

06/ago/2012	2^	speed on the course 5on5	LOOPS 90" CON 8 UP
07/ago/2012	3^	ACCADEMIA: CIRCUIT TRAINING 40KG.X20/25 REP.X5 SERIES	TECNICA CON VIDEO
08/ago/2012	4^	off	off
09/ago/2012	5^	ACCADEMIA: CIRCUIT TRAINING 40KG.X20/25 REP.X5 SERIES	LOOPS 60"ONX15"OFFX 3 SET ON THE COURSE
10/ago/2012	6^	SIMULATIION RACE 2 RUN QUALIFICATION RACE	TECNIC FREE
11/ago/2012	sabado	PSICOLOGO + football 90'	off
12/ago/2012	domingo	SIMULATION RACE SEMIF + FINAL	off
13/ago/2012	2^	TECNICA SU RECORIDO SEMIFINAL	LOOPS 120" A on the course 30" rest – 120" in flat water – rest x 6
14/ago/2012	3^	ACCADEMIA: CIRCUIT TRAINING 40KG.X20/25 REPX5 SERIES	CORRIDA TO CANAL + AEROBICO FREE CANAL
15/ago/2012	4^	TEST 2 UP + SPEED 5ON5	OFF
16/ago/2012	5^	ACCADEMIA: CIRCUIT TRAINING 40KG.X20/25 REPX5 SERIES	LOOPS 90" CON 8 UP
17/ago/2012	6^	SPEED 5ON 5 + FISIO	OFF
18/ago/2012	sabado	ACCADEMIA: POWER 8/12X5 SERIES + football 90'	TECNIC FREE
19/ago/2012	domingo	SIMULATION RACE SEMIF + FINAL	off – stretching –