

Beginner's training (10km. time over an hour), weight 70kg.

Day	1	2	3	4	5	6	7
First session	Rest	<ul style="list-style-type: none"> •10min. light warm-up •5min. running between 7'30" and 7'00" per km. •Alternate 4 times <u>1min. fast paced</u> (about 5'40"-5'30" per km) and 2min. slow paced (fast jogging) •End with 5min. of cooling down 	Rest	<ul style="list-style-type: none"> •10min light warm-up •10min. running between 7'30" and 7'00" per km. •10min. running between 7'00" and 6'30" per km. •End with 5min. of cooling down 	Rest	Rest	<ul style="list-style-type: none"> •10min light warm-up •50min./1hour running between 7'15" and 6'45" per km. •End with some minutes of cooling down
Supplement		3 tablets 1 hour before the session and 4 tablets 1 hour after the session		3 tablets 1 hour before the session and 3 tablets 1 hour after the session			3 tablets 1 hour before the session and 3 tablets 1 hour after the session

Middle lever runner's training (10km. time around 50min.), weight 70kg.

Day	1	2	3	4	5	6	7
First session	Rest	<ul style="list-style-type: none"> •10min. light warm-up •5/10min. running between 7'00" and 6'30" per km. •Alternate 5/6 times 1min. fast paced (about 4'50"- 4'40" per km.) and 1 min. 30s. slow paced (very light running) •End with 5/10min. of cooling down 	<ul style="list-style-type: none"> •Rest or •40min. of light running (7'00"- 6'30" per km.) •Include 4/5 15sec. bursts at the end of the session, recovering 45sec. between them 	<ul style="list-style-type: none"> •10min. light warm-up •15min. running between 7'00" and 6'30" per km. •10/15min. running between 6'15" and 5'45" per km. •End with 5min. of cooling down 	Rest	•Rest	<ul style="list-style-type: none"> •10min. light warm-up •1hour 10min. / 1hour 20min. running between 6'30" and 6'00" per km. •End with some minutes of cooling down
Supplement		3 tablets 1 hour before the session and 4 tablets 1 hour after the session	3/4 tablets 1 hour after the session	3 tablets 1 hour before the session and 3 tablets 1 hour after the session			3 tablets 1 hour before the session and 4 tablets 1 hour after the session

Expert runner's training 10km. time around 40min.), weight 70kg.

Day	1	2	3	4	5	6	7
First session	Rest	<ul style="list-style-type: none"> •10min. light warm-up •5/10min. running between 5'45" and 5'15" per km. •<u>Alternate 7/8 times 1min. fast paced</u> (about 3'50"-3'40" fper km.) and <u>1 min. slow paced</u> (light running) •End with 5/10min. of cooling down 	<ul style="list-style-type: none"> •Rest or •40min. of light running (6'00"-5'30" per km.) •Include 4/5 18sec. bursts at the end of the session, recovering 45sec. between them 	<ul style="list-style-type: none"> •10min. light warm-up •5/10min. running between 5'45" e 5'15" per km. •<u>Alternate 3 times 6min. fast paced</u> (about 4'20"- 4'10" per km.) and <u>3min. slow paced</u> (about 5'30"- 5'45" per km.) •End with 5/10min. of cooling down 	•Rest	<ul style="list-style-type: none"> •Rest or •40min of slow running (6'00"-5'30" per km.) •Include 4/5 18sec. bursts at the end of the session, recovering 45sec. between them 	<ul style="list-style-type: none"> •10min. light warm-up •1 hour 15min. / 1 hour 30min. running between 5'15" and 4'45" per km. •End with some minutes of cooling down
Supplement		3 tablets 1 hour before the session and 4 tablets 1 hour after the session	3/4 tablets 1 hour after the session	3 tablets 1 hour before the session and 4 tablets 1 hour after the session		3/4 tablets 1 hour after the session	3 tablets 1 hour before the session and 4 tablets 1 hour after the session

Doctor Huber Rossi
Marathon Sport Center
www.marathoncenter.it

