

30-20-10HIIT+4x(20"/40") fartlek INDOOR

0:36:00
-- km
48 TSS



	Planned	Completed	
Duration	0:36:00		h:m:s
Distance			km
Average Pace			min/km
Calories			kcal
Elevation Gain			m
TSS	48		TSS
IF	0.85		IF
Elevation Loss			m
Work			kJ

Description

dopo il riscaldamento ripetere 3x
(5' con 30" lento-20" medio - 10" ALL-OUT)
rec 2'

Versione indoor:

LENTO jogging sul posto o esercizi di stretching dinamico

MEDIO: Jumping Jack - saltelli coordinati con braccia- monoskip - skip doppio -

calciata - protesa- corda medio

FORTE: Burpees - Tack Jump (salto con ginocchia raggruppato) - Squat Jump - Skip
alto forte- corda forte

4x(20"/40")

20" di un esercizio MEDIO o FORTE + 40" rec attivo

	Min	Avg	Max	
Pace				min/km
Heart Rate				bpm

Pre-activity comments

Workout Details

1. **Warm up**
8 min @ 75 % of Threshold Pace
2. **Repeat 5 times**
 1. **Easy**
30 sec @ 80 % of Threshold Pace
 2. **Hard**
20 sec @ 100 % of Threshold Pace
 3. **Harder**
10 sec @ 130 % of Threshold Pace
3. **Cool Down**
2 min @ 75 % of Threshold Pace
4. **Repeat 5 times**
 1. **Easy**
30 sec @ 80 % of Threshold Pace
 2. **Hard**
20 sec @ 100 % of Threshold Pace
 3. **Harder**
10 sec @ 130 % of Threshold Pace
5. **Cool Down**
2 min @ 75 % of Threshold Pace
6. **Repeat 5 times**
 1. **Easy**
30 sec @ 80 % of Threshold Pace
 2. **Hard**
20 sec @ 100 % of Threshold Pace
 3. **Harder**
10 sec @ 130 % of Threshold Pace
7. **Cool Down**
2 min @ 75 % of Threshold Pace
8. **Repeat 4 times**
 1. **Hard**
20 sec @ 120 % of Threshold Pace
 2. **Easy**
40 sec @ 80 % of Threshold Pace
9. **Cool Down**
3 min @ 75 % of Threshold Pace

