



PLANNING SETTIMANALE

LUNEDÌ

13:00 — CrossTraining
FOR RUNNING

18:30 — Pilates
FOR RUNNING

19:30 — Vinyasa Yoga

MARTEDÌ

7:30 — Morning Rotation
Settimana A: CrossTraining FOR RUNNING / Settimana B: Yoga

13:00 — Vinyasa Yoga

19:30 — CrossTraining

MERCOLEDÌ

13:00 — Pilates

19:00 — Pilates

20:00 — Yoga
FOR RUNNING

GIOVEDÌ

7:30 — Pilates
FOR RUNNING

13:00 — Yoga
FOR RUNNING

19:30 — CrossTraining

VENERDÌ

13:00 — Pilates

19:00 — CrossTraining
FOR RUNNING

SABATO

10:00 – 11:30 — Running Test

11:30 – 13:00 — Open Mobility
Sessione tecnica e recupero attivo