

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 / Trete	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	3:40 a 3:50	
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

**Robert R. Redfield**



## **Guia Para Correr Meia Maratona Incluindo Duas Planilhas:**

## Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Guia Para Correr Meia Maratona Incluindo Duas Planilhas**

In a global inundated with monitors and the cacophony of instant conversation, the profound power and emotional resonance of verbal beauty frequently fade in to obscurity, eclipsed by the constant barrage of noise and distractions. Yet, set within the lyrical pages of **Guia Para Correr Meia Maratona Incluindo Duas Planilhas**, a interesting perform of fictional brilliance that pulses with fresh emotions, lies an unforgettable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus instructions readers on a psychological odyssey, delicately revealing the latent possible and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is key subjects, dissect its captivating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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