

Per finire a h 3.30

Allenam. n°	sett	risc	KM	modalità	min/km	allunghi	defaticamento	stret.
1	1	10'	12	liberi		5x100		
2		10'	15/16	liberi				10'
3		10'	10	in crescendo			10'	
4		10'	18	liberi				10'
5	2	10'	12	liberi		5x100		
6		20'	8x400mt (rec.200mt)	RIPETUTE			10'	

7		10'	10	brillanti		5x100		
8		15'	3+	Progressivo				10'
			3(-5"/km)+					
			3(-5"/km)+					
			3(-5"/km)+					
			3(-5"/km)+					
9		10'	12	liberi		5x100		
10	3	15'	Ripetere 2 volte:					10'
			3+					
			2(-5"/km)+					

			1(-5"/km)					
11		10'	10	liberi		5x100		
12		15'	20	liberi				10'
13		10'	10	liberi		5x100		10'
14	4	20'	3x500(rec.500mt)+	RIPETUTE				
			2x1000(rec.1000mt)					
15		10'	10	liberi		5x100		10'
16		15'	gara 10.000				10'	
17	5	10'	12	liberi		5x100		

18		10'	5 lenti+	variazioni				10'
			5 medi+					
			5 lenti+					
19		10'	12	liberi		5x100		
20		10'	18	brillanti				10'
21	6	10'	10	liberi		5x100		10'
22		20'	8x500(rec.500mt)	RIPETUTE				
23		10'	10	liberi		5x100		
24		15'	7+	7(-5"/km)+	Progressivo			

			7(-5"/km)					
25	7	10'	10	liberi		5x100		10'
26		10'	15	liberi		5x100		10'
27		10'	10	liberi		5x100		10'
28		15'	13	VELOCI			10'	
29	8	10'	12	liberi		5x100		10'
30		20'	6x1000(rec.1000mt)	RIPETUTE			10'	
31		10'	10	liberi		5x100		10'
32		15'	21	in crescendo			10'	

33	9	10'	12	liberi		5x100		10'
34		20'	4x500(rec.500mt)+	RIPETUTE		10'		
			2x1000(rec.1000mt)					
35		10'	10	liberi		5x100		
36	10'	4+4(-15"/km)x 3 volte	variazioni				10'	
37	10	10'	10	liberi		5x100		
38		10'	3 lenti+3 medi+	variazioni				
			3 veloci+3 lenti+					
			3 medi				10'	

39		10'	12	liberi		5x100		
40		10'	18	brillanti				10'
41		10'	10	liberi		5x100		10'
42	11	10'	3x500(rec.500mt)+	RIPETUTE			10'	
			2x1000(rec.1000mt)+					
			2x500(rec.500mt)					
43		10'	10	liberi		5x100		10'
44		10'	27	in crescendo			10'	10'
45	12	10'	8	liberi		5x100		10'





53		10'	8	liberi				10'
54		10'	16	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'	18	VELOCI			10'	10'
57		10'	10			5x100		
58	15	10'	4X2000(rec.1000mt)	RIPETUTE			10'	

59		10'	10	liberi		5x100		
60		10'	28+2 VELOCI				10'	
61		10'	8	liberi		5x100		10'
62	16	10'	3 lenti+3 veloci+	variazioni			10'	
			3 medi+3 veloci+					
			3 lenti					
63		10'	10	liberi		5x100		10'
64		15'	19	VELOCI			10'	
65	17	10'	10	liberi		5x100		

66		10'	3x3000(rec.1000mt)	RIPETUTE			10'	
67		10'	9	liberi		5x100		
68		15'	34					
69		10'	8	liberi		5x100		10'
70	18		4+					
		10'	4(-10"/km)+	progressivo			10'	
			4(-10"/km)					
71		10'	test 21km	veloci			10'	
72			mezza maratona					

73		10'	10	liberi		5x100		
74		10'	3x4000(rec.1000mt)	RIPETUTE			10'	
75		10'	8	liberi		5x100		10'
76		10'	34 + 2 VELOCI				10'	
77		10'	6	liberi		10x100		10'
78	20	10'	3 lenti + 4 veloci+	variazioni			10'	
			3 lenti + 4 veloci					
79		10'	10	liberi		5x100		10'
80		15'	19	VELOCI			10'	

81	21	10'	10	liberi		5x100		10'
82		10'	3x5000(rec.1000mt)	RIPETUTE			10'	
83		10'	12	liberi		5X100		10'
84		10'	21	VELOCI			10'	
85	22	10'	10	liberi		5x100		10'
86		10'	5000(rec.1000mt)+	RIPETUTE				
			4000(rec.1000mt)+				10'	
			3000(rec.1000mt)					
87		10'	10	liberi		5x100		10'
88	10'	Mezza maratona						

89	23	10'	7	liberi		5x100		5'
90		10'	7	liberi		5x100		5'
91		10'	3	brillanti		5x100		
92		10'	MARATONA IN 3h30'					