

17/set/2012	2^	TECNICA A GRUPOS	Loops B – from start canal to bridge – 20" off – bridge to finish flat water
18/set/2012	3^	ACCADEMIA: PIRAMID 12/10/8/10/12	LACTATO 5X20"ONX10"OFFX 3/4 SERIE
19/set/2012	4^	SPEED 5ON 5 + FISIO	COURSE ON THE CANAL 50/60" X 6/8
20/set/2012	5^	ACCADEMIA: CIRCUIT TRAINING 40KG.X20/25 REPX5 SERIES	Loops 120" A on the course 30" rest – 120" in flat water – rest x 6
21/set/2012	6^	SPEED 5ON 5 + FISIO	LACTATO 5X20"ONX10"OFFX 3/4 SERIE
22/set/2012	sabado	ACCADEMIA FORZA 1 PIRAMID + FOOTBALL	OFF
23/set/2012	domingo	SIMULATION RACE	OFF
24/set/2012	2^	TECNICA A GRUPPI	Loops B – from start canal to bridge – 20" off – bridge to finish flat water
25/set/2012	3^	ACCADEMIA: PIRAMID 12/10/8/10/12	LACTATO 5X20"ONX10"OFFX 3/4 SERIE
26/set/2012	4^	SPEED 5ON 5 + FISIO	COURSE ON THE CANAL 50/60" X 6/8
27/set/2012	5^	ACCADEMIA: CIRCUIT TRAINING 40KG.X20/25 REPX5 SERIES	Loops 120" A on the course 30" rest – 120" in flat water – rest x 6
28/set/2012	6^	SPEED 5ON 5 + FISIO	LACTATO 5X20"ONX10"OFFX 3/4 SERIE
29/set/2012	sabado	ACCADEMIA FORZA 1 PIRAMID + FOOTBALL	OFF
30/set/2012	domingo	SIMULATION RACE	OFF
01/ott/2012	2^	OFF	TECNIC FREE
02/ott/2012	3^	ACCADEMIA: PIRAMID 12/10/8/10/12	LOOPS 120" A on the course 30" rest – 120" in flat water – rest x 6
03/ott/2012	4^	OFF	OFF
04/ott/2012	5^	ACCADEMIA: CIRCUIT TRAINING 40KG.X20/25 REPX5 SERIES	TECNIC FREE
05/ott/2012	6^	LACTATO 5X20"ONX10"OFFX 3/4 SERIE	COURSE ON THE CANAL 50/60" X 6/8
06/ott/2012	sabado	SPEED 5ON5	OFF
07/ott/2012	domingo	LACTATO 5X20"ONX10"OFFX 3/4 SERIE	OFF
08/ott/2012	2^	5 ON 5	LOOPS 90" CON 8 UP
09/ott/2012	3^	OFF	TECNIC FREE
10/ott/2012	4^	3 ON 3	OFF – VIAJAR
11/ott/2012	5^	PIRAJU	PIRAJU
12/ott/2012	6^	PIRAJU	PIRAJU
13/ott/2012	sabado	COPA BRASIL – PIRAJU	PIRAJU
14/ott/2012	domingo	PIRAJU	PIRAJU