

PLANO DE TREINO PARA MARATONA

DIA DA SEMANA	ATIVIDADE
SEG	<i>Descanso ou corrida leve</i>
TER	<i>Treino intervalado (Speed work)</i>
QUA	<i>Corrida moderada (8-12 km)</i>
QUI	<i>Treino de ritmo (Tempo run)</i>
SEX	<i>Corrida leve (5-8 km soltinho)</i>
SÁB	<i>Longão (+10% por semana até 35 km)</i>
DOM	<i>Treino alternativo ou descanso ativo</i>

Guia Para Correr Meia Maratona Incluindo Duas Planilhas

A Loxley



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