



VICTORIA

ALLENATI COME UN ATLETA

	LUN	MAR	MER	GIO	VEN	SAB
7.00-8.00		STRENGTH		CONDITIONING		
7.30-8.30	CONDITIONING		HYROX		STRENGTH	
10.00-11.00						HYROX
11.00-12.00	CHRONO	CHRONO	CHRONO	CHRONO		HYROX SIMULATION 1 h 30'
12.10-13.10	CONDITIONING	STRENGTH	CONDITIONING	STRENGTH	HYROX	
13.10-14.10	HYROX	STRENGTH	CONDITIONING	STRENGTH	CONDITIONING	
17.00 -18.00		HYROX YOUNG STARS 12-15		HYROX YOUNG STARS 12-15		
18.10-19.10	CONDITIONING	STRENGTH	STRENGTH	CONDITIONING	STRENGTH	
19.10-20.10	CONDITIONING	STRENGTH	STRENGTH	HYROX	STRENGTH	
20.10-21.10	HYROX	STRENGTH	STRENGTH	CONDITIONING	STRENGTH	