

GIORNO	PROGRAMMA SETTIMANALE - WWW.NLSPORT.IT																	
	NUOTO						BICI					CORSA						
	TIPO LAVORO	ES	REC	RI	MT	TOT	TIPO LAVORO	ES	RI	KM	TOT	TIPO LAVORO	ES	REC	RI	KM	TOT	
LUNEDI'	RISC.	A1		1	400	400	RISC.	A1	1	5	5							0
	STILE	A2	45	6	200	1200	PIANURA	A2	1	15	15							0
	STILE	T		1	800	800	DEFATICAMENTO	A1	1	5	2							0
	DEFATICAMENTO	A1		1	200	200					0							0
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