

# Plan entrenamiento maratón en 2h20, 7/8 sesiones, 9 semanas, corredor a 30' al 10km

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## Plan entrenamiento maratón en 2h20, 7/8 sesiones, 9 semanas, corredor a 30' al 10km

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 2h20, 2h21, 2h22, 2h23, 2h25, sub 2h25, sub 2h24, sub 2h23, sub 2h22, sub 2h21

#### Semana 1 :

- **Día 1** : 45' footing
- **Día 2** : 30' footing + 15x200m a 100% VAM, r = 30" footing + 5' footing
- **Día 3** : 1h15' footing
- **Día 4** : 30' footing + 8x600m a 90% VAM, r = 1' footing + 5' footing

- **Día 5** : 1h footing + 10x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 6** : 45' footing
- **Día 7** : 45' footing + 15' a 85% VAM + 5' a 70% VAM + 10' a 85% VAM + 10 a 75% VAM

### Semana 2 :

- **Día 1** : 45' footing
- **Día 2** : 30' footing + 2000m a 90/95% VAM + 3' footing + 10x300m a 95% VAM, r = 100m footing + 5' footing
- **Día 3** : 1h15' footing
- **Día 4** : 45' footing + 10x100m 100% VAM, r = 100m footing + 5' footing
- **Día 5** : 30' footing + 3x2000m a 85% VAM, r = 2' footing + 5' footing
- **Día 6** : 45' footing
- **Día 7 : Mañana** : 45' footing + 5000m a 85% VAM + 1000m a 70% VAM + 3000m a 85% VAM + 10' footing
- **Día 7 : Tarde** : 40' footing



### Semana 3 :

- **Día 1** : 45' footing
- **Día 2** : 30' footing + 12x400m 100% VAM, r = 50" footing + 5' footing
- **Día 3** : 1h20' footing
- **Día 4** : 45' footing + 5x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 5** : 30' footing + 8 km aceleración progresiva de 75% VAM a 85% VAM + 15' footing
- **Día 6** : 45' footing + 10x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 7 : Mañana**: 45' footing + 2x5000m a 85% VAM, r = 1000m a 70% VAM + 1000m a 75% VAM + 3000m a 85% VAM
- **Día 7 : Tarde**: 40' footing

### Semana 4 :

- **Día 1** : 45' footing
- **Día 2** : 30' footing + 2x(8x300m a 100% VAM, r = 100m footing), R = 2' footing + 5' footing
- **Día 3** : 45' footing + 30' a 80% VAM + 15' footing
- **Día 4** : 40' footing + 10x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 5** : 30' footing + 10km aceleración progresiva de 75% VAM a 85% VAM + 5' footing
- **Día 6** : 45' footing
- **Día 7** : 30' footing + 6x800m 90% VAM, r = 1'30" footing + 5' footing

### Semana 5 :

- **Día 1** : 45' footing

- **Día 2** : Descanso
- **Día 3** : 30' footing + 20x200m a 100% VAM, r = 100m footing + 5' footing
- **Día 4** : 40' footing
- **Día 5** : Descanso
- **Día 6** : 20' footing + 10' a 85% VAM + 5' footing
- **Día 7** : **Competición media maratón**

#### Semana 6 :

- **Día 1** : 45' footing
- **Día 2** : 45' footing
- **Día 3** : 45' footing + 10x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 4** : 30' footing + 30x100m a 95% VAM|100% VAM, r = 75m footing + 5' footing
- **Día 5** : 30' footing + 40' a 80% VAM + 20' footing
- **Día 6** : 30' footing + 10x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 7 : Mañana:** 45' footing + 7000m a 85% VAM + 2000m a 70% VAM + 3000m a 85% VAM + 1000m a 70% VAM + 4000m a 85% VAM + 10' footing
- **Día 7 : Tarde:** 45' footing

#### Semana 7 :

- **Día 1** : 40' footing
- **Día 2** : 40' footing
- **Día 3** : 20' footing + 3000m a 90% VAM + 3' footing + 7x300m, r = 100m footing + 5' footing
- **Día 4** : 45' footing + 10x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 5** : 30' footing + 20' a 80% VAM + 30' footing
- **Día 6** : 45' footing
- **Día 7 : Mañana:** 45' footing + 30' aceleración progresiva de 75% VAM a 85% VAM + 2000m a 70% VAM + 3000m a 85% VAM + 1000m a 70% VAM + 5000m a 85% VAM
- **Día 7 : Tarde:** 40' footing

#### Semana 8 :

- **Día 1** : 30' footing + 5x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 2** : 45' footing
- **Día 3** : 45' footing
- **Día 4** : 30' footing + 4x2000m a 85% VAM, r = 2' footing + 5' footing
- **Día 5** : Descanso
- **Día 6** : 45' footing + 5x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 7** : 60' footing + 30' aceleración progresiva de 75% VAM a 85% VAM + 10' footing

#### Semana 9 :

- **Día 1** : 30' footing + 5x100m a 100% VAM, r = 100m footing + 5' footing
- **Día 2** : Descanso
- **Día 3** : 30' footing + 10' a 85% VAM + 3' footing + 6x200m, r = 100m footing + 5' footing
- **Día 4** : 40' footing
- **Día 5** : Descanso
- **Día 6** : 20' footing + 6' a 85% VAM + 5' footing
- **Día 7** : **Competición maratón**



Plan entrenamiento maratón en 2h20.

## **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.