

LEZIONE N.35
SCHOOL

N. Trk	Rpm	Durata	% FC	Timer	Lavoro	Note/Durata
1	105	07:00	60-65%	00:00:00	Riscaldamento	14:55
2	110	05:00	60-65%	00:07:05	Riscaldamento Con Incursioni In Piedi	
		01:15	60-65%	00:12:00	Riscaldamento Gamba DX	
		00:25	60-65%	00:13:15	Riscaldamento Con Incursioni In Piedi	
		01:15	60-65%	00:13:40	Riscaldamento Gamba SX	Fine 00:14:54
PIANURA CON SPRINT						20:30
3_4	117	02:00	65-75%	00:15:30	Adeguamento	
	>140	00:10	>75%	00:17:08	Sprint Sui Pedali 1 + Resistenza	
		00:50	65-75%	00:17:18	Pianura	
	>140	00:10	>75%	00:18:08	Sprint Sui Pedali 2+ Resistenza	
		00:50	65-75%	00:18:18	Pianura	
	>140	00:10	>75%	00:19:08	Sprint Sui Pedali 3 + Resistenza	
		00:50	65-75%	00:19:18	Pianura	
	>140	00:10	>75%	00:20:08	Sprint Sui Pedali 4 + Resistenza	
		00:50	65-75%	00:20:18	Pianura	
	>140	00:10	>75%	00:21:08	Sprint SEDUTO 5 + Resistenza	
		00:50	65-75%	00:21:18	Pianura	
	>140	00:10	>75%	00:22:08	Sprint Sui Pedali 6 + Resistenza	
		00:50	65-75%	00:22:18	Pianura	
	>140	00:10	>75%	00:23:08	Sprint Sui Pedali 7 + Resistenza	
		00:50	65-75%	00:23:18	Pianura	
	>140	00:10	>75%	00:24:08	Sprint Sui Pedali 8 + Resistenza	
		00:50	65-75%	00:24:18	Pianura	
	>140	00:10	>75%	00:25:08	Sprint SEDUTO 9 + Resistenza	
		00:50	65-75%	00:25:18	Pianura	
	>140	00:10	>75%	00:26:08	Sprint Sui Pedali 10 + Resistenza	
		00:50	65-75%	00:26:18	Pianura	
	>140	00:10	>75%	00:27:08	Sprint Sui Pedali 11 + Resistenza	
		00:50	65-75%	00:27:18	Pianura	
	>140	00:10	>75%	00:28:08	Sprint SEDUTO 12 + Resistenza	
		00:50	65-75%	00:28:18	Pianura	Fine 00:29:08
5	120	05:00	80-88%	00:29:18	Pianura	Fine 00:34:20
6	127	01:30	85-91%	00:34:28	Pianura a Soglia	Fine 00:36:05

SFRD						07:20	
7	70	02:20	85-91%	00:36:12	Adeguamento		
	>70	00:10	80-91%	00:38:30	SFRD Sui Pedali + Cadenza 1		
	70	00:50	85-91%	00:38:40	SFRD		
	>70	00:10	85-91%	00:39:30	SFRD Sui Pedali + Cadenza 2		
	70	01:00	85-91%	00:39:40	SFRD		
	>70	00:30	>91%	00:40:40	SFRD Seduto + Cadenza 3 + Resistenza		
	70	00:50	>91%	00:41:10	SFRD		
	>70	00:20	>91%	00:42:00	SFRD Seduto + Cadenza 4 + Resistenza		
	70	00:50	>91%	00:42:20	SFRD		
	>70	00:20	>91%	00:43:10	Volata Sui Pedali + Cadenza 5		
							Fine 00:43:30
FARTLEK							08:30
8	110	04:30	70-80%	00:43:55	Recupero		
	>110	00:25	75-85%	00:48:34	Aumento Cadenza 1		
	110	00:35	70-80%	00:49:00	Recupero 1		
	>110	00:25	85-91%	00:49:35	Aumento Cadenza 2		
	110	00:35	85-88%	00:50:00	Recupero 2		
		00:30	85-91%	00:50:35	Aumento Resistenza 1		
		00:30	85-91%	00:51:05	Aumento Resistenza 2		
		01:00	85-91%	00:51:35	Recupero 3		
						Fine 00:52:04	
SFR						22:20	
9	45	01:30	85%	00:52:25	Adeguamento		
		02:00	85%	00:53:55	SFR		
						Fine 00:55:52	
10	55	02:00	85-91%	00:56:10	SFR		
	>55	00:20	85-91%	00:58:10	Progressioni Sui Pedali 1		
	55	00:30	85-91%	00:58:30	SFR		
	>55	00:20	85-91%	00:59:00	Progressioni Sui Pedali 2		
	55	00:50	85-92%	00:59:20	SFR		
	>55	00:20	85-91%	01:00:10	Progressioni Sui Pedali 3		
	55	00:50	85-92%	01:00:30	SFR		
	>55	00:20	85-91%	01:01:10	Progressioni Sui Pedali 4		
	55	00:40	85-92%	01:01:30	SFR		
	>55	00:20	85-91%	01:02:10	Progressioni Sui Pedali 5		
	55	01:00	>91%	01:02:30	SFR Aumento Pressione		
	>55	00:20	>91%	01:03:30	Progressioni Sui Pedali 6		
	55	00:40	>91%	01:03:50	SFR		
	>55	00:20	>91%	01:04:30	Progressioni Sui Pedali 7		
	55	00:30	>91%	01:04:50	SFR		
						Fine 01:05:27	
11	70	00:50	>91%	01:05:47	SFRD		
	>70	00:20	>91%	01:06:40	Aumento Cadenza		
	70	01:00	>91%	01:07:00	SFRD		
						Fine 01:08:03	
12	55	02:30	>91%	01:08:45	SFR Aumento Resistenza	Fine 01:11:13	
13	70	01:40	85-91%	01:11:34	SFRD	Fine 01:13:14	
14	58	00:45	85-91%	01:13:20	SFR		
	>58	00:25	>85%	01:14:05	Sui Pedali Fino Al 92%		
	58	01:30	85-91%	01:14:30	SFR		
	>58	00:30	>85%	01:16:00	Sui Pedali Fino Al 92%		
						Fine 01:16:30	

RECUPERO						08:00
15	110	04:00	80-88%	01:16:43	Recupero	
	>110	00:15	>91%	01:20:45	Scatto 1 + Resistenza + Cadenza	
	110	00:45	85-88%	01:21:00	Pianura	
	>110	00:15	>91%	01:21:45	Scatto 2 + Resistenza + Cadenza	
	110	00:45	85-88%	01:22:00	Pianura	
	>110	00:15	>91%	01:22:45	Scatto 3 + Resistenza + Cadenza	
	110	00:45	85-88%	01:23:00	Pianura	
	>110	00:15	>91%	01:23:45	Scatto 4 + Resistenza + Cadenza	
	110	00:45	85-88%	01:24:00	Pianura	
DEFATICAMENTO						04:00
16	105	04:00	65-75%	01:25:10	Defaticamento	Fine 01:30:01