

Träningsprogram Canova-style Berlin marathon 2021

Tempo i procent av marathon målfart, 100% = personbästatempo.

Transition period – 2 weeks

v12 (22 mars-28 mars)

Mån Long run even pack with hill sprints

1:00-1:20 @87% with 6-8 x 60 m (10 s)

Tis Easy

0:45-1:00

Ons Hill circuit

5 x (3x500 m 100% hill 1' recovery + 6 x 60 m, 10 s)

Tor Long run even pace

1:00-1:20 @87%

Fre Long run even pace with hill sprints

1:20-1:40 @80% with 6-8 x 60 m (10 s)

Lör Long run even pace

1:30-2:00 @75%

Sön Strength

v13 (29 mars-4 april)

Mån 18:00 Long continuous run uphill + hill sprints

3-4 x 3 km hill @90% + 8-10 x 80 m hill (15 s)

Tis Easy

0:45-1:00

Ons Hill circuit

1:00-1:20 with 3x3' @100% recovery 2' @80%

Tor Long run even pace

1:00-1:20 @87%

Fre Long run even pace med hill sprints

1:20-1:40 @80% with 8-10 x 80 m hill (15 s)

Lör Long run even pace

1:30-2:00 @75%

Sön Strength

General period – 4 weeks

v14 (5 april-11 april)

Mån Long run with variations

1:00-1:20 with 12x1' hill

Tis Easy

0:45-1:00

Ons Hill circuit

2 x (3x500 m 100% hill 1' recovery + 5 x 100 m (20 s) hill sprint)

Tor Long run even pace

1:00-1:20 @87%

Fre Long run even pace with hill sprints

1:20-1:40 @80% with 10-12 x 100 m (20 s) hill

Lör Long run even pace

1:30-2:00 @75%

Sön Strength

v15 (12 april-18 april)

Mån Long continuous run in progression of speed

12-16 km start @80% and increase to 100%

Tis Easy

0:45-1:00

Ons Long run with variation of speed

1:00-1:20 with 6x3' @100% with 2' recovery @80%

Tor Long run even pace

1:00-1:20 @87%

Fre Long run even pace with hill sprints

1:20-1:40 @80% with 12-14 x 120 m (25 s) hill sprint

Lör Long run even pace

1:30-2:00 @75%

Sön Strength

v16 (19 april-25 april)

Mån Long run with variation of speed

1:00-1:20 with + 20x1' @105% with 1' @80%

Tis Easy

0:45-1:00

Ons Long run with variation of speed

1:00-1:20 with 8x2' @100% with 2' @80%

Tor Long run even pace

1:00-1:20 @87%

Fre Long run even pace med hill sprints

1:20-1:40 @80% with 14-16 x 140 m hill sprint (30 s)

Lör Long run even pace

1:30-2:00 @75%

Sön Strength

v17 (26 april-2 maj)

Mån Strength endurance

6x (30 s skipping, 30 s heel-kick, 30s jumping with neutral feet, 30 s high knees, 10 squat jumps, 400 m @100%)

Tis Easy

0:45-1:00

Ons Long continuous run in progression of speed

12-16 km start @80%. Last 2 km race pace

Tor Long run even pace

1:00-1:20 @87%

Fre Long run even pace with hill sprint

1:20-1:40 @80% with 16-18 x 160 m hill (35 s)

Lör Long run even pace

1:30-2:00 @75%

Sön Strength

Fundamental period 8 weeks

v18 (3 maj-9 maj)

Mån Long run

1:30-2:00 @85-87%

Tis Easy

0:45-1:00

Ons Long hill repeat

10x500 @95% 4'-5' recovery

Tor Easy

0:45-1:00

Fre Long run even pace

1:30-2:00 @85-87%

Lör Long run even pace

2:00-3:00 @80%

Sön

v19 (10 maj-16 maj)

Mån Long repeats

2x3 km @103% + 3x2 km @105% + 4x1 km @108%. 3' recovery

Tis Easy

0:45-1:00

Ons Fartlek

20x1' fast with 1' @80% + 20x30s fast with 30s easy

Tor Easy

0:45-1:00

Fre Long run even pace

1:10-1:40 @87-93%

Lör Long run even pace

20-30 km @93-100%

Sön

v20 (17 maj-23 maj)

Mån Long run

10 km @105%

Tis Easy

0:45-1:00

Ons Long hill repeat

5x1500 @90% 6'-8' recovery

Tor Easy

0:45-1:00

Fre Long run even pace

1:30-2:00 @85-87%

Lör Long run even pace

2:00-3:00 @80%

Sön

v21 (24 maj-30 maj)

Mån Long repeats

10 x 1600 m @105 %, 2:30 recovery

Tis Easy

0:45-1:00

Ons Fartlek

2x(6'/5'/4'/3'/2'/1') fast with 1' easy. 5' between set

Tor Easy

0:45-1:00

Fre Long run even pace

1:10-1:40 @87-93%

Lör Long run even pace

20-30 km @93-100%

Sön

V22 (31 maj-6 juni)

Mån Long run

16 km progression 4@100% 4@102% 4@104% 4@106%

Tis Easy

0:45-1:00

Ons Fartlek

15x3' fast with 1' @80%

Tor Easy

0:45-1:00

Fre Long run even pace

1:30-2:00 @85-87%

Lör Long run even pace

2:00-3:00 @80%

Sön

V23 (7 juni-13 juni)

Mån Long run

10 km @105%

Tis Easy

0:45-1:00

Ons **Fartlek**

20x1' fast with 1' @80s + 20x30s with 30 s easy

Tor **Easy**

0:45-1:00

Fre **Long run even pace**

1:10-1:40 @87-93%

Lör **Long run even pace**

20-30 km @93-100%

Sön

v24 (14 juni-20 juni)

Mån **Long run**

1:10-1:40 @87-93%

Tis **Easy**

0:45-1:00

Ons **Fartlek**

2x (6'/5'/4'/3'/2'/1') fast with 1' easy. 5' easy between sets

Tor **Easy**

0:45-1:00

Fre **Long run even pace**

1:30-2:00 @85-87%

Lör **Long run even pace**

2:00-3:00 @80%

Sön

v25 (21 juni-27 juni)

Mån **Long run**

15 km @102%

Tis **Easy**

0:45-1:00

Ons **Long repeats**

1/2/3/4/3/2/1 km 100-108%

Tor **Easy**

0:45-1:00

Fre **Long run even pace**

1:10-1:40 @87-93%

Lör **Long run even pace**

20-30 km @93-100%

Sön

Specific period – 10 weeks

v26 (28 juni-4 juli)

Mån **Easy**

0:45-1:00

Tis	Easy
0:45-1:00	
Ons	Long run with variation of speed
4x5 km @100% recovery 1 km @89%	
Tor	Easy
0:45-1:00	
Fre	Easy
0:45-1:00	
Lör	Long run even pace
1:45-2:20 @90%	
Sön	
v27 (5 juli-11 juli)	
Mån	Easy
0:45-1:00	
Tis	Easy
0:45-1:00	
Ons	
6 x 4 km @102%, 1 km recovery @89%	
Tor	Easy
0:45-1:00	
Fre	Easy
0:45-1:00	
Lör	Long run even pace
40 km @92%	
Sön	
v28 (12 juli-18 juli)	
Mån	Easy
0:45-1:00	
Tis	Easy
0:45-1:00	
Ons	Long run with variation of speed
7/6/5/4/3/2 km @98-103% med 1 km @80%	
Tor	Easy
0:45-1:00	
Fre	Easy
0:45-1:00	
Lör	Long run even pace
1:45-2:20 @90%	
Sön	
v20 (19 juli-25 juli)	
Mån	Easy
0:45-1:00	

Tis **Easy**

0:45-1:00

Ons

5 x 5 km @101%, 1 km recovery @89%

Tor **Easy**

0:45-1:00

Fre **Easy**

0:45-1:00

Lör **Long run even pace**

25 km @102%

Sön

v30 (26 juli-1 augusti)

Mån **Easy**

0:45-1:00

Tis **Easy**

0:45-1:00

Ons **Long run with variation of speed**

4x5 km @100% recovery 1 km @89%

Tor **Easy**

0:45-1:00

Fre **Easy**

0:45-1:00

Lör **Long run even pace**

1:45-2:20 km @90%

Sön

v31 (2 augusti-8 augusti)

Mån **Easy**

0:45-1:00

Tis **Easy**

0:45-1:00

Ons **Long run with variation of speed**

4 x 6 km @101%, 1 km recovery @89%

Tor **Easy**

0:45-1:00

Fre **Easy**

0:45-1:00

Lör **Long run even pace**

30 km @100%

Sön

v32 (9 augusti-15 augusti)

Mån **Easy**

0:45-1:00

Tis	Easy
0:45-1:00	
Ons	Long run with variation of speed
7/6/5/4/3/2 km @98-103% med 1 km @80%	
Tor	Easy
0:45-1:00	
Fre	Easy
0:45-1:00	
Lör	Long run even pace
1:45-2:20 @90%	
Sön	
v33 (16 augusti-22 augusti)	
Mån	Easy
0:45-1:00	
Tis	Easy
0:45-1:00	
Ons	
4 x 7 km @99%, 1 km recovery @91%	
Tor	Easy
0:45-1:00	
Fre	Easy
0:45-1:00	
Lör	Long run even pace
35 km @97%	
Sön	
v34 (23 augusti-29 augusti)	
Mån	Easy
0:45-1:00	
Tis	Easy
0:45-1:00	
Ons	Long run with variation of speed
4x6 km. 4 km @100%, 1km @95%, 1 km @110%, recovery 1 km @70% @100% recovery 1 km @70%	
Tor	Easy
0:45-1:00	
Fre	Easy
0:45-1:00	
Lör	Long run even pace
1:45-2:20 @90%	
Sön	
v35 (29 augusti-5 september)	
Mån	Easy

0:45-1:00

Tis **Easy**

0:45-1:00

Ons **Intensive endurance**

20 x 500 m @103%, 500 m recovery @97%

Tor **Easy**

0:45-1:00

Fre **Easy**

0:45-1:00

Lör **Long run even pace**

35 km @90% med 5 x 2 km @105%

Sön

Taper – 3 weeks

v36 (6 september-12 september) 75-80%

Mån **Easy**

0:45-1:00

Tis **Easy**

0:45-1:00

Ons **Long run with variation of speed**

4 x 6 km @101%, 1 km recovery @89%

Tor **Easy**

0:45-1:00

Fre

Lör **Long run even pace**

21 km @100%

Sön

v37 (13 september-19 september) – 50-60%

Mån **Easy**

0:45-1:00

Tis

Ons **Long run with variation of speed**

3 x 5km @101%, 1km recovery @89%

Tor **Easy**

0:45-1:00

Fre

Lör **Long run even pace**

10 km @100%

Sön

v38 (20 september-26 september) – 25-40%

Mån **Long run even pace**

8 km @100%

Tis

Ons

Tor **Long run even pace**

6 km @100%

Fre

Lör

Sön **Berlin** **Race**

Berlin marathon

Run paces

Återhämtning/Regeneration

lätt 04:37 – 04:21 80-85%

Medelhårt 04:21 – 04:06 85-90%

Hårt 04:06 – 03:53 90-95%

Goal Paces

MGP 02:35:59 03:41,8 100%

HMGP 01:14:30 03:31,9 105%

10kGP 00:33:59 03:23,9 109%

5kGP 00:16:29 03:17,8 112%

PB Paces

MPB 02:36:23 03:42,4 100%

HMPB 01:14:53 03:33,0 104%

10kPB 00:34:01 03:24,1 109%

5kPB 00:16:28 03:17,6 112%