

# PLANIFICACIÓN 5K TASSCARRERA

|   | SEMANA                      | Sesión 1  | Sesión 2   |
|---|-----------------------------|---|--|
| 9 | 17-23/06/24<br>Total: 6km.  | 3km:<br>4min caminar + 2 min<br>trotar                          | 3km:<br>3min caminar + 3min<br>trotar  |
| 8 | 24-30/06<br>Total: 7km.     | 4km:<br>3min caminar + 2 min<br>trotar                          | 3km:<br>2min caminar + 4min<br>trotar  |
| 7 | 01-07/07<br>Total: 9km.     | 5km:<br>3min caminar + 3 min<br>trotar                          | 4km:<br>2min caminar + 5min<br>trotar  |
| 6 | 08-14/07<br>Total: 10km.    | 5km:<br>2 min caminar + 4min<br>trotar                          | 5km:<br>2min caminar + 5min<br>trotar  |
| 5 | 15-21/07<br>Total: 19,5km.  | 6km:<br>2 min caminar + 4min<br>trotar                          | 5km:<br>1min caminar + 6min<br>trotar  |
| 4 | 22-28/07<br>Total: 18km     | 6km:<br>1km caminar + 1 km trotar                               | 5km:<br>2min caminar + 7min<br>trotar  |
| 3 | 29/07-04/08<br>Total: 19km. | 5km:<br>CAL: 5min caminar.<br>1km trotar + 0.5km<br>caminar x 3 | 4.5km:<br>1.5km trotar +<br>1min descanso + 1.5km<br>trotar + 1 min descanso +<br>1.5km trotar |
| 2 | 05-11/08<br>Total: 15km.    | 5km:<br>2km trotar + 0.5<br>km caminar x2                       | 5km:<br>2.5km trotar +<br>1min descanso + 2.5km<br>trotar                                      |
| 1 | 12-18/08<br>Total: 15km.    | 5km:<br>3km trotar + 1 min<br>descanso + 2km trotar             | CARRERA 5KM  |

# PLANIFICACIÓN 10K TASSCARRERA



|   | SEMANA                                    | Sesión 1  | Sesión 2  |
|---|---|---|---|
| 9 | 17-23/06/24<br>Total: 13km.               | 2km CAL.<br>4 km cambios de ritmo: (1km EU, 1km U1) x2<br>Total: 6km.                                       | 7km<br>PROG U1>EU   |
| 8 | 24-30/06<br>Total: 15km.                  | 2km CAL.<br>5 km cambios de ritmo: (1,5km EU, 0,5km U2 0.5km U1) x2<br>Total: 7km.                          | 8km<br>PROG U1>EU   |
| 7 | 01-07/07<br>Total: 17km.                  | 9km PROG-REGR<br>1km CAL, 2km EU, 2km U2, 1km U1, 2km U2, 1 km U1.<br>Total: 9km.                           | 8km<br>PROG-REGR<br>1,5km U1> 1,5km EU> 1,5km U2> 1,5km MÁX> 1,5km EU> 0.5km REC. |
| 6 | 08-14/07<br>Total: 18.5km.<br>Máx vol.    | 1.5km CAL.<br>Téc carrera 10min<br>36min: (6min EU 3min U2) x 4.<br>1km REC.<br>Total: +9.5km.              | 9km<br>PROG U1>EU   |
| 5 | 15-21/07<br>Total: 19,5km.<br>Máx vol.    | 3 km CAL<br>Técnica de Carrera, 10min.<br>Series U2: (500/1min + 1000/2min) x3<br>2km REC.<br>Total: 9.5km. | 10km<br>PROG U1>EU  |
| 4 | 22-28/07<br>Total: 18km<br>Max carga      | 2km CAL.<br>Técnica de carrera 10 min.<br>Series U2: 6x1000/2min<br>1km REC.<br>Total: 9km.                 | 9km<br>PROG cada 3km más fuerte que los 3 anteriores U1>EU>U2.                    |
| 3 | 29/07-04/08<br>Total: 19km.<br>Máx Carga. | 2km CAL.<br>Técnica de Carrera, 10min.<br>Series U2: 4x1500/2min.<br>1km REC.<br>Total: 9km.                | 10km<br>PROG-REGR cada 2km<br>U1>EU>U2>MÁX>REC.                                   |
| 2 | 05-11/08<br>Total: 15km.                  | 2km CAL.<br>Técnica de carrera, 10 min.<br>Series U2: 8x500 /1.5min.<br>1km REC.<br>Total: 8km.             | 7km PROG U1>EU.   |
| 1 | 12-18/08<br>Total: 15km.                  | 5km:<br>3km U1, 2km prog U1 hasta U2.   | TASSCARRERA<br>10KM   |

# GUIDE TO EFFORT LEVELS AND TRAINING PACES



|                   |  |
|-------------------|--|
| <b>CAL</b>        | Easy Pace (Very Light Intensity) - Your natural “easy” pace in swimming, cycling or running, that allows for easy conversation.  |
| <b>E1-EU (EP)</b> | Moderate Pace (Light Intensity), moderate aerobic intensity - An effort that is comfortable but not dawdling. Effort that is challenging but sustainable for an extended period in a conversational pace.  |
| <b>EU (MP)</b>    | Tempo Pace (Moderate Intensity) - A comfortably hard effort. It refers to a sustained effort that is slightly slower than your 5k (run) race pace. You can maintain it for intervals.  |
| <b>REC</b>        | Recovery intensity - A very comfortable effort, deliberately slower than your natural pace in swimming, cycling or running.  |
| <b>U2 (TP)</b>    | Threshold Pace (Hard Intensity) - Race pace - an effort that is very challenging but not maximal for the prescribed duration (such that a two-minute hard effort is performed at a slightly faster pace than a three-minute hard effort). Equivalent to the athlete's target race pace. Good for series. |
| <b>VO2max</b>     | VO2 Max Pace (Very Hard Intensity) - A 100 percent maximal effort. The maximum amount of oxygen your body can use during exercise, used for short distances series.  |