

LEZIONE N.8
SCHOOL

N. Trk	Rpm	Durata	% FC	Timer	Lavoro	Note/Durata
1	105	07:30	65-75%	00:00:00	Riscaldamento	14:00
2	114	06:30	65-75%	00:07:25	Riscaldamento	Fine 00:14:15
SFR CRESCENTE						10:40
3	40	02:30	75 -85%	00:14:24	SFR 2 gambe 1	Fine 00:25:22
	42	02:40	80-85%	00:17:01	SFR 2 gambe 2	
	45	02:40	80-85%	00:19:45	SFR 2 gambe 3	
	50	02:50	85- 90 %	00:22:34	SFR 2 gambe 4	
RECUPERO						02:30
4	110	02:30	65-70%	00:25:45	Recupero	Fine 00:28:32
SFR GAMBE ALTERNATE						08:10
5	40	01:00	75-85%	00:28:42	SFR Gamba Dx 1	Fine 00:37:20
	40	01:00	75-85%	00:29:43	SFR Gamba Sx 1	
	40	01:00	75-85%	00:30:43	SFR Gamba Dx 2	
	40	01:00	75-85%	00:31:43	SFR Gamba Sx 2	
6	45	00:10	75-85%	00:32:45	Cambio	
	45	01:00	75-85%	00:33:05	SFR Gamba Dx 3	
	45	01:00	75-85%	00:34:08	SFR Gamba Sx 3	
	45	01:00	75-85%	00:35:12	SFR Gamba Dx 4	
	45	01:00	75-85%	00:36:16	SFR Gamba Sx 4	
RECUPERO						04:00
7	114	04:00	70-80%	00:37:50	Recupero	Fine 00:41:50
SUPERFORZA						05:30
8	<45	00:30	80-85%	00:42:12	SuperForza 1	Fine 00:47:43
	90	02:30	70-80%	00:42:45	Recupero 1 - agilità	
	<45	00:30	80-85%	00:45:14	SuperForza 2	
	90	01:30	70-80%	00:45:46	Recupero - agilità	
	<45	00:30	80-85%	00:47:11	SuperForza 3	
RECUPERO						04:00
9	120	04:00	70-85%	00:48:03	Recupero	Fine 00:51:56
SFR GAMBE ALTERNATE						07:40
10	40	02:10	75-85%	00:52:29	SFR 2 gambe	Fine 01:00:23
	40	01:00	75-85%	00:53:46	SFR Gamba Dx	
	40	03:30	75-85%	00:56:53	SFR 2 gambe	
	40	01:00	75-85%	00:59:23	SFR Gamba Sx	
RECUPERO						03:00
11	114	03:00	70-85%	01:00:35	Recupero	Fine 01:03:31
SFDR						04:00
12	50	01:00	75-80%	01:03:36	SFR Seduto	Fine 01:07:30
	50	03:00	75-85%	01:04:38	SFR in piedi aument. resistenza	
DEFATICAMENTO						06:00
13	105	06:00	65-75%	01:08:03	Defaticamento	Fine 01:13:57