INICIANTE 7,5 KM

(a) Aquecimento
(d) Desaquecimento

				1a Semana			
	segunda - feira 06-10	terça - feira 07-10	quarta - feira 08-10	quinta - feira 09-10	sexta - feira 10-10	sábado 11-10	domingo 12-10
Treino		1km cam along 4 km (100 mts trote / 400 cam) 1km cam along		1 km cam along 4 km (200 mts trote/ 300 cam) 1 km cam along		1 km cam along 4 km (200 mts trote / 200 cam) 1km cam along	
Observações							

	2a Semana						
	segunda - feira 13-10	terça - feira 14-10	quarta - feira 15-10	quinta - feira 16-10	sexta - feira 17-10	sábado 18-10	domingo 19-10
Treino		1km cam along 4 km (300 mts trote / 200 cam) 1km cam along		1 km cam along 4 km (400 mts trote/ 100 cam) 1 km cam along		1 km cam along 5 km (300 mts trote / 100 cam) 1km cam along	
Observações							

	3a Semana						
	segunda - feira 20-10	terça - feira 21-10	quarta - feira 22-10	quinta - feira 23-10	sexta - feira 24-10	sábado 25-10	domingo 26-10
Treino		1km cam along 5 km (400 mts trote / 100 cam) 1km cam along		1 km cam along 5 km (800 mts trote/ 200 cam) 1 km cam along		1 km cam along 5 km (900 mts trote / 100 cam) 1km cam along	
Observações							

	4a Semana						
	segunda - feira 27-10	terça - feira 28-10	quarta - feira 29-10	quinta - feira 30-10	sexta - feira 31-10	sábado 01-09	domingo 02-09
Treino		1km cam along 5 km (900 mts trote / 100 cam) 1km cam along		1 km cam along 3 a 4 x (1300 mts trote/ 200 cam) 1 km cam along		1 km cam along 3 a 4 x (1400 mts trote/ 100 cam) 1 km cam along	
Observações							

	5a Semana						
	segunda - feira 03-09	terça - feira 04-09	quarta - feira 05-09	quinta - feira 06-09	sexta - feira 07-09	sábado 08-09	domingo 09-09
Treino		1 km cam along 2 x (1800 mts trote/ 200 cam) 1 km cam (900 mts trote/100 cam) 1km cam along		1 km cam along 2 x (1900 mts trote/ 100 cam) 2km cam (900 mts trote/100 cam) 1km cam along			Prova Volta na Lagoa Corrida 7,5km Caminhada 4km
Observações							