Dia	3	Sessão (treino)	Duração (volume)	PSE	PSE da sessão
Comunida faire	Manhã	Treino funcional	50	8	400
Segunda-feira	Tarde	Treino técnico	120	4	480
Terça-feira	Manhā	Musculação	90	7	630
	Tarde				
Quarta-feira	Manhã	HITT	40	8	320
	Tarde	Treino Tático	90	9	810
Quinta-feira	Manhã	Musculação	90	8	720
	Tarde				
Sexta-feira	Manhã	HITT	40	9	360
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