





TABELLA ALLENAMENTO MARATONA ENTRO LE 4H 30'

W	GIORNO	RI	TIPO	RITMO	DURATA	KM	BPM	RIP	REC	STR
1	1	10'	CL	6' 29"	1h 0' 00"	9,26	143		5' 00"	15'
	2	10'	CL	5' 39"	50' 00"	9,26	143		5' 00"	15'
	3	20'	RM	6' 29"	5' 39"	1,00	158	6	3' 30"	15'
	4	10'	LL	6' 34"	1h 45' 00"	15,99	141		5' 00"	15'
2	5	10'	CL	6' 29"	1h 0' 00"	9,26	143		5' 00"	15'
	6	10'	RB	5' 34"	2' 47"	0,50	159	8	5' 00"	15'
	7	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	8	10'	LL	6' 34"	2h 0' 00"	18,28	141		5' 00"	15'
3	9	10'	CL	6' 29"	45' 00"	6,94	143		5' 00"	15'
	10	20'	LL	6' 34"	1h 15' 00"	11,42	141		5' 00"	15'
	11	10'	CL	6' 29"	1h 0' 00"	9,26	143		5' 00"	15'
	12	10'	LL	6' 34"	1h 30' 00"	13,71	141		5' 00"	15'
										
4	13	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	14	25'	RB	5' 34"	2' 47"	0,5	159	8	2' 00"	15'
	15	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	16	10'	LL	6' 34"	2h 15' 00"	20,56	141		5' 00"	15'
5	17	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	18	20'	RM	5' 39"	5' 39"	1	158	6	3' 30"	15'
	19	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	20	15'	CLS	6' 14"	1h 10' 00"	11,23	147		5' 00"	15'
6	21	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	22	20'	RV	5' 44"	11' 28"	2	156	3	5' 00"	15'
	23	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	24	10'	LL	6' 34"	2h 30' 00"	22,85	141		5' 00"	15'
7	25	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	26	10'	LL	6' 34"	1h 20' 00"	12,18	141		5' 00"	15'
	27	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	28	15'	CLV	6' 14"	1h 20' 00"	12,84	147		5' 00"	15'
										
8	29	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	30	20'	CV	5' 44"	11' 28"	2	156	4	5' 00"	15'
	31	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	32	10'	LL	6' 34"	2h 30' 00"	22,85	141		5' 00"	15'
9	33	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	34	10'	LL	6' 34"	1h 15' 00"	11,42	141		5' 00"	15'
	35	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	36	15'	CLV	6' 14"	1h 20' 00"	12,84	147		5' 00"	15'
10	37	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	38	20'	RL	5' 49"	17' 27"	3	155	3	5' 00"	15'
	39	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	40	10'	LL	6' 34"	2h 45' 00"	25,13	141		5' 00"	15'

11	41	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	42	10'	CL	6' 29"	1h 0' 00"	9,26	143		5' 00"	15'
	43	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	44	15'	CLV	6' 14"	1h 30' 00"	14,44	147		5' 00"	15'
12	45	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	46	20'	RL	5' 49"	17' 27"	3	155	3	5' 00"	15'
	47	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	48	10'	LL	6' 34"	3h 0' 00"	27,42	141		5' 00"	15'
										
13	49	10'	CL	6' 29"	30' 00"	4,63	143		5' 00"	15'
	50	10'	CL	6' 29"	1h 0' 00"	9,26	143		5' 00"	15'
	51	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	52	15'	CLV	6' 14"	1h 30' 00"	14,44	147		5' 00"	15'
14	53	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	54	20'	RL	5' 49"	29' 05"	5	155	2	5' 00"	15'
	55	10'	CL	6' 29"	1h 0' 00"	9,26	143		5' 00"	15'
	56	10'	LL	6' 34"	1h 45' 00"	15,99	141		5' 00"	15'
15	57	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	58	20'	RL	5' 49"	29' 05"	5	155	2	5' 00"	15'
	59	10'	CL	6' 29"	50' 00"	7,71	143		5' 00"	15'
	60	10'	CL	6' 29"	1h 20' 00"	12,34	143		5' 00"	15'
16	61	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	62	10'	CL	6' 29"	40' 00"	6,17	143		5' 00"	15'
	63	10'	CL	6' 29"	20' 00"	3,09	143		5' 00"	15'
	GARA				6' 24"	4h 30' 00"	42,20	144		Finisher

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LEGENDA

W	Settimana
RI	Riscaldamento: camminata veloce o corsa lenta
RITMO	Tempo al km
BPM	Frequenza battito cardiaco
RIP	Numero ripetizioni per esercizio
REC	Recupero tra una ripetuta e l'altra – camminata o corsa lenta
STR	Stretching
LL	Corsa Lunga Lenta – 6' 34"/km
CL	Corsa Lenta – 6' 29"/km
CLV	Corsa Lenta Veloce – 6' 14"/km
CM	Corsa Media – 6' 04"/km
CV	Corsa Veloce – 5' 54"/km
RV	Ripetute Veloci – 5' 44"/km
RL	Ripetute Lunghe – 5' 49"/km
RM	Ripetute Medie – 5' 39"/km
RB	Ripetute Brevi – 5' 34"/km



Alla fine di ogni CL, inserire a giorni alterni delle ripetute in piano della lunghezza massima di 100 mt, esempio 6 x 100 oppure 8 x 100 dove le prime ripetute vengono svolte ad un ritmo in scioltezza, le ultime in allungo alla massima velocità.