

LEZIONE N.6
SCHOOL

N. Trk	Rpm	Durata	% FC	Timer	Lavoro	Note/Durata	
1	102	09:00	65 - 75%	00:00:00	Riscaldamento	16:00	
2	110	07:00	65 - 75%	00:09:02	Riscaldamento	Fine 00:16:11	
SFR						12:00	
3	40	02:10	75-85%	00:16:24	SFR 2 gambe 1		
	40	01:00	75-85%	00:18:24	SFR Braccia Dietro 1		
4	42	03:20	75-85%	00:19:20	SFR 2 gambe 2		
	42	01:00	75-85%	00:22:41	SFR Braccia Dietro 2		
	42	02:30	75-85%	00:23:42	SFR 2 gambe 3		
	42	01:00	75-85%	00:26:10	SFR Braccia Dietro 3		
	42	01:00	75-85%	00:27:10	SFR 2 gambe 4		
RECUPERO							02:30
5	108	02:30	65-75%	00:28:28	Recupero		Fine 00:31:02
FALSOPIANO GAMBE ALTERNATE							06:20
6	95	01:00	75-85%	00:31:13	Assestamento RPM a due gambe	Fine 00:37:27	
	95	01:20	75-85%	00:32:14	Gamba Dx Fino A 85%		
	95	02:00	75-85%	00:33:34	Recupero 2 Gambe Fino A 75%		
	95	02:00	75-85%	00:35:33	Gamba Sx Fino A 85%		
RECUPERO						05:00	
7	114	05:00	70-80%	00:37:45	Recupero	Fine 00:42:44	
SUPERFORZA						02:00	
8	<45	00:30	75-85%	00:43:36	SuperForza 1	Fine 00:45:32	
	90	01:00	70-85%	00:44:08	Recupero 1 - agilità		
	<45	00:30	75-85%	00:45:01	SuperForza 2		
SFDR						06:35	
9	100	03:00	70-80%	00:46:19	Recupero - agile	Fine 00:53:07	
	50	00:50	80-90%	00:49:19	SFR		
	50	00:45	80-90%	00:50:14	SFR Braccia Dietro La Nuca 1		
	50	00:40	80-90%	00:51:00	SFR 2 gambe		
	50	01:20	80-90%	00:51:40	SFR Braccia Dietro La Nuca 2		
RECUPERO						03:00	
10	121	03:00	65-75%	00:53:20	Recupero	Fine 00:56:30	
SFR GAMBE ALTERNATE						08:00	
11	45	02:00	75-85%	00:56:45	SFR 2 gambe	Fine 01:04:58	
	45	01:20	75-85%	00:58:45	SFR Gamba DX		
	45	01:20	70-85%	01:00:05	SFR 2 gambe		
	45	01:20	70-85%	01:01:25	SFR Gamba SX		
	45	02:00	75-85%	01:02:45	SFR 2 gambe aument. pressione		
DEFATICAMENTO						06:00	
12	100	06:00	65-70%	01:05:00	Defaticamento	Fine 01:11:14	