# 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' |

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| 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.**