m 5000	5'10"	T	0:25:51:7	1	10.00	11,6	1	10.00	23-25
187 - Growing		m 5000	5'03"	T	0:25:12:6	1	10.00	11,9	1	10.00	23-25

Total time: 1:35:51 - Total meters: 15000 - Total kg: 0 - kCal: 1144,17 - g: 127,13 - Vo2: 46,25

Training N° 20/ 20 - Mr: Example\_8000-12000m 2:1-4:1-3:1-ENG - II°phase - Session 4/4 - Mic. 5/5

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
185 - Fartlek		m 6000	5'08"	T	0:30:46:2	1	10.00	11,7	1	05.00	23-25

Total time: 0:30:46 - Total meters: 6000 - Total kg: 0 - kCal: 419,97 - g: 46,66 - Vo2: 46,80