

Dal	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica	Al
03/08							1:30' CL	09/08
10/08	R	1:00' CL + AL 5x100m	R	20' CL + 30' CM/RM	30' CL + 3x5' CV REC 5' CL	R	1:00' da CL a CM collinare	16/08
17/08	R	1:00' CL + AL 5x100m	R	20' CL + 20' CM/RM + 20' CL	30' CL + 4x5' CV REC 5' CL	R	1:40' CL + AL 7-8x100m	23/08
24/08	30' CL + AL 5x100m	R	20' CL + 4x5' CV REC 5' CL	1:00' CL + AL 5x100m	R	1:00' CL	1:15' da CL a CM collinare	30/08
31/08	R	30' CL + AL 5x100m	R	20' CL + 20' CM/RM	R	30' CL + AL 5x100m	1:50' CL	06/09
07/09	50' CL + AL 7-8x100m	R	30' CL + 30' RM	1:25' CL + AL 7-8x100m	R	20' CL + 20' PR a piacere	2:00' CL collinare leggero	13/09
14/09	R	1:00' CL + AL 5x100m	25' CL + 45'/50' RM	R	1:15' CL + AL 7-8x100m	40' CL + 15' CM + 10' CL + 15' CM	40' CL + AL a piacere	20/09
21/09	R	30' CL + 1:00' RM	50'-1:00' CL + AL 4-6x100m	40' CL + 20' CM + 10' CL + 20' CM	R	15' CL + 1:00' RM	2:20' CL	27/09
28/09	30' CL + AL 4-5x100m	R	30' CL + 30' RM	R	1:00' CL + AL 5x100m	R	1:00' CL collinare leggero	04/10
05/10	30' CL + AL 7-8x100m	R	30' CL + 45' RM	1:00' CL + AL 5x100m	R	30' CL + 25' CM + 10' CL + 20' CM	2:40' CL	11/10
12/10	30'-40' CL + AL 5-6x100m	R	20' CL + 1:10' RM	30'-40' CL + AL 5-6x100m	R	2:45'-3:00' CL	30'-40' CL a piacere	18/10
19/10	R	40'-50' CL + AL 5-6x100m	R	20'-30' CL + 15' CM/RM a piacere	R	20'-30' CL + AL 3-5x100m	MARATONA	25/10