

Plano 10km	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
Semana 1	Descanso	CC 45' entre 65% e 70%	Descanso	CC 45' entre 65% e 70%	Descanso	CC 45' entre 65% e 70% com subidas	12' 60-65% + 8x3' 80-85% c/2' Int.70% + 5' 60-65%
Semana 2	Descanso	CC 45' entre 65% e 70%	Descanso	CC 45' entre 65% e 70%	Descanso	CC 45' entre 65% e 70% com subidas	12' 60-65% + 8x3' 80-85% c/2' int.70% + 5' 60-65%
Semana 3	Descanso	CC 50' entre 70% e 75%	Descanso	15' 60-65% + 8x1' 85-90% c/1' int. 70% + 10' 60-65%	Descanso	CC 45' entre 70% e 75% com subidas	15' 60-65% + 5x5' 80-85% c/3' int.70% + 5' 60-65%
Semana 4	Descanso	CC 50' entre 70% e 75%	Descanso	10' 60-65% + 8x1' 85-90% c/1' int. 70% + 5' 60-65%	Descanso	CC 45' entre 70% e 75% com subidas	15' 60-65% + 5x5' 80-85% c/3' int.70% + 5' 60-65%
Semana 5	Descanso	CC 50' entre 75% e 80%	Descanso	10' 60-65% + 8x45'' 90-95% c/1':30' int. 70% + 5' 60-65%	Descanso	CC 45' entre 75% e 80%	15' 60-65% + 3x8' 80-85% c/3' int.70% + 5' 60-65%
Semana 6	Descanso	CC 55' entre 75% e 80%	Descanso	10' 60-65% + 10x1':30'' 85-90% c/3' int. 70% + 5' 60-65%	Descanso	CC 45' entre 75% e 80%	15' 60-65% + 3x8' 80-85% c/4' int.70% + 5' 60-65%
Semana 7	Descanso	CC 45' entre 65% e 70%	Descanso	10' 60-65% + 6x1':30'' 90-95% c/3' int. 70% + 5' 60-65%	Descanso	CC 45' entre 65% e 70%	15' 60-65% + 20' 80-85% + 5' 60-65%
Semana 8	Descanso	CC 45' entre 65% 3 70%	Descanso Guia-Fitness.com	CC 20' entre 60-65%	Descanso	Descanso	PROVA 10 km