

Preparación Competitiva

DICIEMBRE

KM TOTAL DEL MESOCICLO

77,183.27

M17	Km	L	M	M	J	V
RI	9009	100%	80%	100%	80%	100%
	1958	1958	1567	1958	1567	1958
	SER	4	5	10	5	20
	DIST	500	300	200	300	100
VELOCIDAD	1602	80%	100%	80%	100%	80%
	364	291	364	291	364	291
	SER	12	24	12	24	12
	DIST	25	15	25	15	25
RIII	2314	80%	100%	80%	100%	80%
	526	421	526	421	526	421
	SER	8	5	2	11	1
	DIST	50	100	200	50	400
MaxVO2	0	100%	0%	100%	0%	100%
	0	0	0	0	0	0
	SER	0	0	0	0	0
	DIST	500	500	500	500	500
RII	8546	80%	100%	80%	100%	80%
	1942	1554	1942	1554	1942	1554
	SER	5	10	5	10	5
	DIST	300	200	300	200	300
LIGAS	81	80%	90%	100%	80%	90%
	18	15	17	18	15	17
	REP	2	3	3	2	3
	SET	6	6	6	6	6
	21,471.36					

4224 4399 4224 4399 4224

M19	Km	L	M	M	J	V
RI	7207	100%	80%	100%	80%	100%
	1567	1567	1253	1567	1253	1567
	SER	3	4	8	4	16
	SEG	500	300	200	300	100
VELOCIDAD	2057	80%	100%	80%	100%	80%
	468	374	468	374	468	374
	SER	15	31	15	31	15
	DIST	25	15	25	15	25
RIII	2057	80%	100%	80%	100%	80%
	468	374	468	374	468	374
	SER	7	5	2	9	1
	DIST	50	100	200	50	400
MaxVO2	0	100%	0%	100%	0%	100%
	0	0	0	0	0	0
	SER	0	0	0	0	0
	DIST	400	400	400	400	400
RII	7478	80%	100%	80%	100%	80%
	1699	1360	1699	1360	1699	1360
	SER	5	8	5	8	5
	DIST	300	200	300	200	300
LIGAS	77	80%	90%	100%	80%	90%
	17	14	16	17	14	16
	REP	2	3	3	2	3
	SET	6	6	6	6	6
	18,799.24					

3674 3888 3674 3888 3674

M18	Km	L	M	M	J	V
RI	7808	100%	80%	100%	80%	100%
	1697	1697	1358	1697	1358	1697
	SER	3	5	8	5	17
	DIST	500	300	200	300	100
VELOCIDAD	1433	80%	100%	80%	100%	80%
	326	261	326	261	326	261
	SER	17	13	17	13	17
	DIST	15	25	15	25	15
RIII	2186	80%	100%	80%	100%	80%
	497	397	497	397	497	397
	SER	8	5	2	10	1
	DIST	50	100	200	50	400
MaxVO2	0	100%	0%	100%	0%	100%
	0	0	0	0	0	0
	SER	0	0	0	0	0
	DIST	500	500	500	500	500
RII	8012	80%	100%	80%	100%	80%
	1821	1457	1821	1457	1821	1457
	SER	5	9	5	9	5
	DIST	300	200	300	200	300
LIGAS	90	80%	90%	100%	80%	90%
	21	16	18	21	16	18
	REP	3	3	3	3	3
	SET	6	6	6	6	6
	19,438.82					

3812 4001 3812 4001 3812

M20	Km	L	M	M	J	V
RI	7207	100%	80%	100%	80%	100%
	1567	1567	1253	1567	1253	1567
	SER	3	4	8	4	16
	SEG	500	300	200	300	100
VELOCIDAD	1929	80%	100%	80%	100%	80%
	438	351	438	351	438	351
	SER	14	29	14	29	14
	DIST	25	15	25	15	25
RIII	1929	80%	100%	80%	100%	80%
	438	351	438	351	438	351
	SER	7	4	2	9	1
	DIST	50	100	200	50	400
MaxVO2	0	100%	0%	100%	0%	100%
	0	0	0	0	0	0
	SER	0	0	0	0	0
	DIST	400	400	400	400	400
RII	6409	80%	100%	80%	100%	80%
	1457	1165	1457	1165	1457	1165
	SER	4	7	4	7	4
	DIST	300	200	300	200	300
LIGAS	54	80%	90%	100%	80%	90%
	12	10	11	12	10	11
	REP	2	2	2	2	2
	SET	6	6	6	6	6
	17,473.85					

3433 3587 3433 3587 3433