

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
1ª SEMANA	OFF	1x 25' CL	OFF	1x 30' CL	OFF	1x 35' CL	OFF
2ª SEMANA	OFF	1x 40' CL	OFF	1x 10' CL 2x 20"TR 10' CM 1x 5' CL	OFF	1x 10' CL 3x 20"TR 10' CM 1x 5' CL	OFF
3ª SEMANA	OFF	1x 10' CL 2x 30"TR 10' CM 1x 5' CL	OFF	1x 10' CL 3x 30"TR 9' CM 1x 5' CL	OFF	1x 10' CL 4x 30"TR 9' CM 1x 5' CL	OFF
4ª SEMANA	OFF	1x 10' CL 4x 40"TR 8' CM 1x 5' CL	OFF	1x 10' CL 4x 45"TR 8' CM 1x 5' CL	OFF	1x 10' CL 5x 45"TR 8' CM 1x 5' CL	OFF
5ª SEMANA	OFF	1x 10' CL 5x 45"TR 7' CM 1x 5' CL	OFF	1x 10' CL 6x 45"TR 7' CM 1x 5' CL	OFF	1x 10' CL 7x 45"TR 7' CM 1x 5' CL	OFF
6ª SEMANA	OFF	1x 10' CL 7x 50"TR 6' CM 1x 5' CL	OFF	1x 10' CL 8x 45"TR 6' CM 1x 5' CL	OFF	1x 10' CL 7x 55"TR 6' CM 1x 5' CL	OFF
7ª SEMANA	OFF	1x 10' CL 8x 1' TR 5' CM 1x 5' CL	OFF	1x 10' CL 8x 1' TR 4' CM 1x 5' CL	OFF	1x 10' CL 10x 1' TR 3' CM 1x 5' CL	OFF
8ª SEMANA	OFF	1x 10' CL 8x 1'20"TR 4' CM 1x 5' CL	OFF	1x 10' CL 15x 30"TR 2' CM 1x 5' CL	OFF	1x 10' CL 15x 1' TR 1' CM 1x 5' CL	OFF

COMO LER A TABELA?

EX: 1x 10' CL
15x 30"TR 2' CM
1x 5' CL

= 1 vez (10 min de caminhada leve) +
15 vezes (30 segundos de trote +
2 min de caminhada) +
1 vez (5 min de caminhada leve)

LEGENDA

CL CAMINHADA LEVE " : SEGUNDOS
CM CAMINHADA ' : MINUTO
TR TROTE