

## In detail every table shows :

Training n° : indicates the serial number of the training session;

Sess. (n/n) : indicates the position of session in the microcycle (compared to total sessions of the microcycle);

Mic.(n/n) : indicates in which microcycle is the session in vision (compared to the total microcycle);

Exercise : the exercise denomination;

Mode : the distance to cover in [m] (the time is indicated under the heading Load

Comm. : the commitment ( or rhythm ) to maintain during the running , calculated as time on km indicated in minutes (') and seconds (")

(example : 7'30" indicates that during the whole exercise should be kept a pace of 7 min. and 30 sec. per km)

Un. : the measurement unit with which the Load is defined

Load : the time in which the exercise must be carried out

Rps : (Repetitions) how many times the exercise must be repeated

S. : (Speed) the speed in km/h to which the exercise must be performed

Rec. : (Recovery) the time that you should wait between a number of series (or repetition) and the subsequent

Set : (Set) the number of groups of repetitions to be performed for each exercise

Break : the recommended time to wait after finishing an exercise before starting the next

Str. : (Stretching) stretching exercises that can be combined , in recovery or in break , to each exercise

## Attention: Before starting any exercise program

\* 1 - refer to the information form located at [www.sport-sys.com/informativa.aspx](http://www.sport-sys.com/informativa.aspx) pages;

\* 2 - submit you to thorough physical examination;

\* 3 - ask, and perform a cardiac stress evaluation;

\* 4 - do not give up your program to another person;

\* 5 - Perform training with heart rate monitor;

**\* 6 - Slow down if you exceed your heart rate of 128 ;**

\* 7 - Not persist until the end of the training session, if you consider the state of fatigue ( that may have occurred ) excessive and persistent. If this were repeated for several times (2 or 3) , report it to [Sport-sys.com](http://Sport-sys.com) that will change the program;

\* 8 - If training is not completed , it is advisable to repeat it before moving on to next training;

\* Following this , the [sport-sys.com](http://sport-sys.com) not be held responsible for any harm resulting from use of inappropriate training programs.

Training N° 1/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m600	12'00"	T	0:07:12	1	03.00	5,00	1	03.00	23-25
111 - Fast walk		m 200	10'00"	T	0:02:00:8	1	01.00	6,00	1	01.00	23-25
112 - Jogging		m 100	8'27"	T	0:00:50:9	1	00.45	7,10	3	01.00	23-25
111 - Fast walk		m 400	10'00"	T	0:04:01:5	1	01.00	6,00	1	01.00	23-25
110 - Walk		m800	12'00"	T	0:09:36	1	03.00	5.00	1	03.00	23-25

Total time: 0:16:05 - Total meters: 2300 - Total kg: 0 - kCal: 86,45 - g: 9,61 - Vo2: 21,80

Training N° 2/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m600	12'00"	T	0:07:12	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	10'00"	T	0:02:00:8	2	01.00	6,00	1	01.00	23-25
112 - Jogging		m 100	8'27"	T	0:00:50:9	1	00.45	7,10	3	01.00	23-25
111 - Fast walk		m 400	10'00"	T	0:04:01:5	2	01.00	6,00	1	01.00	23-25
110 - Walk		m800	12'00"	T	0:09:36	1	03.00	5.00	1	03.00	23-25

Total time: 0:22:07 - Total meters: 2900 - Total kg: 0 - kCal: 128,57 - g: 14,29 - Vo2: 22,21

Training N° 3/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m600	12'00"	T	0:07:12	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	10'00"	T	0:02:00:8	3	01.00	6,00	1	01.00	23-25
112 - Jogging		m 100	8'27"	T	0:00:50:9	1	00.45	7,10	3	01.00	23-25
111 - Fast walk		m 400	10'00"	T	0:04:01:5	3	01.00	6,00	1	01.00	23-25
110 - Walk		m800	12'00"	T	0:09:36	1	03.00	5.00	1	03.00	23-25

Total time: 0:28:09 - Total meters: 3500 - Total kg: 0 - kCal: 170,68 - g: 18,96 - Vo2: 22,49

Training N° 4/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m600	12'00"	T	0:07:12	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	10'00"	T	0:02:00:8	4	01.00	6,00	1	01.00	23-25
112 - Jogging		m 100	8'27"	T	0:00:50:9	1	00.45	7,10	3	01.00	23-25
111 - Fast walk		m 400	10'00"	T	0:04:01:5	4	01.00	6,00	1	01.00	23-25
110 - Walk		m800	12'00"	T	0:09:36	1	03.00	5.00	1	03.00	23-25

Total time: 0:34:11 - Total meters: 4100 - Total kg: 0 - kCal: 212,80 - g: 23,64 - Vo2: 22,69

Training N° 5/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m642	12'00"	T	0:07:42	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	9'41"	T	0:01:56:2	1	01.00	6,20	1	01.00	23-25
112 - Jogging		m 100	8'13"	T	0:00:49:4	1	00.45	7,30	3	01.00	23-25

111 - Fast walk		m 400	9'41"	T	0:03:52:3	1	01.00	6,20	1	01.00	23-25
110 - Walk		m856	12'00"	T	0:10:16	1	03.00	5.00	1	03.00	23-25

Total time: 0:15:46 - Total meters: 2398 - Total kg: 0 - kCal: 86,44 - g: 9,60 - Vo2: 21,94

Training N° 6/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m642	12'00"	T	0:07:42	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	9'41"	T	0:01:56:2	2	01.00	6,20	1	01.00	23-25
112 - Jogging		m 100	8'13"	T	0:00:49:4	1	00.45	7,30	3	01.00	23-25
111 - Fast walk		m 400	9'41"	T	0:03:52:3	2	01.00	6,20	1	01.00	23-25
110 - Walk		m856	12'00"	T	0:10:16	1	03.00	5.00	1	03.00	23-25

Total time: 0:21:35 - Total meters: 2998 - Total kg: 0 - kCal: 128,40 - g: 14,27 - Vo2: 22,47

Training N° 7/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m642	12'00"	T	0:07:42	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	9'41"	T	0:01:56:2	3	01.00	6,20	1	01.00	23-25
112 - Jogging		m 100	8'13"	T	0:00:49:4	1	00.45	7,30	3	01.00	23-25
111 - Fast walk		m 400	9'41"	T	0:03:52:3	3	01.00	6,20	1	01.00	23-25
110 - Walk		m856	12'00"	T	0:10:16	1	03.00	5.00	1	03.00	23-25

Total time: 0:27:23 - Total meters: 3598 - Total kg: 0 - kCal: 170,35 - g: 18,93 - Vo2: 22,83

Training N° 8/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m642	12'00"	T	0:07:42	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	9'41"	T	0:01:56:2	4	01.00	6,20	1	01.00	23-25
112 - Jogging		m 100	8'13"	T	0:00:49:4	1	00.45	7,30	3	01.00	23-25
111 - Fast walk		m 400	9'41"	T	0:03:52:3	4	01.00	6,20	1	01.00	23-25
110 - Walk		m856	12'00"	T	0:10:16	1	03.00	5.00	1	03.00	23-25

Total time: 0:33:12 - Total meters: 4198 - Total kg: 0 - kCal: 212,30 - g: 23,59 - Vo2: 23,09

Training N° 9/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m684	12'00"	T	0:08:12	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	9'14"	T	0:01:51:6	1	01.00	6,50	1	01.00	23-25
112 - Jogging		m 100	8'00"	T	0:00:48:0	1	00.45	7,50	3	01.00	23-25
111 - Fast walk		m 400	9'14"	T	0:03:43:1	1	01.00	6,50	1	01.00	23-25
110 - Walk		m912	12'00"	T	0:10:57	1	03.00	5.00	1	03.00	23-25

Total time: 0:15:28 - Total meters: 2496 - Total kg: 0 - kCal: 86,84 - g: 9,65 - Vo2: 22,09

Training N° 10/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m684	12'00"	T	0:08:12	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	9'14"	T	0:01:51:6	2	01.00	6,50	1	01.00	23-25
112 - Jogging		m 100	8'00"	T	0:00:48:0	1	00.45	7,50	3	01.00	23-25
111 - Fast walk		m 400	9'14"	T	0:03:43:1	2	01.00	6,50	1	01.00	23-25
110 - Walk		m912	12'00"	T	0:10:57	1	03.00	5.00	1	03.00	23-25

Total time: 0:21:03 - Total meters: 3096 - Total kg: 0 - kCal: 129,05 - g: 14,34 - Vo2: 22,73

Training N° 11/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m684	12'00"	T	0:08:12	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	9'14"	T	0:01:51:6	3	01.00	6,50	1	01.00	23-25
112 - Jogging		m 100	8'00"	T	0:00:48:0	1	00.45	7,50	3	01.00	23-25
111 - Fast walk		m 400	9'14"	T	0:03:43:1	3	01.00	6,50	1	01.00	23-25
110 - Walk		m912	12'00"	T	0:10:57	1	03.00	5.00	1	03.00	23-25

Total time: 0:26:38 - Total meters: 3696 - Total kg: 0 - kCal: 171,27 - g: 19,03 - Vo2: 23,19

Training N° 12/ 12 - Mr: Exemple Restart - I°fase

Exercise	Eqp.	Mode	Han.	UN	Load	Rps	Rec.	Speed	Set	Brk.	Stretch
110 - Walk		m684	12'00"	T	0:08:12	1	03.00	5.00	1	03.00	23-25
111 - Fast walk		m 200	9'14"	T	0:01:51:6	4	01.00	6,50	1	01.00	23-25
112 - Jogging		m 100	8'00"	T	0:00:48:0	1	00.45	7,50	3	01.00	23-25
111 - Fast walk		m 400	9'14"	T	0:03:43:1	4	01.00	6,50	1	01.00	23-25
110 - Walk		m912	12'00"	T	0:10:57	1	03.00	5.00	1	03.00	23-25

Total time: 0:32:12 - Total meters: 4296 - Total kg: 0 - kCal: 213,48 - g: 23,72 - Vo2: 23,53