

Etapa	PG												PE				PC			
Mesociclos	1				2				3				4				5			
Tendencia	Preparación Orgánica Funcional												Preparación de Velo-Fuerza				Preparación Competitiva			
Mes	Agosto				Septiembre				Octubre				Noviembre				Diciembre			
C/Semanas	4				4				4				4				4			
Dinámica	03:01				03:01				03:01				02:01				01:01			
No.microc.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Fecha de los microciclos	3	10	17	24									29	5	12	19	26	3	10	17
	7	14	21	28									4	11	18	25	2	9	16	23
KM/SEMANA	21,071.40	21,756.32	22,459.09	21,173.57	24,006.65	25,464.84	25,205.54	23,558.55	25,416.20	25,861.99	24,723.24	23,074.55	22,477.51	23,291.01	22,734.66	22,244.78	21,471.36	19,438.82	18,175.53	16,894.39
RI	90%	95%	95%	85%	90%	100%	95%	85%	90%	90%	85%	80%	80%	85%	80%	80%	75%	65%	60%	60%
200,000.00	10,811	11,411	11,411	10,210	10,811	12,012	11,411	10,210	10,811	10,811	10,210	9,610	9,610	10,210	9,610	9,610	9,009	7,808	7,207	7,207
VELOCIDAD	70%	75%	85%	80%	70%	75%	85%	80%	80%	85%	95%	85%	95%	100%	95%	90%	95%	85%	85%	80%
28,500.00	1180	1265	1433	1349	1180	1265	1433	1349	1349	1433	1602	1433	1602	1686	1602	1518	1602	1433	1433	1349
RIII	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	85%	90%	95%	100%	90%	85%	80%	75%
18,000.00	-	-	-	-	-	-	-	-	-	-	-	-	2,186	2,314	2,443	2,571	2,314	2,186	2,057	1,929
MaxVO2	0%	0%	0%	0%	85%	90%	95%	100%	90%	85%	80%	70%	0%	0%	0%	0%	0%	0%	0%	0%
24,000.00	0	0	0	0	2935	3108	3281	3453	3108	2935	2763	2417	0	0	0	0	0	0	0	0
RII	85%	85%	90%	90%	85%	85%	85%	80%	95%	100%	95%	90%	85%	85%	80%	80%	80%	75%	70%	60%
180,000.00	9080	9080	9614	9614	9080	9080	9080	8546	10148	10682	10148	9614	9080	9080	9080	8546	8546	8012	7478	6409
CIRCUITO GRAL	60%	70%	75%	80%	85%	90%	100%	95%	90%	85%	85%	75%	75%	70%	70%	60%	0%	0%	0%	0%
3,600.00	171	199	213	228	242	256	285	270	256	242	242	213	213	199	199	171	0	0	0	0
MULTISALTOS	60%	70%	75%	80%	60%	70%	75%	80%	85%	90%	95%	100%	0%	0%	0%	0%	0%	0%	0%	1%
2,160.00	138	161	172	184	138	161	172	184	195	207	218	230	0	0	0	0	0	0	0	2
LIGAS	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	60%	70%	75%	80%	90%	100%	85%	60%
560.00	0	0	0	0	0	0	0	0	0	0	0	0	54	63	68	72	81	90	77	54
Tests pedagógicos	1			2				3				4				5			6	
Competencias																				

