

LEZIONE N.5
SCHOOL

N. Trk	Rpm	Durata	% FC	Timer	Lavoro	Note/Durata
1	105	07:00	65 - 75%	00:00:00	Riscaldamento	14:00
2	110	07:00	65 - 75%	00:07:00	Riscaldamento	Fine 00:14:03
LAVORI AD UNA GAMBA PER VOLTA						07:00
3	108	02:00	70-75%	00:14:36	Ad una gamba - Gamba DX	Fine 00:22:28
	108	01:00	70-75%	00:16:36	Due gambe	
	108	02:00	70-75%	00:17:52	Ad una gamba - Gamba SX	
	108	02:00	70-75%	00:19:57	Recupero due gambe	
SFR GAMBE ALTERNATE						21:10
4	48	04:00	80-85%	00:22:43	SFR	Fine 00:26:41
5-6-7	100	01:30	70-80%	00:27:10	Recupero	Fine 00:44:34
	50	00:30	70-85%	00:28:40	SFR 2 gambe 1	
	50	01:30	75-85%	00:29:13	Gamba DX 1	
	50	00:30	70-85%	00:30:40	SFR 2 gambe 2	
	50	01:30	75-85%	00:31:10	Gamba SX 1	
	50	00:30	70-85%	00:32:40	SFR 2 gambe 3	
	50	01:45	75-85%	00:33:10	Gamba DX 2	
	50	01:00	70-85%	00:34:55	SFR 2 gambe 4	
	50	01:45	75-85%	00:35:55	Gamba SX 2	
	50	01:00	70-85%	00:37:40	SFR 2 gambe 5	
	50	02:00	75-85%	00:38:38	Gamba DX 3	
	50	01:40	70-85%	00:40:33	SFR 2 gambe 6	
	50	02:00	75-85%	00:42:36	Gamba SX 3	
RECUPERO						05:00
8	110	05:00	65-75%	00:44:52	Recupero	Fine 00:49:55
SUPERFORZA						09:50
9-10	<45	00:30	75-85%	00:50:49	SuperForza 1	Fine 01:01:08
	90	01:00	70-85%	00:51:21	Recupero 1 - agilità	
	<45	00:30	75-85%	00:52:20	SuperForza 2	
	90	00:40	70-85%	00:52:57	Recupero 2 - agilità	
	<45	00:30	75-85%	00:53:35	SuperForza 3	
	90	00:40	70-85%	00:54:05	Recupero 3 - agilità	
	<45	00:30	75-85%	00:54:43	SuperForza 4	
	90	01:00	70-85%	00:55:26	Recupero 4 - agilità	
	<45	04:30	83-85%	00:56:30	SFR	
FALSOPIANO GAMBE ALTERNATE						05:00
11	85	02:00	65-75%	01:01:32	Recupero	Fine 01:06:36
	85	01:30	75-85%	01:03:39	Gamba DX	
	85	01:30	75-85%	01:05:09	Gamba SX	
SFR						03:30
12	48	03:30	70-85%	01:06:58	SFR	Fine 01:10:36
DEFATICAMENTO						06:00
13	112	04:00	75-80%	01:11:33	Pianura	Fine 01:18:12
	112	02:00	65-70%	01:15:54	Defaticamento	