

Per finire a h 4.00

Allenamento n°	sett	risc	KM	modalità	min/km	allunghi	defaticamento	stretch
1	1	10'	10	liberi		5x100		
2		10'	13/14	liberi				10'
3		10'	8	brillanti			10'	
4		10'	15	liberi				10'
5	2	10'	9	liberi		5x100		
6		20'	6x400mt (rec.200mt)	RIPETUTE			10'	
7		10'	10	liberi		5x100		
8		15'	8	brillanti				10'



17	5	10'	10-nov	liberi		5x100		
18		10'	14	brillanti				10'
19		10'	11	liberi		5x100		
20		10'	16	brillanti				10'
21	6	10'	10	liberi		5x100		10'
22		20'	6x500(rec.500mt)	RIPETUTE				
23		10'	10	liberi		5x100		
24		15'	18	in crescendo			10'	10'
25	7	10'	9	liberi		5x100		10'



33	9	10'	10	liberi		5x100		10'
34		20'	8x500(rec.500mt)	RIPETUTE			10'	
35		10'	10	liberi		5x100		
36		10'	21	in crescendo				10'
37	10	10'	8	liberi		5x100		
38		10'	5 lenti+	variazioni				10'
			5 medi+					
			5 lenti					
39		10'	10	liberi		5x100		
40	10'	17	brillanti				10'	

41	11	10'	9	liberi		5x100		10'
42		20'	4x500(rec.500mt)+ 2x1000(rec.1000mt)+	RIPETUTE			10'	
43		10'	10	liberi		5x100		10'
44		10'	24	in crescendo			10'	10'
45	12	10'	8	liberi		5x100		10'
46		10'	6x1000(rec.1000mt)	RIPETUTE			10'	10'
47		10'	8	liberi		5x100		10'
48		15'	14	VELOCI			10'	

49	13	10'	10	liberi		5x100		10'
50		10'	3x1000(rec.1000mt)+ 1x2000(rec.1000mt)	RIPETUTE			10'	
51		10'	8	liberi		10x100		
52		10'	26	liberi				10'
53	14	10'	8	liberi				10'
54		10'	14	in crescendo		5X100		
55		15'	500(rec.500mt)+ 1000(rec.1000mt)+	RIPETUTE			10'	

			2000(rec.1000mt)+					
			1000(rec.1000mt)+					
			500(rec.500mt)					
56		15'	16	VELOCI			10'	10'
57		10'	10			5x100		
58		10'	3X2000(rec.1000mt)	RIPETUTE			10'	
59	15	10'	8	liberi		5x100		
60		10'	26+2 VELOCI				10'	
61	16	10'	8	liberi		5x100		10'



			4+				
62		10'	4(-5"/km)+	progressivo			10'
			4(-5"/km)				
63		10'	10	liberi		5x100	10'
64		15'	17	VELOCI			10'
65		10'	9	liberi		5x100	
66		10'	3x3000(rec.1000mt)	RIPETUTE			10'
67	17	10'	8	liberi		5x100	
58		15'	30				





85	22	10'	9	liberi		5x100		10'
86		10'	3000(rec.1000mt)+	RIPETUTE			10'	
			2000(rec.1000mt)+					
			1000(rec.1000mt)					
87		10'	10	liberi		5x100		10'
88	10'	Mezza maratona	(o 17 veloci)					
89	23	10'	7	liberi		5x100		5'
90		10'	5	liberi		5x100		5'
91		10'	3	brillanti		5x100		
92		10'	GARA IN 4h					

