

Preparación Orgánica Funcional

AGOSTO

KM TOTAL DEL MESOCICLO

86,460.38

M1	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	0	80%	100%	80%	100%	80%
	0	0	0	0	0	0
	SER	0	0	0	0	0
	DIST	50	200	100	200	50
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	171	100%	0%	100%	0%	100%
	56.92	57	0	57	0	57
	REP	9	0	9	0	9
	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
	21,071.40					

4319 3790 4853 3790 4319

M3	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	0	80%	100%	80%	100%	80%
	0	0	0	0	0	0
	SET	0	0	0	0	0
	DIST	50	200	100	200	50
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	172	100%	0%	100%	0%	100%
	57.39	57	0	57	0	57
	REP	10	0	10	0	10
	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
	22,459.09					

4626 4006 5195 4006 4626

M2	Km	L	M	M	J	V
RI	11411	80%	90%	100%	90%	80%
	2594	2075	2334	2594	2334	2075
	SER	4	8	13	23	41
	DIST	500	300	200	100	50
VELOCIDAD	1265	90%	0%	100%	0%	90%
	452	407	0	452	0	407
	SER	25	0	28	0	25
	DIST	16	25	16	200	16
MaxVO2	0	80%	100%	80%	100%	80%
	0	0	0	0	0	0
	SER	0	0	0	0	0
	DIST	50	200	100	200	50
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	199	100%	0%	100%	0%	100%
	66	66	0	66	0	66
	REP	11	0	11	0	11
	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
	21,756.32					

4455 3913 5019 3913 4455

M4	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	0	80%	100%	80%	100%	80%
	0	0	0	0	0	0
	SET	0	0	0	0	0
	DIST	50	200	100	200	50
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	184	100%	0%	100%	0%	100%
	61	61	0	61	0	61
	REP	10	0	10	0	10
	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
	21,173.57					

4380 3760 4892 3760 4380