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| P r i m e r c i c l o | Primera semana 80Km | Día 1 | 12 Km a 4,45m/km |
| | | Día 2 | 5 Km suaves + 8 x 400 a 1,25 con R de 1,30 + 3km suaves |
| | | Día 3 | 12 Km a 4,45m/km |
| | | Día 4 | 2 Km suaves + 10 km a 4,30. |
| | | Día 5 | Descanso |
| | | Día 6 | 6 Km suaves + 6 x 1000 a 3,45m/km con R de 2' |
| | | Día 7 | 20 Km a 5m/km |
| | Segunda semana 90Km | Día 1 | 12 Km a 4,45m/km |
| | | Día 2 | 5 Km suaves + 8 x 400 (1,25) con R de 1,30 + 3km suaves |
| | | Día 3 | 15 Km a 4,45m/km |
| | | Día 4 | 5 Km suaves + 10 km a 4,20. |
| | | Día 5 | Descanso |
| | | Día 6 | 6 Km suaves + 3 x 2000 a 3,50m/km con R de 2' |
| | | Día 7 | 25 Km a 5m/km |
| | Tercera semana 90Km | Día 1 | 12 Km a 4,45m/km |
| | | Día 2 | 5 Km suaves + 8 x 400 (1,25) con R de 1,30 + 3km suaves |
| | | Día 3 | 15 Km a 4,45m/km |
| | | Día 4 | 5 Km suaves + 10 km a 4,20. |
| | | Día 5 | Descanso |
| | | Día 6 | 6 Km suaves + 2 x 3000 a 3,55m/km con R de 2' |
| | | Día 7 | 25 Km a 5m/km |

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| S e g u n d o c i c l o | Cuarta semana 100Km | Día 1 | 15 Km a 4,30 - 4,40 m/km |
| | | Día 2 | 5 Km suaves + 8 x 1000 a 3,45m/km con R de 2 + 2km suaves |
| | | Día 3 | 10 Km a 4,30 m/km |
| | | Día 4 | 15 Km a 4,45 m/km |
| | | Día 5 | Descanso |
| | | Día 6 | 5 Km suaves + 2 x 5000 a 3,55m/km con R de 3' |
| | | Día 7 | 30 Km a 5m/km |
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| | Quinta semana 110Km | Día 1 | 15 Km a 4,30 - 4,40 m/km |
| | | Día 2 | 5 Km suaves + 10 x 1000 a 3,45m/km con R de 2 + 2km suaves |
| | | Día 3 | 10 Km a 4,30 m/km |
| | | Día 4 | 15 Km a 4,45 m/km |
| | | Día 5 | 10 km muy lentos |
| | | Día 6 | 5 Km suaves + 1 x 10.000 a 4/km |
| | | Día 7 | 30 Km a 5m/km |
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| | Sexta semana 90Km | Día 1 | 15 Km a 4,30 - 4,40 m/km |
| | | Día 2 | 5 Km suaves + 3 x 3000 a 4m/km con R de 1 |
| | | Día 3 | 10 Km a 4,30 m/km |
| | | Día 4 | 15 Km a 4,45 m/km |
| | | Día 5 | 10 km muy lentos |
| Día 6 | | 5 Km suaves + 1 x 10.000 a 4/km | |
| Día 7 | | 30 Km a 5m/km | |

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| T e r c e r c i c l o | Septima semana 80Km | Día 1 | 12 Km a 4,45m/km |
| | | Día 2 | 5 Km suaves + 10 x 1.000 a 3,55 m/km con R de 1' |
| | | Día 3 | 10 Km a 4,30 m/km |
| | | Día 4 | 15 Km a 4,45 m/km |
| | | Día 5 | Descanso |
| | | Día 6 | 3 Km suaves + 1 x 10000 a 3,55m/km |
| | | Día 7 | 20 Km a 5m/km |
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| | Octava semana 40km + maratón | Día 1 | 10 Km suaves |
| | | Día 2 | 10 Km suaves |
| | | Día 3 | 10 Km suaves |
| | | Día 4 | 10 Km suaves |
| | | Día 5 | Descanso |
| | | Día 6 | Descanso |
| Día 7 | | Maratón | |