

GET STARTED

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
1^a Semana	(3x) 5' MR + 5' CL Volume: 30 min	Descanso	(4x) 5' MR + 5' CL Volume: 40 min	Descanso	(5x) 5' MR + 5' CL Volume: 50 min	30 min MR + 5 min CL	
2^a Semana	(5x) 5' MR + 5' CL Volume: 50 min	Descanso	(5x) 5' MR + 5' CL Volume: 50 min	Descanso	(5x) 5' MR + 5' CL Volume: 50 min	40 min MR + 5 min CL	
3^a Semana	(4x) 4' MR + 8' CL Volume: 48 min	(4x) 4' MR + 8' CL Volume: 48 min	Descanso	(4x) 4' MR + 10' CL Volume: 56 min	(4x) 4' MR + 10' CL Volume: 56 min	40 min MR + 10 min CL	
4^a Semana	(4x) 4' MR + 10' CL Volume: 56 min	(4x) 4' MR + 10' CL Volume: 56 min	Descanso	(4x) 4' MR + 15' CL Volume: 60 min	(4x) 4' MR + 15' CL Volume: 60 min	50 min MR + 10 min CL	

MR | Marcha Rápida

CL | Corrida Lenta



we believe you can fly