

WEEK from 23 to 29 JANUARY 2012 - SEMANA de 23 a 29 de Janeiro de 2012 - 3^ week up last -	
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	MONDAY –Segunda 23/01/2012	TURSDAY – Terça 24/01/2012	WEDNESDAY – Quarta 25/01/2012	THURSDAY – Quinta 26/01/2012	FRIDAY – Sexsta 27/01/2012	SATURDAY –Sábado 28/01/2012	SUNDAY – Domingo 29/01/2012	MONDAY 30/01/2012
MORNING	SPEED 5 ON 5	Gym – Broken Arms + paddle	LOOPS SHORT	SPEED 5ON 5	BROKEN RUN 1:3/1:2	GYM – POWER + football	RACE + TEAM	OFF all day
AFTERNOON	LOOPS LONG	BROKEN RUN – 1:4/1:3/1:2	TECNIC	off	chourrasco	off	TECNIC	
NIGHT	STRETCHING	TRAINING AUTOGENO		STRETCHING		STRETCHING	TRAINING AUTOGENO	

FISIOTERAPISTA	segunda feira 11 am	terça-feira 11 am	quarta feira 11 am
	ANA - POLIANA - FELIPE - LEONARDO - MAICON	Pepe - Charles - Cassio - Teco - Fabio - Joao	Rafael - Pedro - Thiago - Renan

quarta feira
11 am

Rafael - Pedro - Thiago -
Renan

BREAKFAST CAFÉ DA MANHÃ	6,15 am	8,15 am
departure for the ITAIPU – de partida para a ITAIPU	6,45 am – 14,10 pm	9,00 am – 15,00
LUNCH – ALMOÇO	11,45 am	12,30 pm
DINNER – JANTAR	20 pm	

FOOD TIME