

# 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'	STRETCH 2'			TOT 25'	
STEP 2	WARM 5'	RUN 2'	WALK 5'	RUN 2'	WALK 5'	RUN 2'	WALK 5'	RUN 2'	STRETCH 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'	STRETCH 2'	TOT 34'		
STEP 4	WARM 5'	RUN 4'	WALK 4'	RUN 4'	WALK 4'	RUN 4'	WALK 4'	RUN 4'	STRETCH 2'	STRETCH 2'	TOT 35'		
STEP 5	WARM 5'	RUN 5'	WALK 3'	RUN 5'	WALK 3'	RUN 5'	WALK 3'	RUN 5'	COOL DOWN 1'	POWER 1'	STRETCH 1'	TOT 37'	
STEP 6	WARM 5'	RUN 6'	WALK 2'	RUN 6'	WALK 2'	RUN 6'	WALK 2'	RUN 6'	COOL DOWN 1'	POWER 1'	STRETCH 1'	TOT 38'	
STEP 7	WARM 5'	RUN 7'	WALK 1'	RUN 7'	WALK 1'	RUN 7'	WALK 1'	RUN 7'	COOL DOWN 1'	POWER 1'	STRETCH 1'	TOT 39'	
STEP 8	WARM 5'	RUN 14'	WALK 3'	RUN 14'	WALK 3'	RUN 14'	WALK 3'	RUN 14'	COOL DOWN 1'	POWER 1'	STRETCH 1'	TOT 39'	
STEP 9	WARM 5'	RUN 15'	WALK 1'	RUN 15'	WALK 1'	RUN 15'	WALK 1'	RUN 15'	COOL DOWN 1'	SPEED 1'	STRETCH 1'	TOT 39'	
STEP 10	WARM 5'	RUN 30'										STRETCH 2'	TOT 37'



**PER OGNI SESSIONE SETTIMANALE ALTERNANRE POWER A B C D**