

WEEK from 6 to 12 FEBRUARY 2012 - SEMANA de 6 a 12 Fevereiro de 2012
- RACE WEEK -

	MONDAY - Segunda 06/02/2012	TURSDAY - Terça 07/02/2012	WEDNESDAY - Quarta 08/02/2012	THURSDAY - Quinta 09/02/2012	FRIDAY - Sexsta 10/02/2012	SATURDAY - Sábado 11/02/2012	SUNDAY - Domingo 12/02/2012
MORNING	SPEED 3on3	GYM - BROKEN ARMS	SPEED 3on3 + STRETCHING FISIO	OFF	EASY PADDLE		
AFTERNOON	OFF	TECNIC	OFF	BROKEN RUN 1:3 - 1:2		RACE I	RACE II
NIGHT	OFF	TRAINING AUTOGENO			TRAINING AUTOGENO	STRETCHING	