

Marti 14: *Warm up - 20' jogging(5' usor si 5' aproximativ 70% HR-1Km), mobilitate si stretching

*Strenght - 2/3 exercitii de forta si prevenire accidentarilor

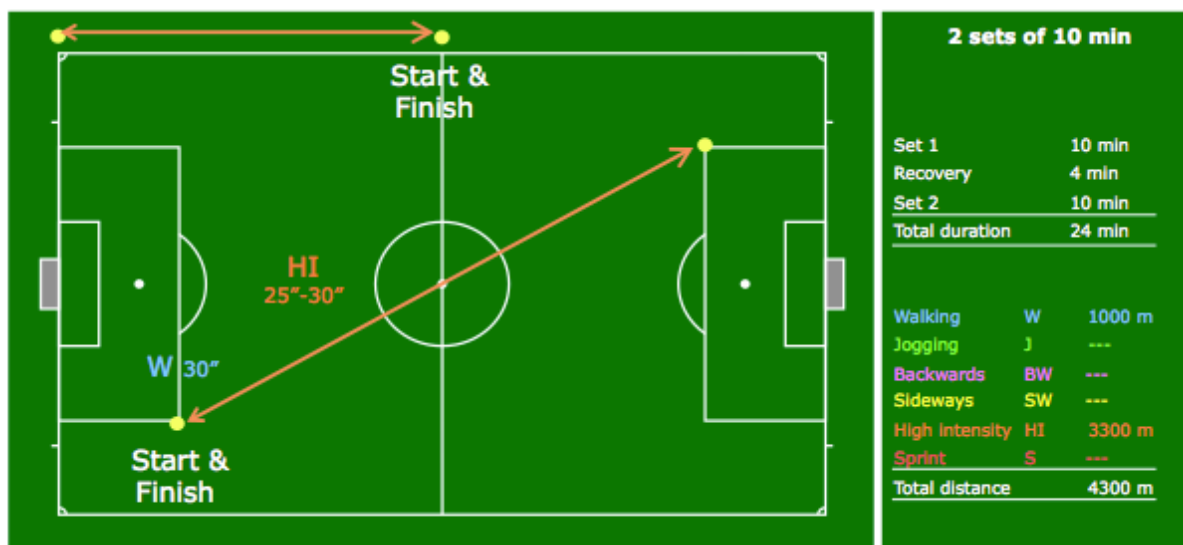
*High Int. - Set 1: 30" alergare la intensitate de 90% HR si 30" revenire(10 bucati)

- 4' pauza

- Set 2: 30" alergare la intensitate de 90% HR si 30" revenire(10 bucati)

- Exerciitiul are o durata de 24' (Set 1 10' + pauza 4' + Set 2 10')

- 3300m reprezinta cele 20 bucati = 165m/1buc/30"



*Cool down - 5' jogging si 10' stretching static