

# Plan entrenamiento 5km en 24'/25' y 10km en 50', 3 sesiones, 8 semanas, VAM<16 km/h

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## **Plan entrenamiento 5km en 24'/25' y 10km en 50', 3 sesiones, 8 semanas, VAM<16 km/h**

### **Plan para tiempo:**

- **Plan entrenamiento 10 km: sub 50 minutos.**
- **Plan entrenamiento 5 km: 24 minutos, sub 25 minutos.**

### **Semana 1**

- **Día 1 :** 20' footing + 12x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 2 :** 20' footing + 10' a 80% VAM + 5' footing
- **Día 3 :** 45' footing

### **Semana 2**

- **Día 1 :** 20' footing + 15x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 2 :** 20' footing + 15' a 80% VAM + 5' footing
- **Día 3 :** 55' footing

### **Semana 3**

- **Día 1 :** 20' footing + 8x200m a 100% VAM, r = 100m footing + 5' footing
- **Día 2 :** 20' footing + 2x10' a 80% VAM, R = 5' footing
- **Día 3 :** 45' footing

### **Semana 4**

- **Día 1 :** 20' footing + 20x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 2 :** 20' footing
- **Día 3 :** 60' footing

### **Semana 5**

- **Día 1** : 20' footing + 2x(4x300m) a 100% VAM, r = 1' footing, R = 3' footing + 5' footing
- **Día 2** : 20' footing +16' a 80% VAM + 5' footing
- **Día 3** : 45' footing

### Semana 6

- **Día 1** : 20' footing + 8x300m a 100% VAM, r = 1' footing + 5' footing
- **Día 2** : 20' footing +20' a 80% VAM + 5' footing
- **Día 3** : 70' footing

### Semana 7

- **Día 1** : 20' footing + 10x300m a 100% VAM, r = 1' footing + 5' footing
- **Día 2** : 20' footing +20' a 80% VAM + 5' footing
- **Día 3** : 45' footing

### Semana 8

- **Día 1** : 20' footing + 8' a 80% VAM + 5' footing
- **Día 2** : 20' footing + 5x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 3** : Carrera de 10KM



Plan entrenamiento 10 km y Plan entrenamiento 5 km

### Ciudades con carreras populares de 10 km y de 5 km

- Vitoria, Albacete, Alicante, Almería, Oviedo, Ávila, Badajoz, Palma de Mallorca, Barcelona, Burgos, Cáceres, Cádiz, Santander, Castellón de la Plana, Ciudad Real, Córdoba, La Coruña, Cuenca, Gerona, Granada, Guadalajara, San Sebastián, Huelva, Huesca, Jaén, León, Lérica, Lugo, Madrid, Málaga, Murcia, Pamplona, Orense, Palencia, Las Palmas de Gran Canaria, Pontevedra, Logroño, Salamanca, Segovia, Sevilla, Soria, Tarragona, Santa Cruz de

Tenerife, Teruel, Toledo, Valencia, Valladolid, Bilbao, Zamora, Zaragoza.