```latex
\documentclass[12pt,a4paper]{article}
\usepackage[utf8]{inputenc}
\usepackage{array}
\usepackage{multirow}

\begin{document}

\setlength{\tabcolsep}{10pt}     % espaço entre colunas
\renewcommand{\arraystretch}{2} % espaço entre linhas
\begin{table}[h]
    \centering
    \begin{tabular}{p{1.5cm}<{\centering}|p{1.5cm}<{\centering}
    p{1.5cm}<{\centering} p{1.5cm}<{\centering} p{1.5cm}<{\centering}
    p{1.5cm}<{\centering}} \hline
            \multirow[c]{2}{1.4cm}{\textbf{Linhas}} &
            \multicolumn{3}{c}{\textbf{Bloco 1}} &
            \multicolumn{2}{c}{\textbf{Bloco 2}} \\ \cline{2-6}
            & {A} & {B} & {C} & {D} & {E} \\ \hline
            1 & A1 & B1 & C1 & D1 & E1 \\ \cline{3-6}
            2 & A2 & B2 & C2 & D2 & E2 \\ \cline{4-6}
            3 & A3 & B3 & C3 & D3 & E3 \\ \cline{5-6}
            4 & A4 & B4 & C4 & D4 & E4 \\ \cline{6-6}
            5 & A5 & B5 & C5 & D5 & E5 \\
            \hline
    \end{tabular}
\end{table}

\end{document}
```