







I	3	1	300	900	05	00	15:00	Livre			0	0	0	0	00	00	00:00		
	3	6	50	900	01	10	21:00	Pn			0	0	0	0	00	00	00:00		
	3	4	75	900	01	30	18:00	50 edu / 25 nda			0	0	0	0	00	00	00:00		
	3	2	150	900	02	40	16:00	100 mdy / 50 Cr forte			0	0	0	0	00	00	00:00		
	1	1	300	300	05	00	05:00	Cr			0	0	0	0	00	00	00:00		
	1	1	300	300	04	50	04:50				0	0	0	0	00	00	00:00		
	1	1	300	300	04	40	04:40				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	1	1	300	300	06	00	06:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>	<b>4800</b>	<b>Tempo</b>	<b>1:30:30</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Semana 3</b>	<b>Obj. Mesociclo</b>	<b>Microciclo</b>	<b>Volume</b>	<b>Tempo total da semana</b>	<b>31.600</b>
<b>Nome</b>	<b>Data</b>		<b>A/C</b>	<b>Obj. Treino</b>	

										<b>seg 23/01</b>			<b>A/C</b>			<b>Obj. Treino</b>	
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>							
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										
	0	0	0	0	00	00	00:00										

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>ter 24/01</b>	<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>qua 25/01</b>	<b>A/C</b>	<b>Obj. Treino</b>
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<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>
I	3	1	500	1500	08	00	24:00	Cr 3x1			I	1	1	2100	2100	00	00	00:00	200 cr / 100 Mdy		
	3	3	100	900	01	45	15:45	MDY 1° pn / 2° edu / 3° nda				0	0	0	0	00	00	00:00			
	3	3	200	1800	03	20	30:00	Br - 50 Nhum / 50 progreg			II	2	8	75	1200	00	00	00:00	Pn (50 pn leve / 25 pn forte		
	0	0	0	0	00	00	00:00					2	10	25	500	00	00	00:00	Submerso + pp		
II	1	6	300	1800	00	00	00:00	Cr + PP				2	1	500	1000	00	00	00:00	Cr + pp (100 leve / 25 forte)		
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00				III	1	3	800	2400	00	00	00:00	Cr		
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00			

<b>Total</b>	<b>6000</b>	<b>Tempo</b>	<b>1:09:45</b>	<b>Total</b>	<b>7200</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>qui 26/01</b>	<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>sex 27/01</b>	<b>A/C</b>	<b>Obj. Treino</b>
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<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>
I	3	1	400	1200	06	30	19:30	Cr			I	1	1	1000	1000	16	00	16:00	100 Cr / 100 mdy		



II	0	0	0	0	00	00	00:00			II	2	8	75	1200	01	20	21:20	25 pn / 25 / edu / 25 nda
	2	6	100	1200	01	30	18:00	Pn + PP			2	3	100	600	02	00	12:00	MDy
	2	6	50	600	01	10	14:00	Pn + Forte			0	0	0	0	00	00	00:00	
	0	0	0	0	00	00	00:00			III	1	4	200	800	03	20	13:20	Cr + A3
III	3	1	500	1500	08	30	25:30	Cr + br			1	4	200	800	03	10	12:40	Cr+ pm + A3
	3	4	125	1500	02	00	24:00	Cr + Pm			1	4	200	800	03	00	12:00	Cr + pm + PP + A3
	3	5	100	1500	01	30	22:30	Cr + pp			0	0	0	0	00	00	00:00	
	0	0	0	0	00	00	00:00			IV	1	1	300	300	05	30	05:30	Livre
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00	

<b>Total</b>				<b>7800</b>	<b>Tempo</b>			<b>2:07:30</b>	<b>Total</b>				<b>5500</b>	<b>Tempo</b>			<b>1:32:50</b>		
<b>Data</b>				<b>qui 02/02</b>	<b>A/C</b>			<b>Obj. Treino</b>	<b>Data</b>				<b>sex 03/02</b>	<b>A/C</b>			<b>Obj. Treino</b>		
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>
I	2	1	400	800	00	00	00:00	Cr		I	1	1	2000	2000	33	00	33:00	Cr	
	2	1	100	200	00	00	00:00	Pn mdy			0	0	0	0	00	00	00:00		
	2	1	50	100	00	00	00:00	Palmeteio		II	1	4	200	800	05	00	20:00	Pn - 25 Leve / 25 forte	
	2	1	100	200	00	00	00:00	Edu			0	0	0	0	00	00	00:00		
	2	1	100	200	00	00	00:00	Nda Progressivo		III	1	32	50	1600	00	50	26:40	Cr + BR	
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
II	1	4	500	2000	09	40	38:40	Cr		IV	1	3	1000	3000	16	00	48:00	Cr - A2	
	1	4	500	2000	09	30	38:00	Cr + PP			0	0	0	0	00	00	00:00		
	1	4	500	2000	09	00	36:00	Cr + Pm + PP		V	1	1	100	100	02	00	02:00	Solto	
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
III	1	1	300	300	00	00	00:00	Est			0	0	0	0	00	00	00:00		

<b>Total</b>				<b>7800</b>	<b>Tempo</b>			<b>1:52:40</b>	<b>Total</b>				<b>7500</b>	<b>Tempo</b>			<b>2:09:40</b>		
<b>Data</b>				<b>sáb 04/02</b>	<b>A/C</b>			<b>Obj. Treino</b>	<b>Data</b>				<b>dom 05/02</b>	<b>A/C</b>			<b>Obj. Treino</b>		
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>
I	2	1	300	600	05	20	10:40	Cr		I	1	1	500	500	00	00	00:00	Livre	
	2	1	300	600	05	45	11:30	25 pn / 25 edu / 25 Forte			0	0	0	0	00	00	00:00		
	2	4	75	600	01	20	10:40	Cr + Progressivo a/c 25		II	16	1	500	8000	10	00	40:00	Cr	
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
II	1	4	400	1600	06	20	25:20	Cr			0	0	0	0	00	00	00:00		
	1	4	400	1600	06	00	24:00	Cr + PP			0	0	0	0	00	00	00:00		
	1	4	400	1600	06	20	25:20	Cr			0	0	0	0	00	00	00:00		
	1	4	400	1600	06	100	30:40	Cr + PM			0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
III	1	1	300	300	05	30	05:30	Solto			0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>				<b>8500</b>	<b>Tempo</b>			<b>2:23:40</b>	<b>Total</b>				<b>8500</b>	<b>Tempo</b>			<b>2:40:00</b>		
<b>Semana 5</b>				<b>Obj. Mesociclo</b>	<b>Microciclo</b>				<b>Volume</b>				<b>Tempo total da semana</b>				<b>21.900</b>		
<b>Nome</b>								<b>Data</b>				<b>seg 06/02</b>	<b>A/C</b>			<b>Obj. Treino</b>			
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		









										0	0	0	0	00	00	00:00					
										0	0	0	0	00	00	00:00					
										0	0	0	0	00	00	00:00					
<b>Data</b>	<b>ter 28/02</b>				<b>A/C</b>		<b>Obj. Treino</b>				<b>Data</b>	<b>qua 01/03</b>				<b>A/C</b>		<b>Obj. Treino</b>			
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>			
<b>Data</b>	<b>qui 02/03</b>				<b>A/C</b>		<b>Obj. Treino</b>				<b>Data</b>	<b>sex 03/03</b>				<b>A/C</b>		<b>Obj. Treino</b>			
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>			
<b>Data</b>	<b>sáb 04/03</b>				<b>A/C</b>		<b>Obj. Treino</b>				<b>Data</b>	<b>dom 05/03</b>				<b>A/C</b>		<b>Obj. Treino</b>			
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
0	0	0	0	0	00	00	00:00				0	0	0	0	0	00	00	00:00			
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>			





Data qui 16/03					A/C		Obj. Treino				Data sex 17/03					A/C		Obj. Treino			
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>			

Data sáb 18/03					A/C		Obj. Treino				Data dom 19/03					A/C		Obj. Treino			
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>			

<b>Semana 11</b>				<b>Obj. Mesociclo</b>		<b>Microciclo</b>			<b>Volume</b>		<b>Tempo total da semana</b>			<b>-</b>				
<b>Nome</b>									<b>Data</b>		<b>seg 20/03</b>			<b>A/C</b>		<b>Obj. Treino</b>		

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
	0	0	0	0	00	00	00:00			
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>			

<b>Data</b>					<b>A/C</b>		<b>Obj. Treino</b>			<b>Data</b>					<b>A/C</b>		<b>Obj. Treino</b>		
<b>ter 21/03</b>										<b>qua 22/03</b>									





0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Semana 13</b>	<b>Obj. Mesociclo</b>	<b>Microciclo</b>	<b>Volume</b>	<b>Tempo total da semana</b>	<b>-</b>
<b>Nome</b>		<b>Data</b>	<b>seg 03/04</b>	<b>A/C</b>	<b>Obj. Treino</b>

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>ter 04/04</b>	<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>qua 05/04</b>	<b>A/C</b>	<b>Obj. Treino</b>
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>qui 06/04</b>	<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>sex 07/04</b>	<b>A/C</b>	<b>Obj. Treino</b>
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Data** sáb 08/04 **A/C** **Obj. Treino** **Data** dom 09/04 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Semana 14** **Obj. Mesociclo** **Microciclo** **Volume** **Tempo total da semana** -

**Data** **Nome** **Data** seg 10/04 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00

**Data** ter 11/04 **A/C** **Obj. Treino** **Data** qua 12/04 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Data** qui 13/04 **A/C** **Obj. Treino** **Data** sex 14/04 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Data** sáb 15/04 **A/C** **Obj. Treino** **Data** dom 16/04 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Semana 15** **Obj. Mesociclo** **Microciclo** **Volume** **Tempo total da semana** -

**Nome** **Data** seg 17/04 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		















0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>				<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>			
<b>Data</b>				<b>sáb 27/05</b>				<b>A/C</b>				<b>Obj. Treino</b>									
<b>Data</b>				<b>dom 28/05</b>				<b>A/C</b>				<b>Obj. Treino</b>									

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>				<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>									
<b>Semana 21</b>				<b>Obj. Mesociclo</b>				<b>Microciclo</b>				<b>Volume</b>				<b>Tempo total da semana</b>				<b>-</b>							
<b>Nome</b>								<b>Data</b>				<b>seg 29/05</b>				<b>A/C</b>				<b>Obj. Treino</b>							

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>				<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>			
<b>Data</b>				<b>ter 30/05</b>				<b>A/C</b>				<b>Obj. Treino</b>									
<b>Data</b>				<b>qua 31/05</b>				<b>A/C</b>				<b>Obj. Treino</b>									

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>		
<b>Data</b>				<b>quí 01/06</b>	<b>A/C</b>			<b>Obj. Treino</b>	<b>Data</b>				<b>sex 02/06</b>	<b>A/C</b>			<b>Obj. Treino</b>		
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>		
<b>Data</b>				<b>sáb 03/06</b>	<b>A/C</b>			<b>Obj. Treino</b>	<b>Data</b>				<b>dom 04/06</b>	<b>A/C</b>			<b>Obj. Treino</b>		
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>					
<b>Semana 22</b>				<b>Obj. Mesociclo</b>				<b>Microciclo</b>				<b>Volume</b>				<b>Tempo total da semana</b>				<b>-</b>		
<b>Nome</b>												<b>Data</b>				<b>seg 05/06</b>	<b>A/C</b>			<b>Obj. Treino</b>		
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>			
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00					

										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		

										Total	0	Tempo	0:00:00
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<b>Data</b>		<b>ter 06/06</b>				<b>A/C</b>		<b>Obj. Treino</b>					<b>Data</b>		<b>qua 07/06</b>				<b>A/C</b>		<b>Obj. Treino</b>				
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>			<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						

										Total	0	Tempo	0:00:00
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<b>Data</b>		<b>qui 08/06</b>				<b>A/C</b>		<b>Obj. Treino</b>					<b>Data</b>		<b>sex 09/06</b>				<b>A/C</b>		<b>Obj. Treino</b>				
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>			<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						

										Total	0	Tempo	0:00:00
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<b>Data</b>		<b>sáb 10/06</b>				<b>A/C</b>		<b>Obj. Treino</b>					<b>Data</b>		<b>dom 11/06</b>				<b>A/C</b>		<b>Obj. Treino</b>				
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>			<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00						







										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		
										0	0	0	0	00	00	00:00		

										<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>		
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Data					ter 27/06		A/C		Obj. Treino			Data					qua 28/06		A/C		Obj. Treino			
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					

										<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>		
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Data					qui 29/06		A/C		Obj. Treino			Data					sex 30/06		A/C		Obj. Treino			
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					

										<b>Total</b>			<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>		
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Data					sáb 01/07		A/C		Obj. Treino			Data					dom 02/07		A/C		Obj. Treino			
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00					



0 0 0 0 00 00 00:00								0 0 0 0 00 00 00:00											
Total 0				Tempo 0:00:00				Total 0				Tempo 0:00:00							
Data		sáb 08/07		A/C		Obj. Treino		Data		dom 09/07		A/C		Obj. Treino					
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
Total 0				Tempo 0:00:00				Total 0				Tempo 0:00:00							
Semana 27		Obj. Mesociclo		Microciclo		Volume		Tempo total da semana		-									
Nome				Data		seg 10/07		A/C		Obj. Treino									
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
Total 0				Tempo 0:00:00				Total 0				Tempo 0:00:00							
Data		ter 11/07		A/C		Obj. Treino		Data		qua 12/07		A/C		Obj. Treino					
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
Total 0				Tempo 0:00:00				Total 0				Tempo 0:00:00							



Data ter 18/07					A/C		Obj. Treino				Data qua 19/07					A/C		Obj. Treino						
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback					
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>						
Data qui 20/07					A/C		Obj. Treino				Data sex 21/07					A/C		Obj. Treino						
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback					
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>						
Data sáb 22/07					A/C		Obj. Treino				Data dom 23/07					A/C		Obj. Treino						
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback					
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00							
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>						
<b>Semana 29</b>				<b>Obj. Mesociclo</b>				<b>Microciclo</b>				<b>Volume</b>				<b>Tempo total da semana</b>				-				
<b>Nome</b>								<b>Data</b>				<b>seg 24/07</b>				<b>A/C</b>				<b>Obj. Treino</b>				



0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>								<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>	<b>Total</b>								<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>				
<b>Semana 30</b>				<b>Obj. Mesociclo</b>				<b>Microciclo</b>				<b>Volume</b>				<b>Tempo total da semana</b>				<b>-</b>							
<b>Nome</b>												<b>Data</b>				<b>seg 31/07</b>				<b>A/C</b>				<b>Obj. Treino</b>			

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		

<b>Data</b>								<b>ter 01/08</b>		<b>A/C</b>		<b>Obj. Treino</b>						<b>Data</b>								<b>qua 02/08</b>		<b>A/C</b>		<b>Obj. Treino</b>					
-------------	--	--	--	--	--	--	--	------------------	--	------------	--	--------------------	--	--	--	--	--	-------------	--	--	--	--	--	--	--	------------------	--	------------	--	--------------------	--	--	--	--	--

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>								<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>	<b>Total</b>								<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>										
<b>Data</b>				<b>qui 03/08</b>				<b>A/C</b>		<b>Obj. Treino</b>						<b>Data</b>								<b>sex 04/08</b>		<b>A/C</b>		<b>Obj. Treino</b>					

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>										
Data				sáb 05/08				A/C		Obj. Treino				Data				dom 06/08				A/C		Obj. Treino			
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>						
Semana 31				Obj. Mesociclo				Microciclo				Volume				Tempo total da semana				-			
Nome								Data				seg 07/08				A/C		Obj. Treino					
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00				

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>										
Data				ter 08/08				A/C		Obj. Treino				Data				qua 09/08				A/C		Obj. Treino			
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios			feedback				
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								
	0	0	0	0	00	00	00:00						0	0	0	0	00	00	00:00								

0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Data** qui 10/08 **A/C** **Obj. Treino** **Data** sex 11/08 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Data** sáb 12/08 **A/C** **Obj. Treino** **Data** dom 13/08 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Semana 32** **Obj. Mesociclo** **Microciclo** **Volume** **Tempo total da semana** -

**Nome** **Data** seg 14/08 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		











Total		0		Tempo		0:00:00		Total		0		Tempo		0:00:00					
Semana 36				Obj. Mesociclo				Microciclo				Tempo total da semana				-			
Nome				Data				seg 11/09				Volume				Obj. Treino			
Nome				Data				seg 11/09				A/C				Obj. Treino			
Nome				Data				seg 11/09				A/C				Obj. Treino			
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios				feedback							
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
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	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
Total		0		Tempo		0:00:00		Total		0		Tempo		0:00:00					
Data				ter 12/09				A/C				Obj. Treino							
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios				feedback							
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
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	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
Total		0		Tempo		0:00:00		Total		0		Tempo		0:00:00					
Data				qua 13/09				A/C				Obj. Treino							
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios				feedback							
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
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	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
Total		0		Tempo		0:00:00		Total		0		Tempo		0:00:00					
Data				qui 14/09				A/C				Obj. Treino							
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios				feedback							
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
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	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
Total		0		Tempo		0:00:00		Total		0		Tempo		0:00:00					
Data				sex 15/09				A/C				Obj. Treino							
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios				feedback							
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
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	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
	0	0	0	0	00	00	00:00												
Total		0		Tempo		0:00:00		Total		0		Tempo		0:00:00					

sáb 16/09										dom 17/09																							
Data		A/C			Obj. Treino					Data		A/C			Obj. Treino																		
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios		feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios		feedback												
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>					<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>														
<b>Semana 37</b>				<b>Obj. Mesociclo</b>				<b>Microciclo</b>				<b>Volume</b>				<b>Tempo total da semana</b>				<b>-</b>													
<b>Nome</b>								<b>Data</b>				<b>seg 18/09</b>				<b>A/C</b>				<b>Obj. Treino</b>													
										<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>		<b>feedback</b>													
											0	0	0	0	00	00	00:00																
											0	0	0	0	00	00	00:00																
											0	0	0	0	00	00	00:00																
											0	0	0	0	00	00	00:00																
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											0	0	0	0	00	00	00:00																
											0	0	0	0	00	00	00:00																
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>					<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>														
<b>Data</b>				<b>ter 19/09</b>			<b>A/C</b>					<b>Obj. Treino</b>					<b>Data</b>				<b>qua 20/09</b>			<b>A/C</b>					<b>Obj. Treino</b>				
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios		feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios		feedback												
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
	0	0	0	0	00	00	00:00					0	0	0	0	00	00	00:00															
<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>					<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>														
<b>Data</b>				<b>qui 21/09</b>			<b>A/C</b>					<b>Obj. Treino</b>					<b>Data</b>				<b>sex 22/09</b>			<b>A/C</b>					<b>Obj. Treino</b>				



0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Data** qui 28/09 **A/C** **Obj. Treino** **Data** sex 29/09 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Data** sáb 30/09 **A/C** **Obj. Treino** **Data** dom 01/10 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

**Total** 0 **Tempo** 0:00:00 **Total** 0 **Tempo** 0:00:00

**Semana 39** **Obj. Mesociclo** **Microciclo** **Volume** **Tempo total da semana** -

**Nome** **Data** seg 02/10 **A/C** **Obj. Treino**

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		



0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	
0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	
0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	
0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	
0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	
0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	
0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	
0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	
0	0	0	0	00	00	00:00			0	0	0	0	00	00	00:00	

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Semana 40</b>	<b>Obj. Mesociclo</b>	<b>Microciclo</b>	<b>Volume</b>	<b>Tempo total da semana</b>	<b>-</b>
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<b>Nome</b>	<b>Data</b>	<b>seg 09/10</b>	<b>A/C</b>	<b>Obj. Treino</b>	
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>ter 10/10</b>	<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>qua 11/10</b>	<b>A/C</b>	<b>Obj. Treino</b>
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>qui 12/10</b>	<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>sex 13/10</b>	<b>A/C</b>	<b>Obj. Treino</b>
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		















Nome					Data					seg 20/11			A/C			Obj. Treino	
					Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios		feedback		
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
						0	0	0	0	00	00	00:00					
					<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>					

Data					ter 21/11					A/C			Obj. Treino							
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios		feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Obj. Treino	
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
					<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>								

Data					quí 23/11					A/C			Obj. Treino							
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios		feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Obj. Treino	
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
					<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>								

Data					sáb 25/11					A/C			Obj. Treino							
Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios		feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Obj. Treino	
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
						0	00	00	00:00						0	00	00	00:00		
					<b>Total</b>				<b>0</b>	<b>Tempo</b>		<b>0:00:00</b>								

0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Semana 47</b>	<b>Obj. Mesociclo</b>	<b>Microciclo</b>	<b>Volume</b>	<b>Tempo total da semana</b>	<b>-</b>
<b>Nome</b>		<b>Data</b>	<b>seg 27/11</b>	<b>A/C</b>	<b>Obj. Treino</b>

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>ter 28/11</b>	<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>qua 29/11</b>	<b>A/C</b>	<b>Obj. Treino</b>
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>qui 30/11</b>	<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>sex 01/12</b>	<b>A/C</b>	<b>Obj. Treino</b>
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>sáb 02/12</b>			<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>dom 03/12</b>			<b>A/C</b>	<b>Obj. Treino</b>
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>	<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Semana 48</b>	<b>Obj. Mesociclo</b>	<b>Microciclo</b>	<b>Volume</b>	<b>Tempo total da semana</b>	<b>-</b>
<b>Nome</b>					
<b>Data</b>	<b>seg 04/12</b>			<b>A/C</b>	<b>Obj. Treino</b>

Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00		

<b>Total</b>	<b>0</b>	<b>Tempo</b>	<b>0:00:00</b>
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<b>Data</b>	<b>ter 05/12</b>			<b>A/C</b>	<b>Obj. Treino</b>	<b>Data</b>	<b>qua 06/12</b>			<b>A/C</b>	<b>Obj. Treino</b>
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Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback	Item	Sr	Rp	Mts	Total	Min	Seg	Tempo	Exercicios	feedback
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		
0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00		

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>		
<b>Data</b>				<b>qui 07/12</b>	<b>A/C</b>			<b>Obj. Treino</b>	<b>Data</b>				<b>sex 08/12</b>	<b>A/C</b>			<b>Obj. Treino</b>		
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>		
<b>Data</b>				<b>sáb 09/12</b>	<b>A/C</b>			<b>Obj. Treino</b>	<b>Data</b>				<b>dom 10/12</b>	<b>A/C</b>			<b>Obj. Treino</b>		
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		
0	0	0	0	0	00	00	00:00			0	0	0	0	0	00	00	00:00		

<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>	<b>Total</b>				<b>0</b>	<b>Tempo</b>			<b>0:00:00</b>				
<b>Semana 49</b>				<b>Obj. Mesociclo</b>				<b>Microciclo</b>				<b>Volume</b>			<b>Tempo total da semana</b>				<b>-</b>		
<b>Nome</b>												<b>Data</b>			<b>A/C</b>			<b>Obj. Treino</b>			
												<b>seg 11/12</b>									
<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>	<b>Item</b>	<b>Sr</b>	<b>Rp</b>	<b>Mts</b>	<b>Total</b>	<b>Min</b>	<b>Seg</b>	<b>Tempo</b>	<b>Exercicios</b>	<b>feedback</b>		
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				
	0	0	0	0	00	00	00:00				0	0	0	0	00	00	00:00				













