

LEZIONE N. 3
SCHOOL

N. Trk	Rpm	Durata	% FC	Timer	Lavoro	Note/Durata
1	102	06:30	65 - 75%	00:00:00	Riscaldamento	15:00
2	105	08:30	65 - 75%	00:06:43	" "	Fine 00:14:30
PIANURA GAMBE ALTERNATE						04:00
3	100	01:30	70-75%	00:15:09	Ad una gamba - Gamba DX	Fine: 00:19:00
	100	00:30	70-75%	00:16:35	Recupero due gambe	
	100	01:30	70-75%	00:17:04	Ad una gamba - Gamba SX	
	100	00:30	70-75%	00:18:33	Recupero due gambe	
SFDR						08:30
4	55	02:00	75-85%	00:19:26	SFDR Seduto	Fine: 00:28:00
	55	01:00	75-85%	00:21:29	SFDR sui pedali	
	55	02:00	75-85%	00:22:30	SFDR seduto	
	55	01:00	75-85%	00:24:33	SFDR sui pedali	
	100	02:30	65-70%	00:25:33	Recupero	
SUPERFORZA						06:05
5	<45	00:45	75-85%	00:28:25	SuperForza 1	Fine 00:34:20
	90	01:20	70-85%	00:29:05	Recupero 1 - agilità	
	<45	01:00	75-85%	00:30:21	SuperForza 2	
	90	02:00	70-85%	00:31:20	Recupero 2 - agilità	
	<45	01:00	75-85%	00:33:20	SuperForza 3	
RECUPERO						07:00
6	100	07:00	65-70%	00:34:50	Recupero	Fine 00:41:43
SFDR GAMBE ALTERNATE						08:10
7	55	01:30	75-85%	00:42:36	SFDR Due Gambe	Fine 00:51:03
	55	01:15	75-85%	00:44:04	SFDR Gamba Dx	
	55	01:00	75-85%	00:45:31	SFDR Due Gambe	
	55	01:15	75-85%	00:46:31	SFDR Gamba Sx	
	55	01:30	75-85%	00:47:50	SFDR Due Gambe	
	110	01:40	65-70%	00:49:18	Recupero - agilità	
SFR						06:00
8	45	04:00	75-85%	00:51:08	Salita Forza Resistenza	Fine 00:57:03
	90	02:00	65-70%	00:55:07	Recupero - agilità	
SFDR GAMBE ALTERNATE						09:30
9	57	01:10	75-85%	00:57:35	FRD due Gambe	Fine 01:07:10
	57	01:20	75-85%	00:58:45	FRD Gamba Dx	
	57	00:40	75-85%	01:00:06	FRD due Gambe	
	57	01:20	75-85%	01:00:45	FRD Gamba Sx	
	57	02:30	75-85%	01:02:06	FRD due Gambe	
	114	02:30	65-70%	01:04:31	Recupero - agilità	
PIANURA IN CRESCENDO						05:00
10	>100	05:00	80-85%	01:07:28	Pianura in Crescendo	Fine 01:12:28
DEFATICAMENTO						03:00
11	110	03:00	65-70%	01:12:52	Pianura In Crescendo	Fine 01:15:42