



		4 allenamenti / settimana	5 allenamenti / settimana
Settimana 6	06/09/09	ritrovo ore 10.30 all'arco di corso Cairoli per lungo in salita: 2h30'	
Settimana 7	07/09/09	Footing 1h15' + rafforzamento muscolare	Footing 1h15' + rafforzamento muscolare
	08/09/09		
	09/09/09	30' + 4 x 6' vel. Maratona r2' + 15' piano	30' + 4 x 6' vel. Maratona r2' + 15' piano
	10/09/09		Footing 1h fuori strada
	11/09/09	Footing 1h15' fuori strada	
	12/09/09		Footing 1h30' (1h facile + 30' veloce)
	13/09/09	ritrovo ore 10.00 al parco Ruffini (ingresso stadio Primo Nebiolo): 2h	ritrovo ore 10.00 al parco Ruffini (ingresso stadio Primo Nebiolo): 2h30'
Settimana 8	14/09/09	Footing 1h	Footing 1h
	15/09/09		
	16/09/09	30' + 3km (30"/30") + 15' piano	30' 3km (30"-30") + 15' piano
	17/09/09		Footing 1h30'
	18/09/09	Footing 1h30' (30' + 15' velocita maratona + 15' + 10' velocita mezza maratona + 20')	Footing 2h (40' + 20' velocita maratona + 20' + 10' velocita mezza maratona + 30')
	19/09/09		
	20/09/09	ritrovo ore 10.30 all'arco di corso Cairoli per lungo in salita:3h	
Settimana 9	21/09/09	Footing 1h	Footing 1h
	22/09/09		
	23/09/09	30' + 12 x 1' salita / riposo in discesa (corsa molto lenta) + 15' piano	30' + 12 x 1' salita / riposo in discesa (corsa molto lenta) + 15' piano
	24/09/09		Footing 1h15' veloce (70% - 75%)
	25/09/09	ritrovo ore 23.00 al parco Ruffini run session notturna di 2 ore (con seconda ora piu veloce)	
	26/09/09		
	27/09/09	ritrovo ore 10.30 all'arco di corso Cairoli per lungo in salita: 2h	
Settimana 10	28/09/09	Footing 1h15' + rafforzamento muscolare	Footing 1h15' + rafforzamento muscolare
	29/09/09		
	30/09/09	30' + 3 x 8' veloce riposo 2' + 15' piano	30' + 3 x 8' veloce riposo 2' + 15' piano
	01/10/09		Footing 1h cool
	02/10/09	Footing 1h cool	
	03/10/09		Fo 1h30' fuori strada (con 30' veloce)
	04/10/09	ritrovo ore 10.00 al parco Ruffini (ingresso stadio Primo Nebiolo): 1h30'	ritrovo ore 10.00 al parco Ruffini (ingresso stadio Primo Nebiolo): 2h
Settimana 11	05/10/09		
	06/10/09	Footing 1h lento	Footing 1h lento
	07/10/09		
	08/10/09	30' + 10' (30"-30") + 15' piano	30' + 10' (30"-30") + 15' piano
	09/10/09		Footing 1h
	10/10/09		
	11/10/09	ritrovo ore 10.00 al parco Ruffini (ingresso stadio Primo Nebiolo): 1h30'	
Settimana 12	12/10/09		
	13/10/09	Footing 45'	
	14/10/09		
	15/10/09	Footing 30' + 5 X 100m veloce	
	16/10/09		
	17/10/09	TO -> St VINCENT	



VMA - specific velocita

10	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	10	06.00	83	00.36	01.12	02.24	04.48	06.00	09.00	12.00	18.00	30.00	00.00	02.06.35	04.13.10	10.00.00
Mezza	85%	8,5	07.04	71	00.42	01.25	02.49	05.39	07.04	10.35	14.07	21.11	35.18	10.35	02.28.55	04.57.51	11.45.53
Maratona	80%	8	07.30	67	00.45	01.30	03.00	06.00	07.30	11.15	15.00	22.30	37.30	15.00	02.38.14	05.16.28	12.30.00
100km	65%	6,5	09.14	54	00.55	01.51	03.42	07.23	09.14	13.51	18.28	27.42	46.09	32.18	03.14.44	06.29.30	15.23.05
	60%	6	10.00	50	01.00	02.00	04.00	08.00	10.00	15.00	20.00	30.00	50.00	40.00	03.30.58	07.01.57	16.40.00

11	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	11	05.27	92	00.33	01.05	02.11	04.22	05.27	08.11	10.55	16.22	27.16	54.33	01.55.04	03.50.09	09.05.27
Mezza	85%	9,35	06.25	78	00.39	01.17	02.34	05.08	06.25	09.38	12.50	19.15	32.05	04.10	02.15.23	04.30.46	10.41.43
Maratona	80%	8,8	06.49	73	00.41	01.22	02.44	05.27	06.49	10.14	13.38	20.27	34.05	08.11	02.23.51	04.47.42	11.21.49
100km	65%	7,15	08.23	60	00.50	01.41	03.21	06.43	08.23	12.35	16.47	25.10	41.57	23.55	02.57.02	05.54.05	13.59.10
	60%	6,6	09.05	55	00.55	01.49	03.38	07.16	09.05	13.38	18.11	27.16	45.27	30.55	03.11.47	06.23.35	15.09.05

12	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	12	05.00	100	00.30	01.00	02.00	04.00	05.00	07.30	10.00	15.00	25.00	50.00	01.45.29	03.30.59	08.20.00
Mezza	85%	10,2	05.53	85	00.35	01.11	02.21	04.42	05.53	08.49	11.46	17.39	29.25	58.49	02.04.06	04.08.12	09.48.14
Maratona	80%	9,6	06.15	80	00.38	01.15	02.30	05.00	06.15	09.22	12.30	18.45	31.15	02.30	02.11.51	04.23.43	10.25.00
100km	65%	7,8	07.42	65	00.46	01.32	03.05	06.09	07.42	11.32	15.23	23.05	38.28	16.55	02.42.17	05.24.35	12.49.14
	60%	7,2	08.20	60	00.50	01.40	03.20	06.40	08.20	12.30	16.40	25.00	41.40	23.20	02.55.49	05.51.38	13.53.20

13	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	13	04.37	108	00.28	00.55	01.51	03.42	04.37	06.55	09.14	13.51	23.05	46.09	01.37.22	03.14.45	07.41.32
Mezza	85%	11,05	05.26	92	00.33	01.05	02.10	04.21	05.26	08.09	10.52	16.17	27.09	54.18	01.54.33	03.49.07	09.02.59
Maratona	80%	10,4	05.46	87	00.35	01.09	02.18	04.37	05.46	08.39	11.32	17.18	28.51	57.42	02.01.43	04.03.26	09.36.55
100km	65%	8,45	07.06	70	00.43	01.25	02.50	05.41	07.06	10.39	14.12	21.18	35.30	11.00	02.29.48	04.59.37	11.50.04
	60%	7,8	07.42	65	00.46	01.32	03.05	06.09	07.42	11.32	15.23	23.05	38.28	16.55	02.42.17	05.24.35	12.49.14

14	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	14	04.17	117	00.26	00.51	01.43	03.26	04.17	06.26	08.34	12.51	21.26	42.51	01.30.25	03.00.50	07.08.34
Mezza	85%	11,9	05.03	99	00.30	01.01	02.01	04.02	05.03	07.34	10.05	15.08	25.13	50.25	01.46.22	03.32.45	08.24.12
Maratona	80%	11,2	05.21	93	00.32	01.04	02.09	04.17	05.21	08.02	10.43	16.04	26.47	53.34	01.53.01	03.46.03	08.55.43
100km	65%	9,1	06.36	76	00.40	01.19	02.38	05.16	06.36	09.53	13.11	19.47	32.58	05.56	02.19.06	04.38.13	10.59.20
	60%	8,4	07.09	70	00.43	01.26	02.51	05.43	07.09	10.43	14.17	21.26	35.43	11.26	02.30.42	05.01.24	11.54.17

15	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	15	04.00	125	00.24	00.48	01.36	03.12	04.00	06.00	08.00	12.00	20.00	40.00	01.24.23	02.48.47	06.40.00
Mezza	85%	12,75	04.42	106	00.28	00.56	01.53	03.46	04.42	07.04	09.25	14.07	23.32	47.04	01.39.17	03.18.34	07.50.35
Maratona	80%	12	05.00	100	00.30	01.00	02.00	04.00	05.00	07.30	10.00	15.00	25.00	50.00	01.45.29	03.30.59	08.20.00
100km	65%	9,75	06.09	81	00.37	01.14	02.28	04.55	06.09	09.14	12.18	18.28	30.46	01.32	02.09.50	04.19.40	10.15.23
	60%	9	06.40	75	00.40	01.20	02.40	05.20	06.40	10.00	13.20	20.00	33.20	06.40	02.20.39	04.41.18	11.06.40

16	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	16	03.45	133	00.23	00.45	01.30	03.00	03.45	05.37	07.30	11.15	18.45	37.30	01.19.07	02.38.14	06.15.00
Mezza	85%	13,6	04.25	113	00.26	00.53	01.46	03.32	04.25	06.37	08.49	13.14	22.04	44.07	01.33.05	03.06.09	07.21.11
Maratona	80%	12,8	04.41	107	00.28	00.56	01.52	03.45	04.41	07.02	09.22	14.04	23.26	46.52	01.38.54	03.17.47	07.48.45
100km	65%	10,4	05.46	87	00.35	01.09	02.18	04.37	05.46	08.39	11.32	17.18	28.51	57.42	02.01.43	04.03.26	09.36.55
	60%	9,6	06.15	80	00.38	01.15	02.30	05.00	06.15	09.22	12.30	18.45	31.15	02.30	02.11.51	04.23.43	10.25.00

17	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	17	03.32	142	00.21	00.42	01.25	02.49	03.32	05.18	07.04	10.35	17.39	35.18	01.14.28	02.28.55	05.52.56
Mezza	85%	14,45	04.09	120	00.25	00.50	01.40	03.19	04.09	06.14	08.18	12.27	20.46	41.31	01.27.36	02.55.12	06.55.13
Maratona	80%	13,6	04.25	113	00.26	00.53	01.46	03.32	04.25	06.37	08.49	13.14	22.04	44.07	01.33.05	03.06.09	07.21.11
100km	65%	11,05	05.26	92	00.33	01.05	02.10	04.21	05.26	08.09	10.52	16.17	27.09	54.18	01.54.33	03.49.07	09.02.59
	60%	10,2	05.53	85	00.35	01.11	02.21	04.42	05.53	08.49	11.46	17.39	29.25	58.49	02.04.06	04.08.12	09.48.14

18	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	18	03.20	150	00.20	00.40	01.20	02.40	03.20	05.00	06.40	10.00	16.40	33.20	01.10.19	02.20.39	05.33.20
Mezza	85%	15,3	03.55	128	00.24	00.47	01.34	03.08	03.55	05.53	07.51	11.46	19.36	39.13	01.22.44	02.45.28	06.32.09
Maratona	80%	14,4	04.10	120	00.25	00.50	01.40	03.20	04.10	06.15	08.20	12.30	20.50	41.40	01.27.54	02.55.49	06.56.40
100km	65%	11,7	05.08	98	00.31	01.02	02.03	04.06	05.08	07.42	10.15	15.23	25.38	51.17	01.48.11	03.36.23	08.32.49
	60%	10,8	05.33	90	00.33	01.07	02.13	04.27	05.33	08.20	11.07	16.40	27.47	55.33	01.57.12	03.54.25	09.15.33

19	VMA	km/h	min/km	30s	100	200	400	800	1000	1500	2000	3000	5000	10	21,097	42,195	100
30/30	100%	19	03.09	158	00.19	00.38	01.16	02.32	03.09	04.44	06.19	09.28	15.47	31.35	01.06.37	02.13.15	05.15.47
Mezza	85%	16,15	03.43	135	00.22	00.45	01.29	02.58	03.43	05.34	07.26	11.09	18.35	37.09	01.18.23	02.36.46	06.11.31
Maratona	80%	15,2	03.57	127	00.24	00.47	01.35	03.09	03.57	05.55	07.54	11.51	19.44	39.28	01.23.17	02.46.34	06.34.44
100km	65%	12,35	04.51	103	00.29	00.58	01.57	03.53	04.51	07.17	09.43	14.34	24.17	48.35	01.42.30	03.25.00	08.05.50
	60%	11,4	05.16	95	00.32	01.03	02.06	04.13	05.16	07.54	10.32	15.47	26.19	52.38	01.51.02	03.42.05	08.46.19

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