

Planilha de Corrida para Maratona									
Eu Corredor de Rua									
Ativa	Segunda-feira	Terça-feira	Quarta-feira	Quinta-feira	Sexta-feira	Sábado	Domingo		
Rotina	Descanso + Musculação	Treino Livre / Ladeiras	Velocidade	Treino Leve + Musculação	Treino de Ritmo	Treino Leve / Trefo	Longão		
Semana 1	Musculação	10 km	10 x 800 m	7x + Musculação	10 km	13 km	18x (Longo)	Ritmo	Tempo
Semana 2	Musculação	11 km	8 x 7x	8x + Musculação	11 km	14 km	19x (Marat)	Treino leve	5:15 a 5:30
Semana 3	Musculação	12 km	14x Fartlek	7x + Musculação	12 km	15 km	22x (Longo)	Treino livre	4:20 a 4:30
Semana 4	Musculação	12 km	5 x 2x	8x + Musculação	12 km	16 km	20x (Marat) / Prova	Longão	4:40 a 4:50
Semana 5	Musculação	14 km	13x 800	7x + Musculação	14 km	17 km	26x (Longo)	Treino de Ritmo	4:17 a 4:26
Semana 6	Musculação	15 km	5 x 2x	9x + Musculação	15 km	18 km	23x (Marat)	Ritmo Maratona	4:32 a 4:44
Semana 7	Musculação	16 km	10x Fartlek	8x + Musculação	16 km	17 km	30x (Longo)	Treio 1000m	3:48 a 3:56
Semana 8	Musculação	18 km	10 x 7x	9x + Musculação	17 km	18 km	34x (Marat) / Prova	Treio 2000m	7:00 a 8:00
Semana 9	Musculação	18 km	13x 800	7x + Musculação	18 km	17 km	32x (Longo)		
Semana 10	Musculação	18 km	11 x 7x	9x + Musculação	18 km	18 km	29x(Marat)		
Semana 11	Musculação	17 km	10x Fartlek	8x + Musculação	18 km	17 km	31x (Longo)		
Semana 12	Musculação	18 km	11 x 7x	9x + Musculação	18 km	18 km	27x (Marat) / Prova		
Semana 13	Musculação	17 km	10x Fartlek	8x + Musculação	18 km	17 km	34x (Longo)		
Semana 14	Musculação	17 km	10 x 7x	9x + Musculação	18 km	18 km	29x (Marat)		
Semana 15	Musculação	13 km	10x Fartlek	8x + Musculação	14 km	15 km	25x (Marat)		
Semana 16	Musculação	total 13 km	total 13 km	Musculação leve	total 11 km	total 8 km	MARATONA		

Guia Para Correr Meia Maratona Incluindo Duas Planilhas

TD Snyder



Guia Para Correr Meia Maratona Incluindo Duas Planilhas:

Guia Para Correr Meia Maratona Incluindo Duas Planilhas Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Guia Para Correr Meia Maratona Incluindo Duas Planilhas**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

http://www.armchairempire.com/public/scholarship/Documents/holman_concise_topical_concordance.pdf

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