

# Plan entrenamiento maratón en 2h30' a 2h35 , 6 sesiones, 8 semanas, VAM > 21 km/h

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## **Plan entrenamiento maratón 2h30' a 2h35, 6 sesiones, 8 semanas, VAM > 21 km/h**

Entrar su VAM para adaptar el plan a la VAM de:  km/h

Seleccionar velocidad en:

km/h  min/km

Inicializar plan y VAM

### **Más informaciones:**

- [Como pasar un test VAM](#)
- [Qué es la VAM](#)
- [Las series, sus volúmenes y enfoques](#)
- [Como interpretar y usar los planes de entrenamiento Manolo running Coach](#)
- [Como usar este plan con un pulsómetro y la frecuencia cardíaca](#)
- [Calculadora para series](#)

### **Plan entrenamiento maratón en 2h30, 2h31, 2h32, 2h33, 2h34, 2h35, sub 2h35, sub 2h34, sub 2h33, sub 2h32, sub 2h31**

#### **Semana 1 :**

- **Día 1** : 45' footing
- **Día 2** : 30' footing + 12x200m a 100% VAM, r = 40" footing + 5' footing
- **Día 3** : 60' footing
- **Día 4** : 30' footing

- **Día 5** : 45' footing + 20' a 80% VAM, r = 3' footing + 10' footing
- **Día 6** : 45' footing + 15' a 80% VAM + 10' footing + 10' a 85% VAM + 15' footing

### Semana 2 :

- **Día 1** : 45' footing
- **Día 2** : 30' footing + 2000m a 90% VAM + footing 5' + 10x300m a 100% VAM, r = 100m footing + 5' footing
- **Día 3** : 1h15' footing
- **Día 4** : 30' footing
- **Día 5** : 45' footing + 10x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 6** : 60' footing + 15' a 80% VAM + 5' footing + 10' a 85% VAM + 15' footing



### Semana 3 :

- **Día 1** : 45' footing
- **Día 2** : 30' footing + 5x600m a 90% VAM, r = 50" footing+ 5' footing + 10x200m a 100% VAM, r = 100m footing + 5' footing
- **Día 3** : 1h30' footing
- **Día 4** : 45' footing
- **Día 5** : 30' footing + 10km aceleración progresiva de 80% VAM a 90% VAM + 15' footing
- **Día 6** : 60' footing + 10x100m a 100% VAM, r = 100m footing + 5' footing

### Semana 4 :

- **Día 1** : 40' footing
- **Día 2** : 20' footing + 6' a 90% VAM + 5' footing
- **Día 3** : 40' footing
- **Día 4** : 20' footing + 5x100m, r = 70m footing + 5' footing
- **Día 5** : **Competición media maratón**

### Semana 5 :

- **Día 1** : 40' footing + 5x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 2** : 1h15' footing
- **Día 3** : 30' footing
- **Día 4** : 30' footing + 30x100m a 100% VAM, r = 75m footing + 5' footing
- **Día 5** : 1h30' footing
- **Día 6** : 45' footing + 20' a 80% VAM + 5' footing + 10' a 85% VAM + 5' footing + 15' a 80% VAM + 15' footing

### Semana 6 :

- **Día 1** : 30' footing + 5x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 2** : 20' footing + 15x200m a 100% VAM, r = 100m footing + 5' footing
- **Día 3** : 45' footing
- **Día 4** : 30' footing + 4x1500m a 85% VAM, r = 2' footing + 5' footing
- **Día 5** : 60' footing
- **Día 6** : 45' footing + 30' aceleración progresiva de 65% VAM a 90% VAM + 10' footing + 15' a 80% VAM + 5' footing + 10' a 85% VAM + 15' footing

#### **Semana 7 :**

- **Día 1** : 30' footing + 5x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 2** : 30' footing
- **Día 3** : 30' footing + 5x2000m a 80% VAM, r = 4' footing + 5' footing
- **Día 4** : 30' footing
- **Día 5** : 30' footing + 15x100m, r = 100m footing + 5' footing
- **Día 6** : 1h30' footing

#### **Semana 8 :**

- **Día 1** : 40' footing
- **Día 2** : 20' footing + 10' a 80% VAM + 5' footing + 5x100m, r = 100m footing + 5' footing
- **Día 3** : 20' footing + 5x100m, r = 100m footing + 5' footing
- **Día 4** : **Competición maratón**



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### **Los grandes Maratón internacional:**

- París, Boston, Londres, Berlín, Róterdam, Nueva York y Chicago,

### **Maratón en España:**

- Almagro, Murcia, Sevilla, Castellón, Vizcaya, Girona, Badajoz, Zaragoza, Barcelona, Ibiza, Madrid, Empúries, Vitoria-Gasteiz, Logroño, Las palmas, Bilbao, Ciudad Real, Alcalá de Henares, Santa Cruz de Tenerife, Gran canaria, San Sebastián, Valencia, Lanzarote, Málaga.