

# University marathon programme training - WEEK1

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29. 3. 2012; by: PhDr. Aleš Kaplan, Ph. D. ; Section: University marathon

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Week	26. 3. – 1. 4. 2012		
	Goal:	Recommendation:	Important:
		Training result	Evaluation
	starting the preparation for relay running race, preparing the organism for a gradual increase of burden	visit the gym physician and find out your current health state	suitable running shoes, proper food and drinking regime
Wednesday	Indian run and walk: run 3 minutes – walk 3 minutes – run 3 minutes – walk 5 minutes – run 5 minutes – walk 3 minutes – run 3 minutes – walk 3 minutes – walk 5 minutes – run 5 minutes – walk 5 minutes		
Friday	Continuous run: 2-4×15 minutes adjusted to the level of preparation (a uniform pace, it is possible to combine running and walking = for instance 3 minutes running and 2 minutes walking, a rest of 4 minutes between the sections)		
Saturday		Visit the Prague 1/2 Marathon; starting at 12,00 in front of Rudolfinum, at the Jan Palach square, Prague 1	
Sunday		A choice from aerobic activities: biking (90 min.), spinning (60 min.), H.E.A.T. (60 min.), swimming (according to discretion), nordic walking (120 min.), in line skating (according to discretion)	

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