

Preparación Orgánica Funcional

SEPTIEMBRE

KM TOTAL DEL MESOCICLO

98,151.26

M5	Km	L	M	M	J	V
RI	10811	80%	90%	100%	90%	80%
	2457	1966	2211	2457	2211	1966
	SER	4	11	8	11	20
	DIST	500	200	300	200	100
VELOCIDAD	1180	90%	0%	100%	0%	90%
	422	379	0	422	0	379
	SER	24	0	26	0	24
	DIST	16	25	16	25	16
MaxVO2	2935	80%	100%	80%	100%	80%
	667	534	667	534	667	534
	SER	1	2	1	1	1
	DIST	400	300	400	500	400
RII	9080	100%	80%	100%	80%	100%
	1974	1974	1579	1974	1579	1974
	SER	39	8	20	8	39
	DIST	50	200	100	200	50
CIRCUITO GRAL	242	100%	0%	100%	0%	100%
	80.63	81	0	81	0	81
	REP	13	0	13	0	13
	SET	6	6	6	6	6
MULTISALTOS	138	0%	100%	0%	100%	0%
	69	0	69	0	69	0
	REP	0	11	0	11	0
	SET	6	6	6	6	6
	24,006.65					

4853 4458 5386 4458 4853

M7	Km	L	M	M	J	V
RI	11411	80%	90%	100%	90%	80%
	2594	2075	2334	2594	2334	2075
	SET	4	8	13	23	41
	DIST	500	300	200	100	50
VELOCIDAD	1433	90%	0%	100%	0%	90%
	512	461	0	512	0	461
	SET	29	0	32	0	29
	DIST	16	25	16	25	16
MaxVO2	3281	80%	100%	80%	100%	80%
	746	596	746	596	746	596
	SET	1	2	1	1	1
	DIST	400	300	400	500	400
RII	9080	100%	80%	100%	80%	100%
	1974	1974	1579	1974	1579	1974
	SET	39	8	20	8	39
	DIST	50	200	100	200	50
CIRCUITO GRAL	285	100%	0%	100%	0%	100%
	94.86	95	0	95	0	95
	REP	16	0	16	0	16
	SET	6	6	6	6	6
MULTISALTOS	172	0%	100%	0%	100%	0%
	86	0	86	0	86	0
	REP	0	14	0	14	0
	SET	6	6	6	6	6
	25,205.54					

5106 4659 5676 4659 5106

M6	Km	L	M	M	J	V
RI	12012	80%	90%	100%	90%	80%
	2730	2184	2457	2730	2457	2184
	SER	4	8	14	25	44
	DIST	500	300	200	100	50
VELOCIDAD	1180	90%	0%	100%	0%	90%
	422	379	0	422	0	379
	SER	24	0	26	0	24
	DIST	16	25	16	200	16
MaxVO2	3108	80%	100%	80%	100%	80%
	706	565	706	565	706	565
	SER	1	2	1	1	1
	DIST	400	300	400	500	400
RII	9080	100%	80%	100%	80%	100%
	1974	1974	1579	1974	1579	1974
	SER	39	8	20	8	39
	DIST	50	200	100	200	50
CIRCUITO GRAL	256	100%	0%	100%	0%	100%
	85	85	0	85	0	85
	REP	14	0	14	0	14
	SET	6	6	6	6	6
MULTISALTOS	161	0%	100%	0%	100%	0%
	80	0	80	0	80	0
	REP	0	13	0	13	0
	SET	6	6	6	6	6
	25,380.52					

5102 4742 5691 4742 5102

M8	Km	L	M	M	J	V
RI	10210	80%	90%	100%	90%	80%
	2321	1856	2088	2321	2088	1856
	SET	6	42	12	42	19
	DIST	300	50	200	50	100
VELOCIDAD	1349	90%	0%	100%	0%	90%
	482	434	0	482	0	434
	SET	27	0	30	0	27
	DIST	16	25	16	25	16
MaxVO2	3453	80%	100%	80%	100%	80%
	785	628	785	628	785	628
	SET	2	3	2	2	2
	DIST	400	300	400	500	400
RII	8546	100%	80%	100%	80%	100%
	1858	1858	1486	1858	1486	1858
	SET	37	7	19	7	37
	DIST	50	200	100	200	50
CIRCUITO GRAL	270	100%	0%	100%	0%	100%
	90	90	0	90	0	90
	REP	15	0	15	0	15
	SET	6	6	6	6	6
MULTISALTOS	184	0%	100%	0%	100%	0%
	92	0	92	0	92	0
	REP	0	15	0	15	0
	SET	6	6	6	6	6
	23,558.55					

4776 4360 5288 4360 4776