

Preparación de Velo-Fuerza

NOVIEMBRE

KM TOTAL DEL MESOCICLO

90,747.96

M13	Km	L	M	M	J	V
RI	9610	80%	100%	80%	100%	80%
	2184	1747	2184	1747	2184	1747
	SER	3	4	3	4	3
	DIST	500	500	500	500	500
VELOCIDAD	1602	80%	100%	80%	100%	80%
	364	291	364	291	364	291
	SER	15	24	12	24	15
	DIST	20	15	25	15	20
RIII	2186	100%	70%	90%	70%	80%
	533	533	373	480	373	426
	SER	5	7	2	7	1
	DIST	100	50	200	50	400
RII	9080	100%	80%	100%	80%	100%
	1974	1974	1579	1974	1579	1974
	SER	39	8	20	8	39
	REP	50	200	100	200	50
CIRCUITO GRAL	213	100%	0%	100%	0%	100%
	71.15	71	0	71	0	71
	REP	12	0	12	0	12
	SET	6	6	6	6	6
LIGAS	54	0%	100%	0%	100%	0%
	27	0	27	0	27	0
	REP	0	5	0	5	0
	SET	6	6	6	6	6
22,477.51						
	4546	4500	4492	4500	4439	

M14	Km	L	M	M	J	V
RI	10210	80%	100%	80%	100%	80%
	2321	1856	2321	1856	2321	1856
	SER	4	5	4	5	4
	DIST	500	500	500	500	500
VELOCIDAD	1686	80%	100%	80%	100%	80%
	383	307	383	307	383	307
	SER	15	26	12	26	15
	DIST	20	15	25	15	20
RIII	2314	100%	70%	90%	70%	80%
	564	564	395	508	395	452
	SER	6	8	3	8	1
	DIST	100	50	200	50	400
RII	9080	100%	80%	100%	80%	100%
	1974	1974	1579	1974	1579	1974
	SER	39	8	20	8	39
	REP	50	200	100	200	50
CIRCUITO GRAL	199	100%	0%	100%	0%	100%
	66	66	0	66	0	66
	REP	11	0	11	0	11
	SET	6	6	6	6	6
LIGAS	63	0%	100%	0%	100%	0%
	32	0	32	0	32	0
	REP	0	5	0	5	0
	SET	6	6	6	6	6
23,291.01						
	4701	4678	4645	4678	4589	

M15	Km	L	M	M	J	V
RI	9610	80%	100%	80%	100%	80%
	2184	1747	2184	1747	2184	1747
	SER	3	4	3	4	3
	DIST	500	500	500	500	500
VELOCIDAD	1602	80%	100%	80%	100%	80%
	364	291	364	291	364	291
	SER	15	24	12	24	15
	DIST	20	15	25	15	20
RIII	2443	100%	70%	90%	70%	80%
	596	596	417	536	417	477
	SER	6	8	3	8	1
	DIST	100	50	200	50	400
RII	9080	100%	80%	100%	80%	100%
	1974	1974	1579	1974	1579	1974
	SER	39	8	20	8	39
	REP	50	200	100	200	50
CIRCUITO GRAL	199	100%	0%	100%	0%	100%
	66.4	66	0	66	0	66
	REP	11	0	11	0	11
	SET	6	6	6	6	6
LIGAS	68	0%	100%	0%	100%	0%
	34	0	34	0	34	0
	REP	0	6	0	6	0
	SET	6	6	6	6	6
22,734.66						
	4608	4544	4549	4544	4489	

M16	Km	L	M	M	J	V
RI	9610	80%	100%	80%	100%	80%
	2184	1747	2184	1747	2184	1747
	SER	3	4	3	4	3
	DIST	500	500	500	500	500
VELOCIDAD	1518	80%	100%	80%	100%	80%
	345	276	345	276	345	276
	SER	14	23	11	23	14
	DIST	20	15	25	15	20
RIII	2571	100%	70%	90%	70%	80%
	627	627	439	564	439	502
	SER	6	9	3	9	1
	DIST	100	50	200	50	400
RII	8546	100%	80%	100%	80%	100%
	1858	1858	1486	1858	1486	1858
	SER	37	7	19	7	37
	REP	50	200	100	200	50
CIRCUITO GRAL	171	100%	0%	100%	0%	100%
	57	57	0	57	0	57
	REP	9	0	9	0	9
	SET	6	6	6	6	6
LIGAS	72	0%	100%	0%	100%	0%
	36	0	36	0	36	0
	REP	0	6	0	6	0
	SET	6	6	6	6	6
22,244.78						
	4508	4454	4445	4454	4383	