

Planilha de Corrida para Maratona									
Eu Corredor de Rua									
Ativa	Segunda-feira	Terça-feira	Quarta-feira	Quinta-feira	Sexta-feira	Sábado	Domingo		
Rotina	Descanso + Musculação	Treino Livre / Ladeiras	Velocidade	Treino Leve + Musculação	Treino de Ritmo	Treino Leve / Treito	Longão		
Semana 1	Musculação	10 km	10 x 800 m	7x + Musculação	10 km	13 km	18x (Longo)	Ritmo	Tempo
Semana 2	Musculação	11 km	8 x 7x	8x + Musculação	11 km	14 km	19x (Marat)	Treino leve	5:15 a 5:30
Semana 3	Musculação	12 km	14x Fartlek	7x + Musculação	12 km	15 km	22x (Longo)	Treino livre	4:20 a 4:30
Semana 4	Musculação	12 km	5 x 2x	8x + Musculação	12 km	16 km	20x (Marat) / Prova	Longão	4:40 a 4:50
Semana 5	Musculação	14 km	13x 800	7x + Musculação	14 km	17 km	26x (Longo)	Treino de Ritmo	4:17 a 4:26
Semana 6	Musculação	15 km	5 x 2x	9x + Musculação	15 km	18 km	23x (Marat)	Ritmo Maratona	4:32 a 4:44
Semana 7	Musculação	16 km	10x Fartlek	8x + Musculação	16 km	17 km	30x (Longo)	Treio 1000m	3:48 a 3:56
Semana 8	Musculação	18 km	10 x 7x	9x + Musculação	17 km	18 km	34x (Marat) / Prova	Treio 2000m	7:00 a 8:00
Semana 9	Musculação	18 km	13x 800	7x + Musculação	18 km	17 km	32x (Longo)		
Semana 10	Musculação	18 km	11 x 7x	9x + Musculação	18 km	18 km	29x (Marat)		
Semana 11	Musculação	17 km	10x Fartlek	8x + Musculação	18 km	17 km	31x (Longo)		
Semana 12	Musculação	18 km	11 x 7x	9x + Musculação	18 km	18 km	27x (Marat) / Prova		
Semana 13	Musculação	17 km	10x Fartlek	8x + Musculação	18 km	17 km	34x (Longo)		
Semana 14	Musculação	17 km	10 x 7x	9x + Musculação	18 km	18 km	29x (Marat)		
Semana 15	Musculação	13 km	15x Fartlek	8x + Musculação	14 km	15 km	25x (Marat)		
Semana 16	Musculação	treito 13 km	treito 13 km	Musculação leve	treito 11 km	treito 8 km	MARATONA		

Guia Para Correr Meia Maratona Incluindo Duas Planilhas

Daniel F McAuley



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