



RIO 11.08.19 SP 18.08.19

PROGRAMA DE TREINOS

10K

EM **12**
SEMANAS



ENTENDA AS PLANILHAS



LE

CAMINHADA LEVE
ESCALA DE ESFORÇO: 1 A 2
MUITO FÁCIL

Caminhada em ritmo confortável, com a respiração controlada, onde é possível conversar durante o esforço. A percepção é de que é possível manter essa intensidade por um longo período. Há pouca fadiga nas pernas.



MO

CAMINHADA MODERADA
ESCALA DE ESFORÇO: 3 A 4
FÁCIL

Caminhada em ritmo apressado, com movimentos de braços mais vigorosos. Conversar durante essa intensidade exige um pouco mais de fôlego. Há uma sensação maior de fadiga nas pernas.



TRO

TROTE
ESCALA DE ESFORÇO: 5 A 6
MODERADO

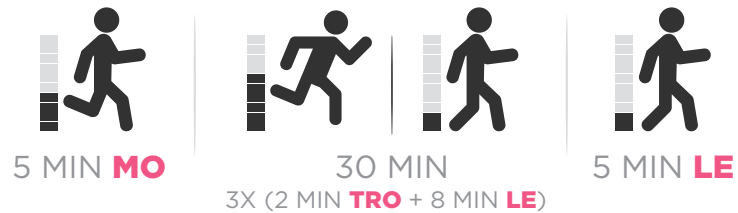
Primeira intensidade de corrida, depois que caminhar rápido já não é mais possível. A corrida precisa ser em ritmo tranquilo, com as passadas mais curtas e frequentes. Conversar é possível, mas será difícil completar frases longas. A sensação de fadiga nas pernas pode existir.

ESFORÇO	SENSAÇÃO
10	> MUITO DIFÍCIL
9	
8	> DIFÍCIL
7	
6	> MODERADO
5	
4	> FÁCIL
3	
2	> MUITO FÁCIL
1	

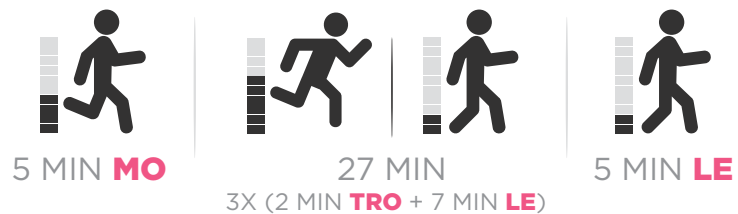
OBS: É importante respeitar um intervalo mínimo de 48 horas entre cada sessão de treino de corrida. Outras atividades como natação, musculação e ciclismo podem ser executadas em dias consecutivos sem maiores problemas.

SEMANA 1

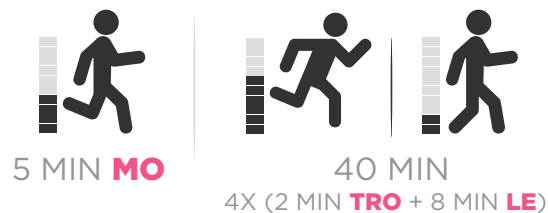
TERÇA-FEIRA



QUINTA-FEIRA

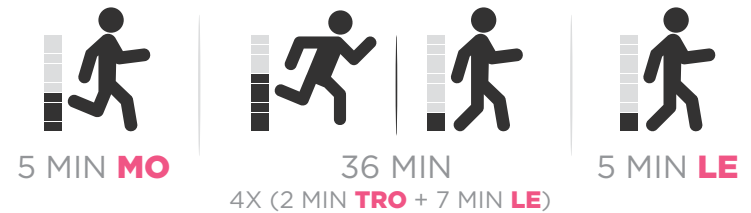


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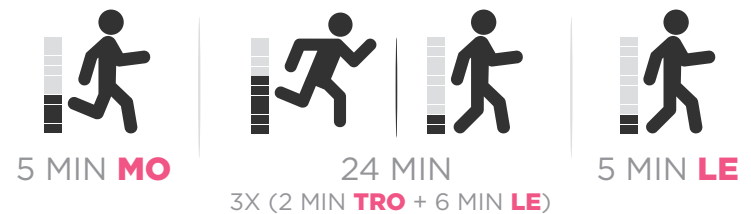


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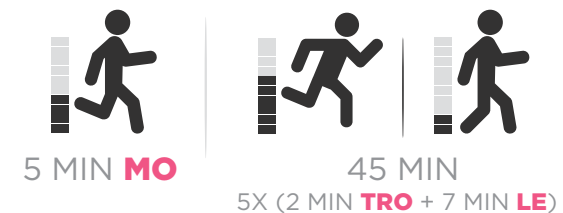
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QUINTA-FEIRA

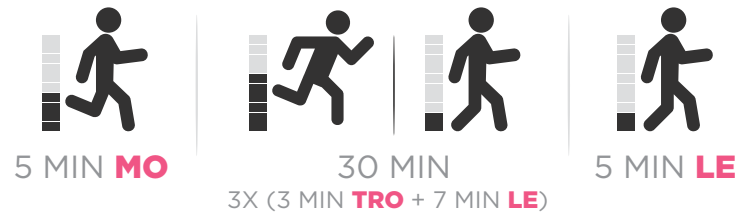


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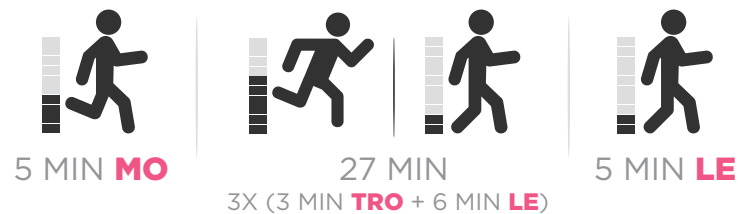


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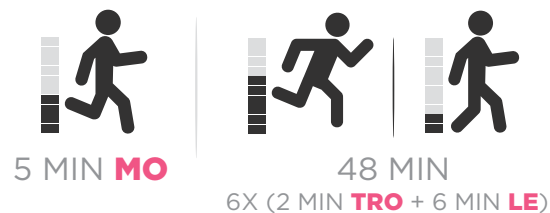
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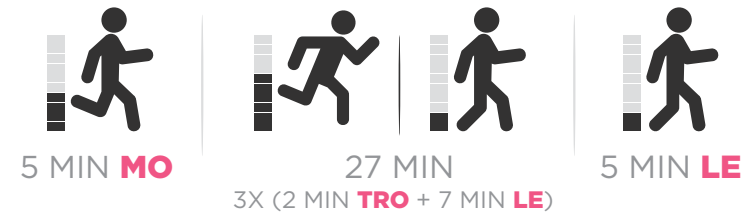


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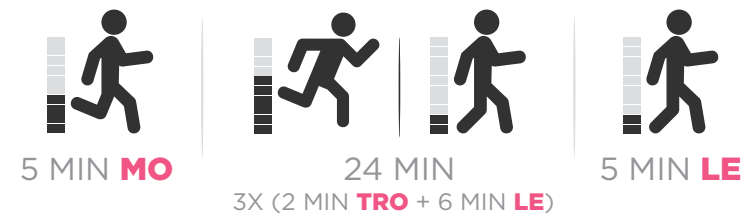


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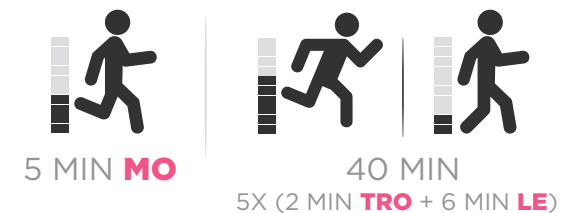
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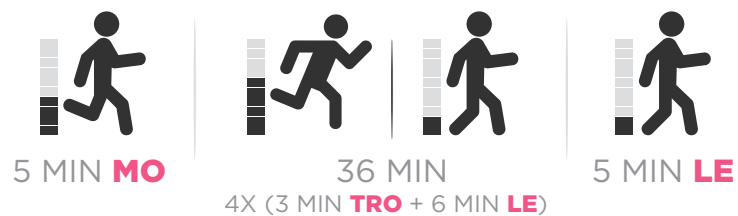


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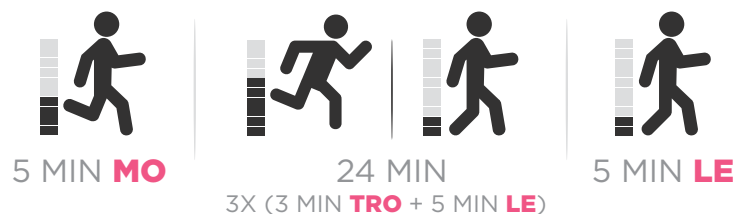


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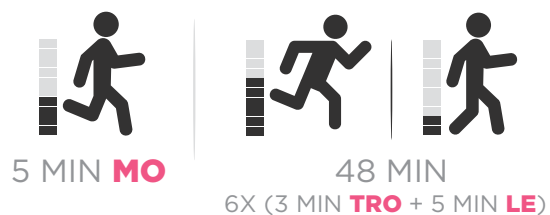
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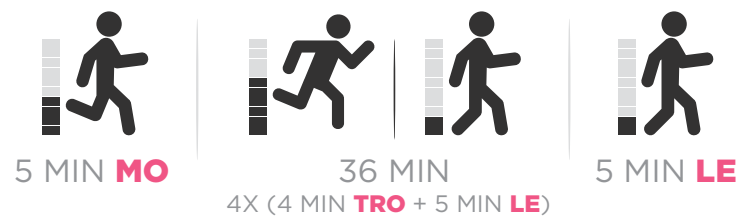


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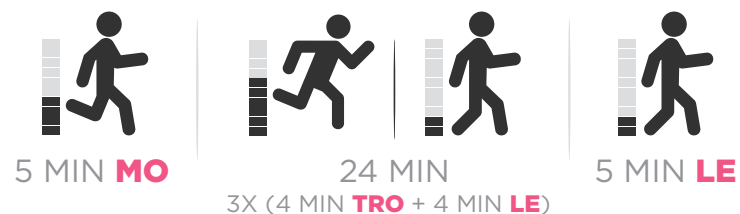


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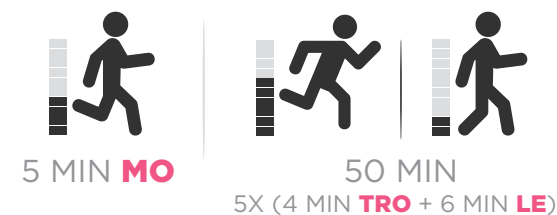
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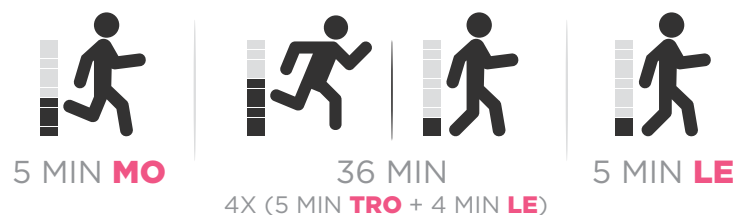


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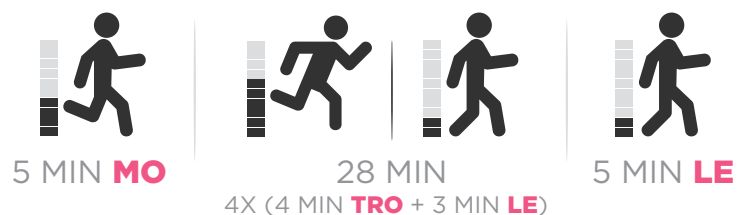


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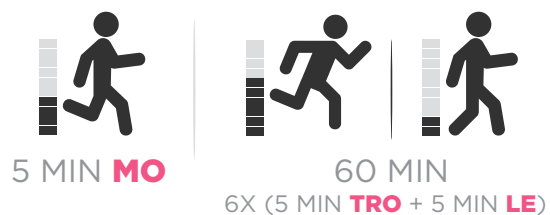
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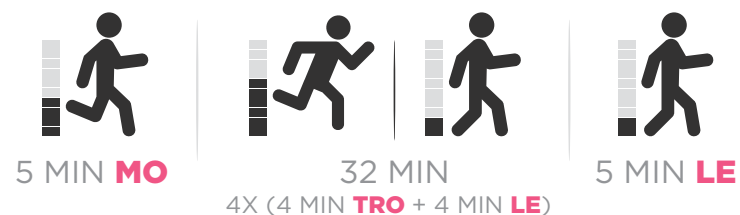


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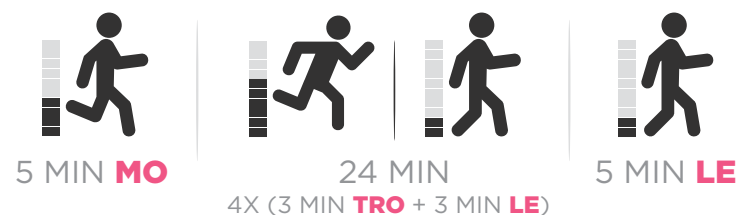


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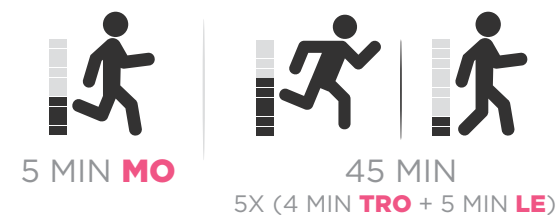
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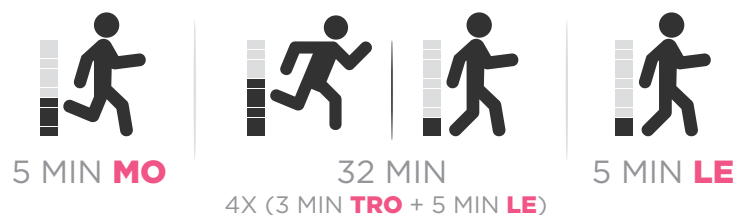


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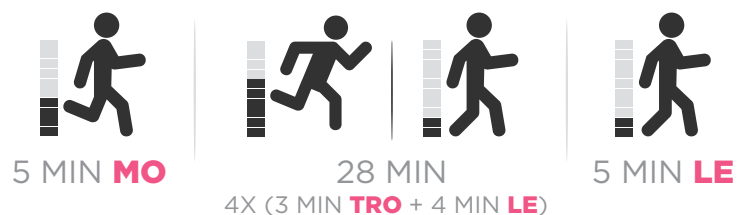


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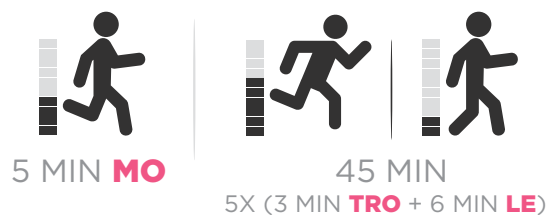
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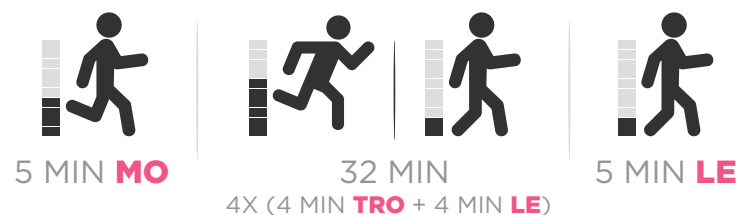


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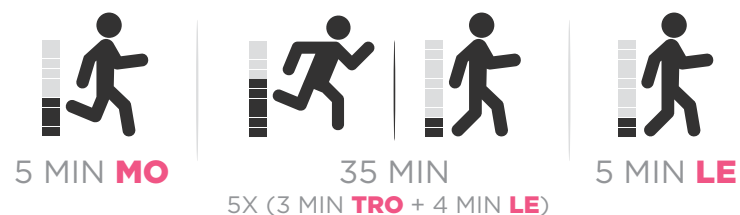


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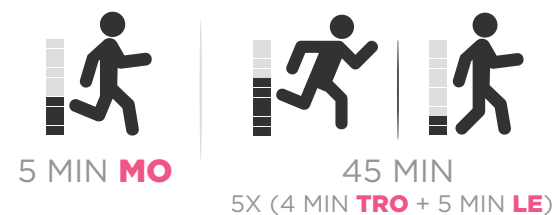
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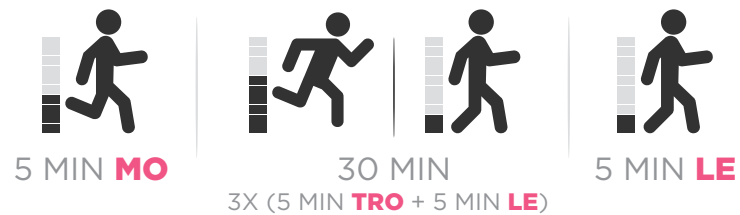


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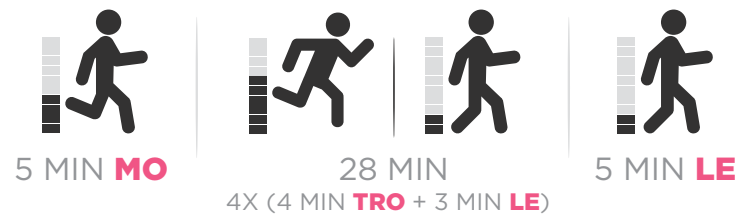


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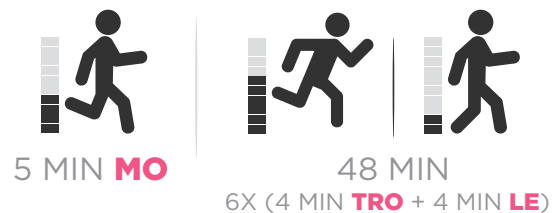
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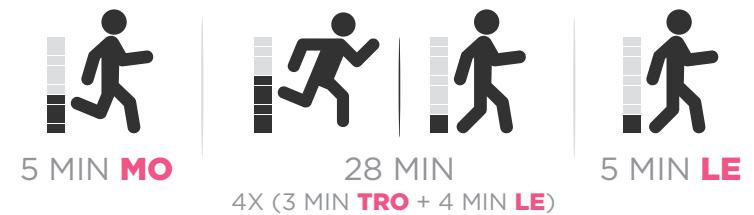


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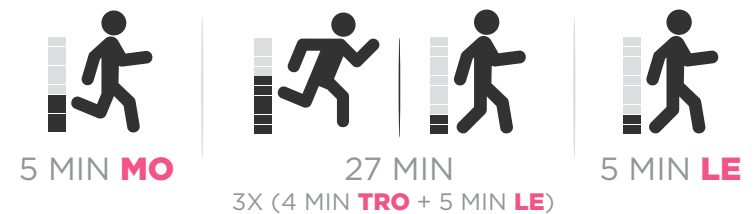


SEMANA 12

TERÇA-FEIRA



QUINTA-FEIRA



SÁBADO



DESCANSO

DOMINGO



BOA PROVA!

BONS TREINOS!



RIO 11.08.19 SP 18.08.19

CORRA
ONDE
CORRA
só não pare!



MARCOS PAULO REIS - INDEPENDÊNCIA ESPORTIVA

