PROGRAMMA DI ALLENAMENTO:

STEP 0	WALK 25'											TOT 25'
STEP 1	WARM 5'	RUN 1'	WALK 5'	RUN 1'	WALK 5'	RUN 1'	WALK 5'	STRETCH 2'				TOT 25'
STEP 2	WARM 5'	RUN 2'	WALK 5'	RUN 2'	WALK 5'	RUN 2'	WALK 5'	RUN 2'	STRETCH 2'			TOT 30'
STEP 3	WARM 5'	RUN 3'	WALK 5'	RUN 3'	WALK 5'	RUN 3'	WALK 5'	RUN 3'	STRETCH 2'			TOT 34'
STEP 4	WARM 5'	RUN 4'	WALK 4'	RUN 4'	WALK 4'	RUN 4'	WALK 4'	RUN 4'	STRETCH 2'			TOT 35'
STEP 5	WARM 5'	RUN 5'	WALK 3'	RUN 5'	WALK 3'	RUN 5'	WALK 3'	RUN 5'	COULD DOWN 1'	POWER A 1'	STRETCH 1'	TOT 37'
STEP 6	WARM 5'	RUN 6'	WALK 2'	RUN 6'	WALK 2'	RUN 6'	WALK 2'	RUN 6'	COULD DOWN 1'	POWER B 1'	STRETCH 1'	TOT 38'
STEP 7	WARM 5'	RUN 7'	WALK 1'	RUN 7'	WALK 1'	RUN 7'	WALK 1'	RUN 7'	COULD DOWN 1'	POWER C 1'	STRETCH 1'	TOT 39'
STEP 8	WARM 5'	RUN 14'			WALK 3'	RUN 14'			COULD DOWN 1'	POWER D 1'	STRETCH 1'	TOT 39'
STEP 9	WARM 5'	RUN 15'			WALK 1'	RUN 15'			COULD DOWN 1'	SPEED 1'	STRETCH 1'	TOT 39'
STEP 10	WARM 5'	RUN 30'							STRETCH 2'			TOT 37'