

Tabella di allenamento per una maratona in meno di 3 ore

| Settimana | Lunedì | Martedì | Mercoledì | Giovedì | Venerdì | Sabato | Domenica | <p>Legenda:</p> <p>R=Riposo</p> <p>CL=Corsa Lenta CM=Corsa Media</p> <p>LL=Lungo Lento LS=Lungo Svelto</p> <p>AL=Allunghi RIP=Ripetute</p> <p>IT=Interval Training RM=Ritmo Maratona</p> <p>REC=Recupero</p> <p>G=Gara</p> |
|-----------------|-------------------|------------------------|------------------------|-----------------------|---------------------|-------------------------|------------------------|--|
| 1 ^a | R o CL 10-12Km | CL 12Km+ AL 10x100 | RIP 8x1Km REC 2'30" | CL 12Km | CL 10Km+ CM 5Km | CL 13Km | LL 25Km | |
| 2 ^a | R o CL 10Km | CL 12Km+ AL 10x100 | IT 15x300m REC 1' | CL 12Km | CL 18Km | CL 12Km | LS 15Km o G 12Km | |
| 3 ^a | R o CL 10-12Km | RIP 8x1Km REC 2'15" | CL 12Km | CL 13Km+ AL 10x100 | CM 12Km | CL 12Km | LL 28Km | |
| 4 ^a | R o CL 10-12Km | CL 12Km+ AL 10x100 | IT 13x300m REC 1' | CL 12Km | CL 10Km+ CM 5Km | CL 14Km | LS 18Km o G 12-15Km | |
| 5 ^a | R o CL 10Km | RIP 4x2Km REC 3'30" | CL 12Km | CL 13Km+ AL 10x100 | CM 12Km | CL 13Km | LL 30Km | |
| 6 ^a | R o CL 8-10Km | CL 12Km+ AL 10x100 | IT 15x400m REC 1' | CL 12Km | CL 10Km+ CM 5Km | CL 12Km | LS 18Km o G 12-15Km | |
| 7 ^a | R o CL 10Km | CL 12Km+ AL 10x100 | RIP 5x2Km REC 3'30" | CL 12Km | CL 10Km+ CM 5Km | CL 12Km | LL 33Km | |
| 8 ^a | R o CL 7-8Km | CL 12Km+ AL 10x100 | RIP 3x3Km REC 4' | CL 12Km | CL 18Km | CL 12Km + AL 10x100m | LS 21Km o G 15-18Km | |
| 9 ^a | R o CL 10Km | CL 12Km+ AL 10x100 | RIP 8x1Km REC 2' | CL 12Km | CL 10Km+ CM 5Km | CL 13Km | LL 30Km+ RM 5Km | |
| 10 ^a | R o CL 6-7Km | CL 13Km | IT 15x300m REC 1' | CL 13Km | CM 14Km | CL 13Km | LS 23Km o G 18-21Km | |
| 11 ^a | R o CL 10Km | CL 12Km+ AL 10x100 | RIP 4x3Km REC 4' | CL 12Km | CL 16Km | CL 10Km+ CM 5Km | LL 36-38Km | |
| 12 ^a | R o CL 5-7Km | CL 12Km+ AL 10x100 | IT 15x300m REC 1' | CL 13Km | RIP 5x2Km REC 3' | CL 10Km | LS 25Km o G 21-25Km | |
| 13 ^a | R o CL 8-10Km | CL 12Km | RIP 3x4Km REC 4' | CL 12Km | CL 12Km | CL 10Km + AL 10x100m | LL 20Km + RM 5Km | |
| 14 ^a | R o CL 10Km | CL 12Km+ AL 10x100 | RIP 3x5Km REC 5' | CL 12Km | CL 12Km | CL 12Km + AL 10x100m | CM 10Km | |
| 15 ^a | R o CL 10Km | CL 12Km+ AL 10x100 | RIP 5x1Km REC 3' | CL 8Km | R | CL 5Km | MARATONA | |