

GENERAL PLAN FOR KENENISA

1st week (23.01 – 29.01) (in Ethiopia)

Running rest + gym and physiotherapy

Goal : regeneration of the mind and balance of the body

2nd week (30.01 – 5.02) (in Ethiopia)

Running easy once per day + gym and physiotherapy

Goal : recovery of nervous energy and balance of the body

3rd week (6.02 – 12.02) (in Ethiopia)

Running easy 10 times alternating the days for double sessions + gym and physiotherapy

Goal : approaching with full fitness the Specific period

4th week (13.02 – 19.02) (in Ethiopia)

Beginning of the Specific Period (1st week)

Specific sessions :

a) 35 km progressive (16' + 15'50" + 15'40" + 15'30" + 15'20" + 15'10") in 1:33'30" (Sebeta, tarmac flat)

b) Track (20 km) : 2 x 3000 in 8'45" + 3 x 2000 in 5'46" (rec. 3') + 5 x 1000 in 2'48" + 6 x 500 in 1'21" (rec. 2')

5th week (20.02 – 26.02) (in Ethiopia)

2nd week of the Specific Period

Specific sessions :

a) 40 km at 3'20" easy in 2:13'20"

b) 7 x 3 km (road) in 9' > 8'50" alternated with 1 km in 3'30" > 3'20"

6th week (27.02 – 5.03) (in Ethiopia)

3rd week of the Specific Period

Specific sessions :

a) 20 km at 3' in 1:00'00" after 10 km easy at 3'40" as warm-up

b) 45 km (forest) at moderate pace (2:40' > 2:38')

7th week (6.03 – 12.03) (in Kenya)

4th week of the Specific Period

Specific sessions :

a) 40 km at 3'09" in 2:06'00" in Nangili

***b) Track (12 km) : 6 x [600 / 500 / 400 / 300 / 200] rec. 2' / 5'
in 1'34" – 1'17" – 1'00" – 43" – 28"***

8th week (13.03 – 19.03) (in Kenya)

5th week of the Specific Period

Specific sessions :

a) Special Block :

Morning : 10 km in 33'20" + 15 km (rough road) in 45'30"

Afternoon : 10 km in 33'20" + 7 x 2000m (track) in 6' (rec. 2')

***b) Fartlek : 1:20' with 5 x 3' Marathon Pace (MP) rec. 1' moderate +
10 x 2' MP / 1' moderate + 10 x 1' fast / 1' moderate +
10 x 30" fast / 30" easy (23-24 km)***

9th week (20.03 – 26.03) (in Kenya - Ethiopia)

6th week of the Specific Period

Specific sessions (only one, still in Kenya) :

a) 40 km at 3'08" in 2:05'20" in Nangili

The last 4 weeks can be planned looking at the effects of the first 6 specific weeks, and are all in Ethiopia

TRAINING KENENISA BEKELE (October 2014)

Thu, 23	1 hr 20' progressive (30' at 3'45 + 30' at 3'35 + 20' at 3'30 > 3'20) (22 km)	40' easy (9 km) + gym : 5 sets of 10 squat-jump 5 times 100m skipping with high knees Stretching and mobility (31 km)
Fri, 24	1 hr 30' at 4' > 3'45" (23 km)	(23 km)
Sat, 25	30' easy (7 km) + 6 x 2000m in 5'50" alternated with 1000m in 3'30" (Track, with racing shoes) (Totally 17 km in 52'30") (7 + 17 km)	40' easy (9 km) Gym : general strength (33 km)
Sun, 26	Rest	(0 km)
Mon, 27	1 hr 10' moderate (4' > 3'45") (18 km)	45' easy (10 km) + 10 x 2' uphill at fast speed (recovery going back walking, about 4') with a gradient of about 10% (600m) (16 km) (34 km)
Tue, 28	1 hr easy (15 km)	(15 km)
Wed, 29	1 hr easy (15 km)	40' easy (10 km) (25 km)
Thu, 30	1 hr 30' moderate (4' > 3'45") (23 km)	20' easy + Long Fartlek : 5 x 5' at marathon pace recovery 1' easy + 5 x 2' at HM pace recovery 1' easy (45') (5 + 14 km) (42 km)
Fri, 31	1 hr easy (15 km)	(15 km)

Volume of km in 9 days : 218 km (daily average : 24,2 km)

TRAINING KENENISA BEKELE (November 2014)

Sat, 1	1 hr 20' moderate (20 km)	40' easy (9 km) + gym : 5 sets of 10 squat-jump 5 times 100m skipping with high knees Stretching and mobility (29 km)
Sun, 2	Rest	(0 km)
Mon, 3	1 hr 45' at 3'45" (28 km)	40' easy (9 km) Gym : general strength (37 km)
Tue, 4	1 hr 20' easy (20 km)	40' easy (9 km) + exercises for reactivity (29 km)
Wed, 5	1 hr 10' moderate (4' > 3'45") (18 km)	40' easy (10 km) (28 km)
Thu, 6	2 hr 30' at 3'50" (39 km)	(39 km)
Fri, 7	1 hr easy (15 km)	40' easy (10 km) (25 km)
Sat, 8	20' easy + Track : 2 x 3000m (rec. 3') in 8'45" + 3 x 2000m (rec. 2') in 5'45" + 5 x 1000m (rec. 2') in 2'50" + 6 x 500m (rec. 1'30") in 1'22" (4 + 20 km)	(24 km)
Sun, 9	Rest	(0 km)

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