

Per finire a h 3.45

Allenamento n°	sett	risc	KM	modalità	min/km	allunghi	defaticamento	stretch
1	1	10'	11	liberi		5x100		
2		10'	14/15	liberi				10'
3		10'	9	brillanti			10'	
4		10'	16	liberi				10'
5	2	10'	10	liberi		5x100		
6		20'	8x400mt (rec.200mt)	RIPETUTE			10'	
7		10'	10	brillanti		5x100		

8		15'	3+	Progressivo				10'
			$2(-5''/\text{km})+$					
			$2(-5''/\text{km})+$					
			$2(-5''/\text{km})+$					
			$2(-5''/\text{km})+$					
9	3	10'	11	liberi	5x100			
10		10'	15	in crescendo		10'	10'	
11		10'	10	liberi	5x100			
12		15'	18	liberi			10'	

13	4	10'	9	liberi		5x100		10'
14		20'	5x1000(rec.1000mt)	RIPETUTE			10'	
15		10'	9	liberi		5x100		10'
16		15'	8	VELOCI			10'	
17	5	10'	12	liberi		5x100		
18		10'	4 lenti+	variazioni				10'
			5 medi+					
			4 lenti+					
19		10'	11	liberi		5x100		
20	10'	17	brillanti				10'	

29	8	10'	11	liberi		5x100		10'
30		20'	6x1000(rec.1000mt)	RIPETUTE			10'	
31		10'	10	liberi		5x100		10'
32		15'	20	in crescendo			10'	
33	9	10'	11	liberi		5x100		10'
34		20'	3x500(rec.500mt)+ 2x1000(rec.1000mt)	RIPETUTE			10'	
35		10'	10	liberi		5x100		
36		10'	7+ 7(-5"/km)+	variazioni				10'

			7(-5"/km)					
37		10'	9	liberi		5x100		
38	10	10'	5 lenti+	variazioni				10'
			5 medi+					
			5 lenti					
39		10'	11	liberi		5x100		
40		10'	17	brillanti				10'
41		10'	10	liberi		5x100		10'
42	11	15'	2x500(rec.500mt)+	RIPETUTE			10'	

			2x1000(rec.1000mt)+					
			2x500(rec.500mt)					
43		10'	10	liberi		5x100		10'
44		10'	25	in crescendo			10'	10'
45		10'	8	liberi		5x100		10'
46	12	15'	6x1000(rec.800mt)	RIPETUTE			10'	10'
47		10'	10	liberi		5x100		10'
48		15'	15	VELOCI			10'	
49	13	10'	10	liberi		5x100		10'

50		15'	3x1000(rec.1000mt)+	RIPETUTE			10'
			1x2000(rec.1000mt)				
51		10'	8	liberi		10x100	
52		10'	28	liberi			10'
53		10'	8	liberi			10'
54		10'	15	in crescendo		5X100	
55	14	15'	500(rec.500mt)+	RIPETUTE			10'
			1000(rec.1000mt)+				
			2000(rec.1000mt)+				
			1000(rec.1000mt)+				

			500(rec.500mt)					
56		15'	17	VELOCI			10'	10'
57		10'	10			5x100		
58		10'	3X2000(rec.1000mt)	RIPETUTE			10'	
59	15	10'	8	liberi		5x100		
60		10'	27+2 VELOCI				10'	
61		10'	8	liberi		5x100		10'
62	16	10'	3 lenti+3 medi+					
			3 veloci+	variazioni			10'	

			3 lenti+3 medi				
63		10'	10	liberi		5x100	10'
64		15'	17	VELOCI			10'
65		10'	9	liberi		5x100	
66	17	10'	3x3000(rec.1000mt)	RIPETUTE			10'
67		10'	8	liberi		5x100	
68		15'	32				
69	18	10'	8	liberi		5x100	10'
70		10'	4+	progressivo			10'

			4(-5"/km)+				
			4(-5"/km)				
71		10'	test 21km	veloci			10'
72			Mezza maratona				
73		10'	10	liberi		5x100	
74		15'	2x3000(rec.1000mt)+ 1x4000(rec.1000mt)	RIPETUTE			10'
75		10'	8	liberi		5x100	10'
76		10'	33 + 2 VELOCI				10'

85	22	10'	10	liberi		5x100		10'
86		15'	4000(rec.1000mt)+	RIPETUTE			10'	
			3000(rec.1000mt)+					
			2000(rec.1000mt)					
87		10'	10	liberi		5x100		10'
88	10'	Mezza maratona						
89	23	10'	7	liberi		5x100		5'
90		10'	5	liberi		5x100		5'
91		10'	3	brillanti		5x100		
92		10'	MARATONA 3h 45'					

