

Preparación Orgánica Funcional

OCTUBRE

KM TOTAL DEL MESOCICLO

99,075.98

M9	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	1349	90%	0%	100%	0%	90%
	482	434	0	482	0	434
	SER	27	0	30	0	27
	DIST	16	25	16	25	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	10148	100%	80%	100%	80%	100%
	2206	2206	1765	2206	1765	2206
	SER	44	9	22	9	44
	DIST	50	200	100	200	50
CIRCUITO GRAL	256	100%	0%	100%	0%	100%
	85.38	85	0	85	0	85
	REP	14	0	14	0	14
	SET	6	6	6	6	6
MULTISALTOS	195	0%	100%	0%	100%	0%
	98	0	98	0	98	0
	REP	0	16	0	16	0
	SET	6	6	6	6	6
	25,416.20					

5170 4683 5710 4683 5170

M11	Km	L	M	M	J	V
RI	10210	80%	90%	100%	90%	80%
	2321	1856	2088	2321	2088	1856
	SET	4	7	12	21	37
	DIST	500	300	200	100	50
VELOCIDAD	1602	90%	0%	100%	0%	90%
	572	515	0	572	0	515
	SET	32	0	36	0	32
	DIST	16	25	16	25	16
MaxVO2	2763	80%	100%	80%	100%	80%
	628	502	628	502	628	502
	SET	1	2	1	1	1
	DIST	400	300	400	500	400
RII	10148	100%	80%	100%	80%	100%
	2206	2206	1765	2206	1765	2206
	SET	44	9	22	9	44
	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	218	0%	100%	0%	100%	0%
	109	0	109	0	109	0
	REP	0	18	0	18	0
	SET	6	6	6	6	6
	24,723.24					

5080 4481 5601 4481 5080

M10	Km	L	M	M	J	V
RI	10811	80%	90%	100%	90%	80%
	2457	1966	2211	2457	2211	1966
	SER	4	7	12	22	39
	DIST	500	300	200	100	50
VELOCIDAD	1433	90%	0%	100%	0%	90%
	512	461	0	512	0	461
	SER	29	0	32	0	29
	DIST	16	25	16	200	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	10682	100%	80%	100%	80%	100%
	2322	2322	1858	2322	1858	2322
	SER	46	9	23	9	46
	DIST	50	200	100	200	50
CIRCUITO GRAL	242	100%	0%	100%	0%	100%
	81	81	0	81	0	81
	REP	13	0	13	0	13
	SET	6	6	6	6	6
MULTISALTOS	207	0%	100%	0%	100%	0%
	103	0	103	0	103	0
	REP	0	17	0	17	0
	SET	6	6	6	6	6
	25,861.99					

5282 4736 5825 4736 5282

M12	Km	L	M	M	J	V
RI	9610	80%	90%	100%	90%	80%
	2184	1747	1966	2184	1966	1747
	SET	6	39	11	39	17
	DIST	300	50	200	50	100
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	2417	80%	100%	80%	100%	80%
	549	440	549	440	549	440
	SET	1	2	1	1	1
	DIST	400	300	400	500	400
RII	9614	100%	80%	100%	80%	100%
	2090	2090	1672	2090	1672	2090
	SET	42	8	21	8	42
	DIST	50	200	100	200	50
CIRCUITO GRAL	213	100%	0%	100%	0%	100%
	71	71	0	71	0	71
	REP	12	0	12	0	12
	SET	6	6	6	6	6
MULTISALTOS	230	0%	100%	0%	100%	0%
	115	0	115	0	115	0
	REP	0	19	0	19	0
	SET	6	6	6	6	6
	23,074.55					

4738 4187 5225 4187 4738