

		Set: -2
Data: 17/07/23	Entrenament	Km
Dilluns	30' rodar suau	
Dimarts		
Dimecres	35' rodar suau	
Dijous		
Divendres	40' rodar suau progressiu	
Dissabte		
Diumenge	45' rodar suau	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM:

		Set: -1
Data: 24/07/23	Entrenament	Km
Dilluns	35' rodar suau	
Dimarts		
Dimecres	40' rodar suau	
Dijous		
Divendres	45' rodar suau progressiu	
Dissabte		
Diumenge	45' rodar suau	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM:

		Set: 1
Data: 31/07/23	Entrenament	Km
Dilluns	40' rodar k1	
Dimarts		
Dimecres	15' rodar suau + 8 x (1' k3b – 1' k1) + 10' trot	
Dijous		
Divendres	45' rodar k1	
Dissabte		
Diumenge	10km rodar progressiu de k1 a k2	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM:

		Set: 2
Data: 7/08/23	Entrenament	Km
Dilluns	45' rodar (20' k1 + 10' k2 + 15' trot)	
Dimarts		
Dimecres	15' rodar suau + 5x (2' k3a - 2' k1) + 10' trot	
Dijous		
Divendres	45' rodar k1	
Dissabte		
Diumenge	11km rodar progressiu de k1 a k2	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM:

		Set: 3
Data: 14/08/23	Entrenament	Km
Dilluns	45' rodar (20' k1 + 15' k2 + 10' trot)	
Dimarts		
Dimecres	20' rodar suau + 8 x (1' k3b – 1' k1) + 10' trot	
Dijous		
Divendres	20' rodar suau + 8x pujades x 30" ritme k3b, recuperació baixada trot + 10' rodar k2 + 5' trot	
Dissabte		
Diumenge	10km rodar progressiu de k1 a k2	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM:

		Set: 4
Data: 21/08/23	Entrenament	Km
Dilluns	15' rodar k1 + 4km k3a + 15' trot	
Dimarts		
Dimecres	20' rodar suau + 10 x (1' k3b - 45" k1) + 10' trot	
Dijous		
Divendres	20' rodar suau + 8x pujades x200, recuperació baixada trot suau + 10' rodar k2 + 5' trot	
Dissabte		
Diumenge	12km rodar progressiu de k1 a k2	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM:

		Set: 5
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Data: 28/08/23		Entrenament	Km
<i>Dilluns</i>	15' rodar k1 + 5km k3 + 15' trot		
<i>Dimarts</i>			
<i>Dimecres</i>	20' rodar suau + 5x (2' k3b - 2' k1) + 10' trot		
<i>Dijous</i>			
<i>Divendres</i>	20' escalfament + 8x pujades x 40" ritme k3b, recuperació baixada trot + 10' rodar k2 + 5' trot		
<i>Dissabte</i>			
<i>Diumenge</i>	12km rodar progressiu de k1 a k2		
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'			TOTAL KM:

			Set: 6
Data: 04/09/23		Entrenament	Km
<i>Dilluns</i>	15' rodar k1 + 6km k3a + 10' trot		
<i>Dimarts</i>			
<i>Dimecres</i>	20' rodar suau + 6 x (2' k3b - 90" k1) + 10' trot		
<i>Dijous</i>			
<i>Divendres</i>	20' rodar suau + 4 x pujades x 300m ritme k3b , recuperació baixada trot + 8' rodar k3a + 5' trot		
<i>Dissabte</i>			
<i>Diumenge</i>	12km rodar progressiu de k1 a k2		
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'			TOTAL KM:

			Set: 7
Data: 11/09/23		Entrenament	Km
<i>Dilluns</i>	15' rodar k1 + 2x3km k3b, recuperació 3' + 10' trot		
<i>Dimarts</i>			
<i>Dimecres</i>	20' rodar suau + 10 x 500m k3b recuperació 90" + 10' trot		
<i>Dijous</i>			
<i>Divendres</i>	20' rodar suau + 6x pujades x 300 k3b, recuperació baixada trot + 8' rodar k3a + 5' trot		
<i>Dissabte</i>			
<i>Diumenge</i>	14km rodar progressiu de k1 a k2		
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'			TOTAL KM:

			Set: 8
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Data: 18/09/23		Entrenament	Km
Dilluns	15' rodar k1 + 2x3km k3b, recuperació 3' + 10' trot		
Dimarts			
Dimecres	20' rodar suau + 10x500m k3b, recuperació 90" + 10' trot		
Dijous			
Divendres	20' rodar suau + 6x pujades x 300m ritme k3b, recuperació baixada trot + 8' rodar k3 + 5' trot		
Dissabte			
Diumenge	14km rodar progressiu de k1 a k2 + estiraments		
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'			TOTAL KM:

			Set: 8
Data: 25/09/23		Entrenament	Km
Dilluns	15' rodar suau+ 3x2km k3b, recuperació 3' + 10' trot		
Dimarts			
Dimecres	50' rodar k1		
Dijous			
Divendres	20' rodar suau + 6x1km k3i recuperació 2' + 10' trot		
Dissabte			
Diumenge	14km rodar progressiu de k1 a k2		
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'			TOTAL KM:

			Set: 9
Data: 25/10/23		Entrenament	Km
Dilluns	15' rodar k1 + 1x4km k3a + 10' trot suau		
Dimarts			
Dimecres	20' rodar suau + 4x1,5km k3b recuperació 3' + 10' trot		
Dijous			
Divendres	10km (4km k1 + 2km k2 + 2km k3a + 1km k3b + 1km trot)		
Dissabte			
Diumenge	12km rodar progressiu de k1 a k2		
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'			TOTAL KM:

			Set: 10
Data: 2/10/23		Entrenament	Km

<i>Dilluns</i>	15' rodar k1 + 1x5km k3a + 10' trot	
<i>Dimarts</i>		
<i>Dimecres</i>	20' rodar suau + 8x500m k3i recuperació 90" + 10' trot	
<i>Dijous</i>		
<i>Divendres</i>	10km (4km k1 + 2km k2 + 2km k3a +1km k3b + 1km trot)	
<i>Dissabte</i>		
<i>Diumenge</i>	10km rodar progressiu de k1 a k2	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM:

		Set: 11
Data: 9/10/23	Entrenament	Km
<i>Dilluns</i>	15' rodar k1 + 1x5km k3 + 10' trot	
<i>Dimarts</i>		
<i>Dimecres</i>	20' rodar suau + 3x2km k3i recuperació 3' + 10' trot	
<i>Dijous</i>		
<i>Divendres</i>	10km (4km k1 + 2km k2 + 2km k3a +1km k3b + 1km trot)	
<i>Dissabte</i>		
<i>Diumenge</i>	10km rodar progressiu de k1 a k2 + 10x100m rectes progressives, rec 20"	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM:

		Set: 12
Data: 16/10/23	Entrenament	Km
<i>Dilluns</i>	40' rodar suau	
<i>Dimarts</i>		
<i>Dimecres</i>	20' rodar suau + 5x1km k3i recuperació 3' + 10' trot	
<i>Dijous</i>		
<i>Divendres</i>	20' rodar suau + 6x80m rectes progressives	
<i>Dissabte</i>		
<i>Diumenge</i>	CURSA BOMBERS DE BARCELONA 10' rodar suau + Cursa	
Ritmes orientatius: 10km sub 50': k1=6'/5'40"km; k2=5'40"/5'20"km; k3a=5'20"/5'10"km; k3b= 5'10/5'00"; k3i=sub 5' 10km sub 60': k1=6'55"/6'40"km; k2=6'40"/6'20"km; k3a=6'20"/6'10"km; k3b=6'10/6'00"; k3i=sub 6'		TOTAL KM: