

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

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