

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
1ª SEMANA	OFF	1x 10' CL 4x 1' TR 4' CL 1x 10' CL	OFF	1x 10' CL 5x 1' TR 3' CL 1x 10' CL	OFF	1x 10' CL 6x 1' TR 4' CL 1x 10' CL	OFF
2ª SEMANA	OFF	1x 10' CL 4x 2' TR 3' CL 1x 10' CL	OFF	1x 10' CL 4x 1' FO 4' CM 1x 10' CL	OFF	1x 10' CL 6x 1' MO 4' CL 1x 10' CL	OFF
3ª SEMANA	OFF	1x 10' CL 6x 2' MO 3' CL 1x 10' CL	OFF	1x 10' CL 4x 3' MO 2' CL 1x 10' CL	OFF	1x 10' CL 7x 2' MO 3' CL 1x 10' CL	OFF
4ª SEMANA	OFF	1x 10' CL 6x 3' MO 2' CL 1x 10' CL	OFF	1x 10' CL 4x 4' MO 1' CM 1x 10' CL	OFF	1x 10' CL 7x 5' LE 1' CL 1x 10' CL	OFF
5ª SEMANA	OFF	1x 10' CL 1x 20' CM 1x 10' CL	OFF	1x 10' CL 4x 1' FO 4' CL 1x 10' CL	OFF	1x 10' CL 1x 3 KM LE 1x 10' CL	OFF
6ª SEMANA	OFF	1x 10' CL 5x 2' FO 4' CL 1x 10' CL	OFF	1x 10' CL 4x 4' MO 1' CM 1x 10' CL	OFF	1x 10' CL 1x 4 KM LE 1x 10' CL	OFF
7ª SEMANA	OFF	1x 10' CL 6x 2' FO 3' CL 1x 10' CL	OFF	1x 10' CL 1x 10' LE 5' TR 1x 10' CL	OFF	1x 10' CL 1x 4 KM LE 1x 5' CL	OFF
8ª SEMANA	OFF	1x 10' CL 5x 1' MF 3' CL 1x 10' CL	OFF	1x 10' CL 1x 20' TR 1x 10' CL	OFF	1x 10' CL 1x 5 KM FO 1x 5' CL	OFF

COMO LER A TABELA?

EX: 1x 10' CL
4x 1' MO 4' CM
1x 10' CL

1 vez (10 min de caminhada leve) +
4 vezes (1 min de corrida moderada + 4 min de caminhada) +
1 vez (5 min de caminhada)

LEGENDA

CL	CAMINHADA LEVE	LE	CORRIDA LEVE	MF	CORR. MUITO FORTE
CM	CAMINHADA	MO	CORRIDA MODERADA	INT	INTERVALO
TR	TROTE	FO	CORRIDA FORTE		