

**09/01/2012 - LOOPS ON THE COURSE with TIME IN 3 GATES MAX SPEED - 8 RUNS - 10' REST + 8 RUNS time by Ettore Ivaldi**

|                  | 1     |   |            | 2     |   |            | 3     |   |            | 4     |   |            | 5     |   |            | 6    |   |            | 7     |   |            | 8     |   |            | total time | total | total time |
|------------------|-------|---|------------|-------|---|------------|-------|---|------------|-------|---|------------|-------|---|------------|------|---|------------|-------|---|------------|-------|---|------------|------------|-------|------------|
| name             | time  | p | total time | time  | p | total time | time  | p | total time | time  | p | total time | time  | p | total time | time | p | total time | time  | p | total time | time  | p | total time |            |       |            |
| PEDRO HENRIQUE   | 12,25 | 0 | 117        | 12,05 | 0 | 115        | 12,07 |   | 120        | 12,35 | 2 | 114        | 11,11 |   | 112        | 11,9 |   | 114        | 12,43 |   | 115        | 13,15 |   | 120        | 927        | 2     | 1858       |
|                  | 10,88 |   | 112        | 11,08 |   | 122        | 10,94 |   | 113        | 12,46 |   | 118        | 12,59 | 2 | 118        | 18,3 |   | 119        |       |   | 115        | 11,61 |   | 114        | 931        | 2     |            |
| FABIO SCHENA     | 14,04 | 2 | 122        | 12,13 |   | 121        | 11,98 |   | 118        | 14,04 | 2 | 125        | 12,03 | 2 | 117        | 12,9 |   | 118        | 13,41 |   | 122        | 12,70 |   | 118        | 961        | 6     | 1906       |
|                  | 11,97 |   | 119        | 11,79 |   | 115        | 13,17 |   | 115        | 13,60 |   | 121        | 12,06 |   | 118        | 13   |   | 117        |       |   | 122        | 14,21 |   | 118        | 945        | 0     |            |
| ANDERSON OLIVERA | 12,01 |   | 120        | 11,44 |   | 119        | 12,01 |   | 145        | 12,21 |   | 125        | 11,06 |   | 117        | 10,9 |   | 118        | 12,20 |   | 115        | 12,27 |   | 122        | 981        | 0     | 1940       |
|                  | 12,38 | 2 | 121        | 12,45 |   | 118        | 11,44 |   | 117        | 12,92 |   | 116        | 12,58 |   | 116        | 18,3 |   | 123        |       |   | 122        | 16,19 |   | 126        | 959        | 2     |            |
| TECO             | 11,39 |   | 116        | 11,20 |   | 114        | 12,38 |   | 122        | 14,69 | 2 | 119        | 12,40 |   | 116        | 10,9 | 2 | 116        | 13,29 |   | 119        | 20,10 |   | 126        | 948        | 4     | 1904       |
|                  | 12,45 |   | 122        | 11,74 |   | 120        | 12,62 |   | 117        | 12,63 |   | 119        | 12,11 |   | 120        | 12,7 |   | 119        | 12,94 |   | 120        | 13,31 |   | 119        | 956        | 0     |            |
| CASSIO           | 13,07 |   | 120        | 13,10 |   | 124        | 12,47 |   | 115        | 13,01 |   | 120        | 13,20 |   | 121        | 13,7 |   | 128        | 14,41 |   | 126        | 13,24 |   | 131        | 985        | 0     | 1999       |
|                  | 12,91 | 2 | 125        | 12,78 |   | 138        | 13,92 |   | 130        | 13,13 |   | 128        | 13,47 |   | 122        | 14,7 | 2 | 125        |       |   | 124        | 14,79 | 2 | 122        | 1014       | 6     |            |
| JOAO VITO        | 15,01 |   | 112        | 11,25 |   | 110        | 12,38 |   | 113        | 11,34 |   | 115        | 12,11 |   | 113        | 12,1 |   | 115        | 10,93 |   | 112        | 11,20 |   | 116        | 906        | 0     | 1825       |
|                  | 11,28 | 2 | 111        | 11,21 |   | 116        | 11,91 |   | 115        | 11,36 |   | 119        | 12,26 | 2 | 120        | 18,3 |   | 115        |       |   | 111        | 12,27 |   | 112        | 919        | 4     |            |

### C1 ONLY SPLIT TIME

[illegible]

| 11/01/2012 - SPEED ON THE COURSE time by Ettore Ivaldi                                |        |     |        |    |        |       |        |    |
|---------------------------------------------------------------------------------------|--------|-----|--------|----|--------|-------|--------|----|
|                                                                                       | 1      |     | 2      |    | 3      |       | 4      |    |
|                                                                                       | time   | p   | time   | p  | time   | p     | time   | p  |
| PEDRO                                                                                 | 26,95  |     | 25,77  |    | 26,81  | 4     | 28,50  |    |
|                                                                                       | 31,22  | 8   | 32,75  |    | 27,39  | 2     | 26,61  | 2  |
|                                                                                       | 20,03  |     | 17,95  |    | 28,72  |       | 18,62  |    |
|                                                                                       | 26,34  |     | 29,51  | 4  | 31,30  | 2     | 26,73  |    |
|                                                                                       | 26,96  |     | 28,44  | 4  | 27,73  | 50    | 27,32  | 2  |
|                                                                                       | 131,5  | 8   | 134,42 | 8  | 141,95 | 58    | 127,78 | 4  |
| FABIO                                                                                 | 25,90  | 2   | 26,46  | 2  | 25,80  |       | 25,63  |    |
|                                                                                       | 42,56  | 2   | 36,36  | 52 | 27,22  |       | 27,15  |    |
|                                                                                       | 19,87  |     | 18,28  |    | 21,78  |       | 18,60  |    |
|                                                                                       | 27,73  |     | 26,90  |    | 28,10  |       | 26,85  | 4  |
|                                                                                       | 26,61  |     | 29,84  | 2  | 29,11  |       | 27,62  |    |
|                                                                                       | 142,67 | 4   | 137,84 | 56 | 132,01 | 0     | 125,85 | 4  |
| ANDERSON                                                                              | 26,22  |     | 26,96  | 4  | 26,06  |       | 25,94  |    |
|                                                                                       | 30,33  | 50  | 28,32  | 50 | 28,17  |       | 27,11  |    |
|                                                                                       | 24,88  |     | 19,68  | 2  | 20,38  | 2     | 18,20  | 2  |
|                                                                                       | 28,87  | 2   | 28,3   | 4  | 27,57  | 2     | 27,83  |    |
|                                                                                       | 28,02  |     | 29,07  |    | 26,56  | 4     | 28,56  |    |
|                                                                                       | 138,32 | 52  | 132,33 | 60 | 128,74 | 8     | 127,64 | 2  |
| TECO                                                                                  | 25,35  |     | 26,36  | 4  | 25,47  |       | 26,27  |    |
|                                                                                       | 27,20  |     | 29,17  | 4  | 28,13  | 52    | 27,64  | 2  |
|                                                                                       | 21,97  |     | 17,31  |    | 20,97  |       | 20,58  |    |
|                                                                                       | 36,48  | 2   | 27,23  |    | 27,77  |       | 26,42  | 2  |
|                                                                                       | 27,43  | 6   | 27,95  | 2  | 30,16  | 2     | 27,56  |    |
|                                                                                       | 138,43 | 8   | 128,02 | 10 | 132,5  | 54    | 128,47 | 4  |
| JOAO                                                                                  | 26,57  |     | 24,24  |    | 24,26  |       | 23,91  |    |
|                                                                                       | 28,81  | 50  | 28,71  | 2  | 26,60  | 2     | 26,90  | 2  |
|                                                                                       | 19,10  |     | 18,01  |    | 21,95  |       | 18,90  |    |
|                                                                                       | 26,76  |     | 26,69  |    | 27,94  | 52    | 27,65  | 2  |
|                                                                                       | 27,52  | 54  | 26,83  |    | 27,63  |       | 29,63  |    |
|                                                                                       | 128,76 | 104 | 124,48 | 2  | 128,38 | 54,00 | 126,99 | 4  |
| GUSTAVO                                                                               | 26,09  |     | 25,82  |    | 25,38  | 2     | 25,69  | 4  |
|                                                                                       | 28,21  |     | 29,01  |    | 27,5   | 52    | 28,2   | 2  |
|                                                                                       | 18,06  |     | 25,05  |    | 17,17  |       | 19,03  |    |
|                                                                                       | 27,65  | 2   | 27,19  | 2  | 27,39  |       | 27,46  | 6  |
|                                                                                       | 27,46  | 4   | 29,37  | 2  | 27,74  | 2     | 27,73  |    |
|                                                                                       | 127,47 | 6   | 136,44 | 4  | 125,18 | 56    | 128,11 | 12 |
|                                                                                       |        |     |        |    |        |       |        |    |
|                                                                                       |        |     |        |    |        |       |        |    |
|                                                                                       |        |     |        |    |        |       |        |    |
| 11/01/2012 - SPEED ON THE COURSE time by Ettore Ivaldi course 3 different with k1 men |        |     |        |    |        |       |        |    |
|                                                                                       | 1      |     | 2      |    | 3      |       | 4      |    |
|                                                                                       | time   | p   | time   | p  | time   | p     | time   | p  |
| CASSIO                                                                                | 27,62  |     | 24,24  |    | 21,56  |       | 35,83  | 2  |
|                                                                                       | 27,63  |     | 25,27  | 4  | 15,36  | 52    | 27,21  |    |
|                                                                                       | 29,07  | 2   | 26,71  | 2  | 22,80  | 2     | 29,41  |    |
|                                                                                       | 29,76  |     | 26,94  |    | 21,23  |       | 28,95  |    |
| CHARLES                                                                               | 27,21  |     | 27,84  |    | 21,9   |       | 34,44  |    |
|                                                                                       | 29,04  | 2   | 27,95  | 4  | 25,74  |       | 27,36  | 2  |
|                                                                                       | 28,71  | 4   | 26,83  |    | 18,89  |       | 27,27  |    |
|                                                                                       | 28,9   | 4   | 24,68  |    | 21,83  |       | 26,97  |    |
| LEONARDO                                                                              | 32,87  | 2   | 30,01  |    | 21,57  |       | 41,75  |    |
|                                                                                       | 31,34  |     | 28,81  | 2  | 28,08  | 2     | 32,51  | 2  |
|                                                                                       | 34,7   | 2   | 29,82  |    | 37,33  |       | 36,77  |    |
|                                                                                       | 32,84  | 2   | 28,86  | 2  | 22,28  |       | 33,98  | 2  |
| FELIPE                                                                                | 30,02  | 2   | 27,10  |    | 20,63  | 2     | 30,96  | 4  |
|                                                                                       | 29,21  |     | 28,26  |    | 15,39  | 50    | 29,77  |    |
|                                                                                       | 30,21  |     | 26,78  |    | 29,61  |       | 28,59  |    |
|                                                                                       | 30,02  |     | 29,02  | 2  | 22,62  |       | 32,07  | 4  |
| RAFFI                                                                                 | 34,00  | 2   | 28,97  | 2  | 25,39  | 50    | 35,59  | 4  |
|                                                                                       | 36,81  |     | 30,91  |    | 24,98  | 4     | 32,09  | 4  |
|                                                                                       | 0      |     | 0      |    | 0      |       | 0      |    |
|                                                                                       | 34,28  |     | 27,65  |    | 0      |       | 33,01  | 2  |
| MAICON                                                                                | 29,02  |     | 0      |    | 37,76  |       | 36,63  |    |
|                                                                                       | 31,17  | 2   | 0      |    | 27,41  |       | 34,5   |    |
|                                                                                       | 0      |     | 29,43  | 4  | 37,86  |       | 34,06  |    |
|                                                                                       | 35,09  | 2   | 28,30  |    | 0      |       | 33,01  | 2  |
| TIAGO                                                                                 | 30,05  |     | 0      |    | 30,29  |       | 34,77  |    |
|                                                                                       | 32,73  | 2   | 35,38  | 4  | 38,62  |       | 31,87  | 4  |
|                                                                                       | 33,75  | 4   | 28,66  | 4  | 26,97  |       | 33,04  | 4  |
|                                                                                       | 0      |     | 30,94  |    | 20,68  |       | 32,10  |    |
| 11/01/2012 - SPEED ON THE COURSE time by Toni                                         |        |     |        |    |        |       |        |    |
|                                                                                       | 1      |     | 2      |    | 3      |       | 4      |    |
| RENAN                                                                                 | 29,30  |     | 30,16  | 4  | 28,98  |       | 29,1   |    |
|                                                                                       | 25,26  | 2   | 27,79  |    | 25,64  | 52    | 23,52  |    |
|                                                                                       | 21,30  |     | 21,89  |    | 21,6   |       | 19,81  |    |
|                                                                                       | 30,33  | 2   | 29,72  | 2  | 32,2   |       | 28,95  | 2  |
|                                                                                       | 32,37  | 54  | 29,79  | 54 | 27,55  |       | 28,42  | 4  |
| ANA                                                                                   | 33,95  |     | 59,05  | 4  | 32,79  | 6     | 33,01  |    |
|                                                                                       | 31,03  |     | 34,72  |    | 28,93  |       | 29,98  |    |
|                                                                                       | 0      |     | 30,02  | 52 | 25,69  |       | 26,11  |    |
|                                                                                       | 30,34  |     | 33,47  |    | 36,64  | 4     | 31,14  |    |
|                                                                                       | 31,71  |     | 30,69  |    | 30,96  |       | 31,00  |    |
| JEAN                                                                                  | 32,08  | 2   | 34,24  | 2  | 0      |       | 0      |    |
|                                                                                       | 37,11  | 2   | 30,67  | 50 | 0      |       | 0      |    |
|                                                                                       | 0      |     | 0      |    | 0      |       | 0      |    |
|                                                                                       | 34,50  | 52  | 32,88  |    | 0      |       | 0      |    |
|                                                                                       | 30,33  | 2   | 29,72  | 2  | 32,2   |       | 28,95  | 2  |
| C2 WELLINGTON CASSIANO                                                                | 34,33  | 52  | 33,13  | 54 | 31,90  | 2     | 0      |    |
|                                                                                       | 40,14  | 4   | 44,10  | 52 | 31,68  | 52    | 0      |    |
|                                                                                       | 0      |     | 38,3   | 50 | 0      |       | 0      |    |
|                                                                                       | 38,30  | 50  | 0      |    | 0      |       | 0      |    |
|                                                                                       | 37,07  | 52  | 38,16  | 4  | 39,21  | 54    | 0      |    |

13/01/2012 - LOOPS ON THE COURSE with TIME IN 12 GATES MAX SPEED - 12 RUNS - time by Ettore Ivaldi

|                  | 1     |     |       | 2     |   |       | 3     |   |       | 4     |   |       | 5     |    |       | 6    |   |       | 7     |   |       | 8     |   |       | 9     |   |       | 10    |   |       | 11    |   |       | 12    |   |       | TOT. TIME | TOT. PEN | %     |  |
|------------------|-------|-----|-------|-------|---|-------|-------|---|-------|-------|---|-------|-------|----|-------|------|---|-------|-------|---|-------|-------|---|-------|-------|---|-------|-------|---|-------|-------|---|-------|-------|---|-------|-----------|----------|-------|--|
| name             | time  | p   | tot.  | time  | p | tot.  | time  | p | tot.  | time  | p | tot.  | time  | p  | tot.  | time | p | tot.  | time  | p | tot.  | time  | p | tot.  | time  | p | tot.  | time  | p | tot.  | time  | p | tot.  |       |   |       |           |          |       |  |
| PEDRO HENRIQUE   | 39,44 | 2   | 41,44 | 39,03 | 0 | 39,03 | 39,52 |   | 39,52 | 41,58 | 2 | 43,58 | 39,47 | 0  | 39,47 | 39,1 | 0 | 39,12 | 40,23 | 0 | 40,23 | 41,00 | 0 | 41,00 | 37,00 | 0 | 37,00 | 38,05 | 4 | 42,05 | 39,40 | 2 | 41,4  | 39,06 | 0 | 39,06 | 472,90    | 10       |       |  |
| FABIO SCHENA     | 40,73 | 2   | 42,73 | 39,33 | 0 | 39,33 | 39,72 | 0 | 39,72 | 41,62 | 2 | 43,62 | 39,25 | 0  | 39,25 | 39,9 | 0 | 39,89 | 40,07 | 0 | 40,07 | 40,12 | 0 | 40,12 | 37,94 | 2 | 39,94 | 38,04 | 0 | 38,04 | 38,17 | 2 | 40,17 | 37,79 | 2 | 39,79 | 472,67    | 10       |       |  |
| ANDERSON OLIVERA | 39,49 | 0   | 39,49 | 40,70 | 2 | 42,7  | 37,51 | 0 | 37,51 | 39,22 | 0 | 39,22 | 38,12 | 0  | 39,19 | 39,2 | 0 | 39,46 | 39,46 | 0 | 39,52 | 39,52 | 0 |       | 40,32 | 2 | 42,32 | 38,89 | 0 | 38,89 | 39,17 | 0 | 39,17 | 41,03 | 4 | 45,03 | 472,62    | 8        |       |  |
| TECO             | 37,57 | 4   | 41,57 | 39,15 | 0 | 39,15 | 39,57 | 0 | 39,57 | 39,22 | 2 | 41,22 | 43,54 | 50 | 93,54 | 41,8 | 2 | 43,79 | 41,34 | 0 | 41,34 | 41,26 | 2 | 43,26 | 42,04 | 0 | 42,04 | 41,73 | 0 | 41,73 | 40,10 | 0 | 40,1  | 39,12 | 2 | 41,12 | 486,43    | 62       |       |  |
| CASSIO/CHARLES   | 47,27 | 4   | 51,27 | 51,89 | 0 | 51,89 | 47,86 | 6 | 53,86 | 45,56 | 2 | 47,56 | 44,75 | 2  | 46,75 | 46,6 | 2 | 48,6  | 46,35 | 2 | 48,35 | 42,81 | 4 | 46,81 | -     | - | -     | -     | - | -     | -     | - | -     | -     | - | -     | -         | -        | -     |  |
| JOAO VITO        | 39,43 | 0   | 39,43 | 37,81 | 6 | 43,81 | 36,00 | 0 | 36    | 40,02 | 0 | 40,02 | 38,93 | 4  | 42,93 | 37,2 | 0 | 37,23 | 40,48 | 0 | 40,48 | 36,51 | 0 | 36,51 | 39,47 | 2 | 41,47 | 41,10 | 0 | 41,1  | 39,90 | 2 | 41,9  | 37,16 | 2 | 39,16 | 464,04    | 16       | 18,92 |  |
| GUSTAVO          | 37,88 | 2   | 39,88 | 38,60 | 2 | 40,6  | 39,42 | 2 | 41,42 | 38,62 | 0 | 38,62 | 38,83 | 0  | 38,83 | 40,2 | 0 | 40,16 | 42,35 | 0 | 42,35 | 40,43 | 0 | 40,43 | 38,60 | 0 | 38,6  | 39,91 | 0 | 39,91 | 40,32 |   | 40,32 | 39,74 | 0 | 39,74 | 474,86    | 6        |       |  |
| FELIPE BORGES    | 61,50 | 102 | 163,5 | 43,58 | 0 | 43,58 | 43,09 | 0 | 43,09 | 43,38 | 0 | 43,38 | 44,41 | 2  | 46,41 | 42,6 | 2 | 44,56 | 45,31 | 0 | 45,31 | 42,05 | 2 | 44,05 | 49,82 | 0 | 49,82 | 45,06 | 0 | 45,06 | 47,20 | 0 | 47,2  | -     | - | -     | -         | -        |       |  |



*Equipe permanente de canoagem brasileira - peso kg. e frequência cardíaca por minuto - Brazilian Slalom National Team - weight and heart rate*

[illegible]



|                                                                        |                               |                                    |                                  |                                 |                               |                                |                                |
|------------------------------------------------------------------------|-------------------------------|------------------------------------|----------------------------------|---------------------------------|-------------------------------|--------------------------------|--------------------------------|
| WEEK from 16 to 22 JANUARY 2012 - SEMANA de 16 a 22 de Janeiro de 2012 |                               |                                    |                                  |                                 |                               |                                |                                |
|                                                                        |                               |                                    |                                  |                                 |                               |                                |                                |
|                                                                        | MONDAY -Segunda<br>16/01/2012 | TURSDAY - Terça<br>17/01/2012      | WEDNESDAY - Quarta<br>18/01/2012 | THURSDAY - Quinta<br>19/01/2012 | FRIDAY - Sexsta<br>20/01/2012 | SATURDAY -Sábado<br>21/01/2012 | SUNDAY - Domingo<br>22/01/2012 |
| MORNING                                                                | SPEED 5 ON 5                  | Gym - Broken Arms<br>+ easy paddle | TECNIC                           | SPEED 5ON 5                     | Gym - Broken Arms             | GYM - POWER +<br>football      | RACE + TEAM                    |
| AFTERNOON                                                              | LOOPS LONG                    | BROKEN RUN -<br>1:4/1:3/1:2        | LOOPS SHORT                      | off                             | FREE ON THE CANAL             | off                            | TECNIC                         |
| NIGHT                                                                  | STRETCHING                    | TRAINING AUTOGENO                  |                                  | STRETCHING                      |                               | STRETCHING                     | TRAINING AUTOGENO              |
|                                                                        | 1ST GROUP                     | 2ND GROUP                          | TRAINING TIME                    |                                 |                               |                                |                                |
| MORNING                                                                | IN THE WATER 8 am             | IN THE WATER<br>9,45 pm            |                                  |                                 |                               |                                |                                |
| AFTERNOON                                                              | IN THE WATER 14,45            | IN THE WATER<br>15,45 pm           |                                  |                                 |                               |                                |                                |
| NIGHT                                                                  | 19 pm                         |                                    |                                  |                                 |                               |                                |                                |
| BREAKFAST<br>CAFÉ DA MANHÃ                                             | 6,30 am                       | 8,15 am                            | FOOD TIME                        |                                 |                               |                                |                                |
| departure for the<br>ITAIPU -<br>de partida para a ITAIPU              | 7,10 am - 14,10 pm            | 9,00 am - 15,00                    |                                  |                                 |                               |                                |                                |
| LUNCH - ALMOÇO                                                         | 11,45 am                      | 12,30 pm                           |                                  |                                 |                               |                                |                                |
| DINNER - JANTAR                                                        | 20 pm                         |                                    |                                  |                                 |                               |                                |                                |