

1°-2° WK		RUN	WALK	TOTAL
LUN	10'W+3x(1'R:30"W)+4x(30"R:1'W)+10'W	5'	25'	30'
MER	10'W+5x(1'R:1'W)+10'W	5'	25'	30'
VEN	10'W+5'R+15'W	5'	25'	30'

3°-4° WK		RUN	WALK	TOTAL
LUN	10'W+10x(1'R:30"W)+10'W	10'	25'	35'
MER	10'W+5x(2'R:1'W)+10'W	10'	25'	35'
VEN	10'W+10'R+12'W	10'	22'	32'

5°-6° WK		RUN	WALK	TOTAL
LUN	5'R+2'W+15x(20"l:60"W)+5'R+3'W	15'	20'	35'
MER	8'W+5x(3'R:1'W)+8'W	15'	21'	37'
VEN	10'W+15'R+9'W	15'	19'	34'

7°-8° WK		RUN	WALK	TOTAL
LUN	7'R+2'W+18x(20"l:60"W)+2'W+7'R	20'	19'	39'
MER	6'W+5x(4'R:1'W)+6'W	20'	17'	37'
VEN	8'W+20'R+8'W	20'	16'	36'

9°-10° WK		RUN	WALK	TOTAL
LUN	9'R+24x(20"l:40"W)+8'R	25'	16'	41'
MER	5'W+5x(5'R:1'W)+5'W	25'	15'	40'
VEN	7'W+25'R+6'W	25'	13'	38'

11°-12° WK		RUN	WALK	TOTAL
LUN	10'R+30x(20"l:40"W)+10'R	30'	20'	50'
MER	5'W+5x(6'R:1'W)+5'W	30'	15'	45'
VEN	TEST 5KM			

R: Corsa **W:** Camminata **I:** interval training (accelerazione EASY, non sprint)