

LEZIONE N.7
SCHOOL

N. Trk	Rpm	Durata	% FC	Timer	Lavoro	Note/Durata
1	100	06:00	65-75%	00:00:00	Riscaldamento	14:00
2	108	08:00	75-80%	00:06:10	Risc. alterno in piedi c/1 braccio	Fine 00:14:19
SFR						08:30
3	42	05:45	75-85%	00:14:47	SFR crescendo fino All'85%	Fine 00:23:10
	42	01:45	80%	00:20:30	SFR in recupero scendo all'80%	
	42	01:00	80-85%	00:22:19	SFR alto impatto fino all'85%	
RECUPERO						04:00
4	114	04:00	65-70%	23:13	Recupero	Fine 00:27:03
SFR GAMBE ALTERNATE						06:00
5	45	01:00	80-85%	00:27:43	SFR 2 gambe	Fine 00:33:56
	45	02:00	80-85%	00:28:48	SFR gamba DX	
	45	01:00	80-85%	00:30:55	SFR 2 gambe	
	45	02:00	80-85%	00:32:00	SFR gamba SX	
RECUPERO						05:30
6	120	05:30	65-75%	00:34:40	Recupero	Fine 00:40:06
SUPERFORZA						05:00
7	<45	00:30	75-85%	00:40:28	SuperForza 1	Fine 00:45:28
	90	01:45	70-80%	00:40:58	Recupero 1 - agilità	
	<45	00:30	75-85%	00:42:43	SuperForza 2	
	90	01:45	70-80%	00:43:13	Recupero 2 - agilità	
	<45	00:30	75-85%	00:44:58	SuperForza 3	
RECUPERO						04:00
8	105	04:00	75-80%	00:45:53	Recupero	Fine 00:49:50
DOPPIA CADENZA GAMBA SINGOLA						10:00
9-10	96	01:00	75-80%	00:50:06	Gamba DX 1	Fine 01:00:08
	48	01:00	75-80%	00:51:06	Gamba DX 1	
	96	00:40	70-80%	00:52:06	2 gambe	
	96	01:00	75-80%	00:52:46	Gamba SX 1	
	48	01:00	75-80%	00:53:46	Gamba SX 1	
	96	00:40	70-80%	00:54:45	2 gambe	
	96	01:00	75-80%	00:55:27	Gamba DX 2	
	48	01:00	75-80%	00:56:28	Gamba DX 2	
	96	00:40	70-80%	00:57:28	2 gambe	
	96	01:00	75-80%	00:58:08	Gamba SX 2	
	48	01:00	75-80%	00:59:08	Gamba SX 2	
RECUPERO						03:00
11	110	03:00	70-80%	01:00:19	Recupero	Fine 01:03:17
SUPERFORZA						04:00
12	<45	00:45	80-85%	01:03:30	SuperForza 1	
	90	02:00	70-80%	01:04:23	Recupero 1 - agilità	
	<45	00:45	80-85%	01:06:32	SuperForza 2	Fine 01:07:46
	90	00:30	70-80%	01:07:17	Recupero 2 - agilità	

SFRD SUI PEDALI							04:00
13	55	04:00	80-90%	01:08:03	Sui Pedali Aumento Progress.		Fine 01:12:07
PIANURA							02:00
14	115	02:00	75%	01:12:24	Defaticamento		Fine 01:14:17
DEFATICAMENTO							06:00
15	100	06:00	65-75%	01:14:27	Defaticamento		Fine 01:20:54