

segunda-feira 3-ago Min Km	terça-feira 4-ago Min Km	quarta-feira 5-ago Min Km	quinta-feira 6-ago Min Km	sexta-feira 7-ago Min Km	sábado 8-ago Min Km	domingo 9-ago Min Km	
BAND MASTER 6:00	Aqc.Geral Mob. 00:10	Aqc.Geral Mobilidade 00:15	Aqc.Geral Mobilidade 00:15	Aqc.Geral Mobilidade 00:15	Aqc. Geral Mobilida 00:10		171:21:00
	Aqc. Geral CORE 00:10	Aqc. Téc. Remo 00:30 5	Aqc. Téc. Remo 00:30 3	Aqc. Téc. Remo 00:30 5	Aqc. Téc. Remo 00:30 3		156:31:00 8:03:00
	MUSCULAÇÃO FORÇA 4AB 3 X 5 Mov 01:00	B1 REMO 18/20Rpm 01:10 10	B4 - 85-95% #N/D 4 X5min 28/32 rpm 00:30 8 Rec ATIVA 4min 00:08	B1 REMO 18/20Rpm 01:10 10	BAND INDOOR		750Km/ano 47Km/mês 47Km/sem
	Remoergometro 00:15 Aqc. 5min 5 X 15"/30" 105% a 110%	Volta a calma 00:10 1	Volta a calma 00:15 1	Volta a calma 00:10 1			Realizado 0Km/ano 0Km/mês 0Km/sem
00:00 0	01:35 0	02:05 16	01:38 12	02:05 16	00:40 3	00:00 0	

segunda-feira #### Min Km	terça-feira 11-ago Min Km	quarta-feira 12-ago Min Km	quinta-feira 13-ago Min Km	sexta-feira 14-ago Min Km	sábado 15-ago Min Km	domingo 16-ago Min Km	
BAND MASTER 6:00	Aqc.Geral Mob. 00:10	Aqc.Geral Mobilidade 00:15	Aqc.Geral Mob. 00:10	Aqc.Geral Mobilidade 00:15	Aqc.Geral Mobilidad 00:15		181:26:00
	Aqc. Geral MOB. 00:10	Aqc. CORE 00:15 Aqc. Téc. Remo 00:30 5	Aqc. Geral MOB. 00:10	Aqc. Téc. Remo 00:30 5	Aqc. CORE 00:15 Aqc. Téc. Remo 00:30 3		18:08:00 10:05:00
	FORÇA MÁXIMA 8 / 7 / 6 / 5 / 4 60/65/70/75/80% 01:20	B2 - 70% a 80% 75 a 80% Vel. #N/D 3 X 2km 20/22 rpm 00:30 6 Rec PASSIVA 3 min 00:15	FORÇA MÁXIMA 8 / 7 / 6 / 5 / 4 60/65/70/75/80% 01:20	B1 REMO 18/20Rpm 01:10 10	B2 162 2 X 4km 20/22 rpm 00:40 8 Rec passiva 5 min 00:05		792Km/ano 89Km/mês 42Km/sem
	Remoergometro 00:20 Aqc. 5min 6 X 15"/30" MÁX	Volta a calma 00:15 3	Remoergometro 00:20 Aqc. 5min 6 X 15"/30" MÁX	Volta a calma 00:10 1	Volta a calma 00:15 1		Realizado 0Km/ano 0Km/mês 0Km/sem
00:00 0	02:00 0	02:00 14	02:00 0	02:05 16	02:00 12	00:00 0	

segunda-feira #### Min Km	terça-feira 18-ago Min Km	quarta-feira 19-ago Min Km	quinta-feira 20-ago Min Km	sexta-feira 21-ago Min Km	sábado 22-ago Min Km	domingo 23-ago Min Km	
BAND MASTER 6:00	Aqc.Geral Mob. 00:10	Aqc.Geral Mobilidade 00:15	Aqc.Geral Mob. 00:10	Aqc.Geral Mob. 00:10	Aqc.Geral Mobilidad 00:15		190:26:00
	Aqc. Geral MOB. 00:10	Aqc. Téc. Remo 00:30 3	Aqc. Geral MOB. 00:10	Aqc. Téc. Remo 00:30 3	Aqc. CORE 00:15 Aqc. Téc. Remo 00:30 3		19:05:00 9:00:00
	FORÇA MÁXIMA 8 / 7 / 6 / 5 / 4 60/65/70/75/80% 01:20	B2 - 70% a 80% 75 a 80% Vel. #N/D 1 X 6km 20/22 rpm 00:30 6	FORÇA MÁXIMA 8 / 7 / 6 / 5 / 4 60/65/70/75/80% 01:20	B1 - 60% a 70% REMO 18/20Rpm 01:00 8 12 a 16km	B2 162 2 X 4km 20/22 rpm 00:40 8 Rec passiva 5 min 00:05		828Km/ano 125Km/mês 36Km/sem
	Remoergometro 00:20 Aqc. 5min 6 X 15"/30" MÁX	Volta a calma 00:15 3		Volta a calma 00:10 1	Volta a calma 00:15 1		Realizado 0Km/ano 0Km/mês 0Km/sem
00:00 0	02:00 0	01:30 12	01:40 0	01:50 12	02:00 12	00:00 0	

segunda-feira #### Min Km	terça-feira 25-ago Min Km	quarta-feira 26-ago Min Km	quinta-feira 27-ago Min Km	sexta-feira 28-ago Min Km	sábado 29-ago Min Km	domingo 30-ago Min Km	
BAND MASTER 6:00	Aqc.Geral Mob. 00:10	Aqc.Geral Mob. 00:10		Aqc.Geral Mobilidade 00:15	Aqc.Geral Mob. 00:10		197:51:00
	Aqc. Geral MOB. 00:10	Aqc. Téc. Remo 00:30 3		Aqc. Téc. Remo 00:30 5	Aqc. Téc. Remo 00:30 5		16:25:00 7:25:00
	FORÇA MÁXIMA 8 / 7 / 6 / 5 / 4 60/65/70/75/80% 01:20	B1 - 60% a 70% REMO 18/20Rpm 01:00 8 12 a 16km	SEM TREINO	B2 - 70% a 80% 75 a 80% Vel. #N/D 4 X 2km 20/22 rpm 00:40 8 Rec PASSIVA 2 min 00:05	B1 - 60% a 70% REMO 18/20Rpm 01:00 8 12 a 16km		872Km/ano 169Km/mês 44Km/sem
	Remoergometro 00:20 Aqc. 5min 6 X 15"/30" MÁX	Volta a calma 00:10 1		Volta a calma 00:15 3	Volta a calma 00:10 3		Realizado 0Km/ano 0Km/mês 0Km/sem
00:00 0	02:00 0	01:50 12	00:00 0	01:45 16	01:50 16	00:00 0	