

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
1ª SEMANA	1x 20' CA-L 1x 10' CL	OFF	1x 15' CA-L 1x 15' CL	OFF	OFF	1x 10' CA-L 1x 20' CL	OFF
2ª SEMANA	1x 10' CA-L 1x 20' CL	OFF	1x 10' CA-L 1x 25' CL	OFF	OFF	1x 30' CL	OFF
3ª SEMANA	1x 30' CL	OFF	1x 10' CL 10x 1' CM 1' CL 1x 10' CL	OFF	OFF	1x 35' CL	OFF
4ª SEMANA	1x 10' CL 10x 1' CM 1' CL 1x 10' CL	OFF	1x 10' CL 5x 1' CM 1' CF 1' CL 1x 10' CL	OFF	OFF	1x 40' CL	OFF
5ª SEMANA	1x 35' CL	OFF	1x 10' CL 8x 1' CM 1' CF 1' CL 1x 10' CL	OFF	OFF	1x 10' CL 1x 30' CM	OFF
6ª SEMANA	1x 40' CL	OFF	1x 10' CL 10x 2' CF 1' CA 1x 10' CL	OFF	OFF	1x 50' CL	OFF
7ª SEMANA	1x 45' CL	OFF	1x 10' CL 5x 1' CM 1' CF 1' CL 1x 10' CL	OFF	OFF	1x 10' CL 1x 35' CM	OFF
8ª SEMANA	1x 35' CL	OFF	1x 10' CL 5x 3' CF 1' CA 1' CL 1x 10' CL	OFF	OFF	1x 60' CL	OFF
9ª SEMANA	1x 45' CL	OFF	1x 10' CL 8x 2' CF 1' CL 1x 10' CL	OFF	OFF	1x 50' CL	OFF
10ª SEMANA	1x 40' CL	OFF	1x 35' CL	OFF	OFF	CORRIDA DE 10KM	

COMO LER A TABELA?

EX: 1x 10' CL
5x 3' CF 1' CA 1' CL
1x 10' CL = 1 vez (10 min de corrida leve) + 5 vezes (3 min de corrida forte + 1 min de caminhada + 1 min de caminhada leve) + 1 vez (10 min de corrida leve)

LEGENDA

- CA-L CAMINHADA LEVE
- CM CORRIDA MODERADA
- CA CAMINHADA
- CF CORRIDA FORTE
- CL CORRIDA LEVE