

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
1ª	1x CA 5' 3x LE 5' CA 3' day OFF 1x CA 5' 5x LE 2' CA 2' LE 5' CA 5' day OFF 1x CA 5' 3x LE 8' CA 5' CA 5' day OFF 1x CA 25' day OFF	1x CA 5' 7x LE 3' CA 1' LE 10' day OFF 1x CA 5' 10x LE 10' MO 3' CA 5' MO 10' day OFF 1x CA 5' 2x LE 10' int 1' MO 5' CA 5' day OFF 1x CA 25' day OFF	1x CA 10' 1x LE 10' 5x MO 5' LE 10' CA 5' day OFF 1x CA 5' 5x LE 10' MO 3' LE 10' CA 5' day OFF 1x CA 5' 5x LE 10' MO 3' LE 10' CA 5' day OFF 1x CA 30' day OFF	1x CA 5' 8x MO 5' CA 2' LE 5' CA 5' day OFF 1x CA 5' 2x LE 8' CA 2' MO 5' CA 5' day OFF 1x CA 5' 5x LE 3' CA 2' CA 10' day OFF 1x CA 5' 10x LE 10' MO 3' LE 10' CA 5' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10' day OFF 1x CA 5' 2x LE 10' MO 3' CA 2' CA 10'</			

Tabela de frequência cardíaca

FO	Forte	75% a 85% da FC máxima
MO	Moderada	65% a 75% da FC máxima
LE	Leve	55% a 65% da FC máxima

CA	Caminhada	abaixo de 50% da FC máxima
int	Intervalo	