

N. Trk	Rpm	Durata	% FC	Timer	Lavoro	Note/Durata
1	108	09:30	65-75%	00:00:00	Risc. con incursioni in piedi	16:00
2	110	06:30	75-80%	00:09:30	Risc. con incursioni in piedi	Fine 00:16:05
FARTLEK						16:00
3	114	00:45	80-85%	00:16:26	Adeguamento	Fine 00:21:05
		00:30	85-88%	00:17:05	Aumento Resistenza 1	
	>114	00:30	88- 91%	00:17:35	Aumento Cadenza 1 fino 130 RPM	
	114	00:30	85%	00:18:05	Recupero 1	
		00:30	85-88%	00:18:35	Aumento Resistenza 2	
	>114	00:30	88- 91%	00:19:05	Aumento Cadenza 2 fino 130 RPM	
	114	00:30	85%	00:19:35	Recupero 2	
00:30		85-88%	00:20:05	Aumento Resistenza 3		
>114	00:30	88- 91%	00:20:35	Aumento Cadenza 3 fino a 130 RPM		
4	105	01:00	85%	00:21:22	Recupero	Fine 00:26:30
		01:15	85-88%	00:22:16	Aumento Resistenza 1	
	>105	00:20	85- 92%	00:23:30	Aumento Cadenza 1 fino 120 RPM	
	105	00:30	85%	00:23:50	Recupero 1	
		00:30	85-88%	00:24:20	Aumento Resistenza 2	
>105	00:30	85- 92%	00:24:50	Aumento Cadenza 2 fino a 120 RPM		
105	01:10	80%	00:25:20	Recupero 2		
5	115	01:00	80%	00:26:43	Pianura	Fine 00:32:49
		01:00	82%	00:27:43	Pianura	
		01:00	85%	00:28:43	Pianura	
	>115	00:30	85- 91%	00:29:43	Aumento Resistenza alta a soglia	
	115	00:30	83-84%	00:30:15	Pianura	
		01:30	83-84%	00:30:45	Pianura	
>115	00:30	90- 93%	00:32:15	Aumento Resistenza alta oltre soglia		
RIPETUTE LUNGHE OLTRE SOGLIA 3x						11:45
6	100	03:00	75-85%	00:33:14	Recupero	Fine 00:36:25
7	118	03:00	> 92%	00:36:58	Ripetuta lunga 1 sino a oltre soglia	Fine 00:45:45
		01:00	85%	00:40:00	Recupero 1	
		01:50	> 93%	00:41:00	Ripetuta lunga 2 sino a oltre soglia	
		00:40	85%	00:42:50	Recupero 2	
		02:15	> 94%	00:43:30	Ripetuta lunga 3 sino a oltre soglia	
RIPETUTE OLTRE SOGLIA SUI PEDALI 2x						06:00
8	96	02:30	85%	00:46:08	Recupero - adeguamento	Fine 00:52:08
		00:20	> 91%	00:48:38	In piedi 1	
		02:50	85%	00:49:00	Recupero 1	
		00:20	> 91%	00:50:50	In piedi 2	
PIANURA						08:00
9	100	02:00	75-85%	00:52:27	Recupero falsopiano	Fine 00:54:22
10	120	02:00	> 91%	00:54:46	Fartlek 20" seduto-20" in piedi oltre soglia	Fine 01:00:54
		04:00	85-90%	00:56:46	Pianura	

SPRINT MASSIMA RESISTENZA 2X						02:00
11	114	00:50	80-85%	01:01:05	Recupero / Adeguamento	Fine 01:03:10
		00:10	>85%	01:01:55	Sprint 1 massima resist.	
		00:50	85	01:02:05	Recupero 1	
		00:10	>85%	01:03:00	Sprint 2 massima resist.	
FARTLEK SUI PEDALI A SOGLIA 4X OLTRE SOGLIA 4X						09:55
12	100	02:30	75-85%	01:03:37	Recupero	Fine 01:06:00
13	110	01:20	75-85%	01:06:45	Adeguamento	Fine 01:14:37
		00:20	88-91%	01:07:55	Fartlek sui Pedali a soglia 1	
		00:20	88%%	01:08:15	Recupero 1	
		00:20	88-91%	01:08:35	Fartlek sui Pedali a soglia 2	
		00:20	88%%	01:08:55	Recupero 2	
		00:20	88-91%	01:09:15	Fartlek sui Pedali a soglia 3	
		00:20	88%%	01:09:35	Recupero 3	
		00:45	88-91%	01:09:55	Fartlek sui Pedali a soglia 4	
		00:20	88%%	01:10:40	Recupero 4	
		00:20	88>92%	01:11:00	Fartlek sui Pedali oltre soglia 1	
		00:20	88%%	01:11:20	Recupero 5	
		00:20	88>92%	01:11:40	Fartlek sui Pedali oltre soglia 2	
		00:20	88%%	01:12:00	Recupero 6	
		00:20	88>92%	01:12:17	Fartlek sui Pedali oltre soglia 3	
		00:20	88%%	01:12:40	Recupero 5	
		01:00	88>92%	01:13:00	Fartlek sui Pedali oltre soglia 4	
00:40	85%	01:14:00	Recupero			
DEFATICAMENTO						04:00
14	105	04:00	65-75%	01:15:11	Defaticamento	Fine 01:19:30