ID_TREINO	ID_SERIE	ID_APARELHO	CARGAS	REPETICOES	DESCANSO
1	1	3	3	20	00:01:00
1	1	5	2	20	00:01:00
1	1	6	3	15	00:00:30
1	2	4	5	20	00:02:00
1	2	11	4	30	00:01:30
1	2	2	4	10	00:05:00
2	3	7	6	15	00:02:00
2	3	3	2	30	00:03:00
2	3	12	2	30	00:00:30
2	3	8	6	50	00:04:30
3	2	4	5	20	00:02:00
3	2	11	4	30	00:01:30
3	2	7	2	50	00:03:30
4	3	5	1	15	00:02:00
4	3	7	9	30	00:06:00
4	3	8	3	35	00:04:30
5	1	3	2	20	00:00:30
5	1	9	3	15	00:01:00
5	1	5	4	20	00:01:30
5	2	2	5	20	00:02:00
5	2	11	4	30	00:01:30
5	2	4	4	10	00:05:00
6	3	3	2	20	00:00:30
6	3	9	3	15	00:01:00
6	3	5	4	20	00:01:30
6	3	1	2	30	00:03:00
7	1	3	2	20	00:00:30
7	1	9	3	15	00:01:00
7	1	5	3	15	00:02:00
8	1	1	2	20	00:00:30
8	1	9	4	15	00:01:00
8	1	6	8	15	00:02:00
9	2	1	2	10	00:00:30

ID_TREINO	ID_SERIE	ID_APARELHO	CARGAS	REPETICOES	DESCANSO
9	2	4	4	20	00:01:00
9	2	12	2	30	00:02:00
10	3	4	6	30	00:40:00
10	3	6	4	10	00:01:00
10	3	7	8	20	00:02:00
10	3	9	3	15	00:01:00
4	3	9	2	30	00:03:00