

FIN DE SEMANA DOS DÍAS

lunes	martes	miércoles	jueves	viernes	sábado	domingo	Semana
Descanso	10' 60%.65% 25' 65%-70% 10' 60%.65% (45' Rodillo)	Descanso	10' 60%.65% 5' 65%-70% 15' 70%-75% FR 2x10' 80% rec.5' al 60% 10' 60%.65% (1h 10" Rodillo)	Descanso	2h 30' 70%-75% 15' 80%-85%	3h 30' salida intensiva Últimos 20' 60%/65%f.c.	7h 55'
10' 60%.65% 40' 65%-70% 10' 60%.65% (1h Rodillo)	Descanso	Descanso	10' 60%.65% 5' 65%-70% FR 3x10' 80% rec. 5' al 60% 4x20" 90%/95% rec.2' al 60% 10' 60%.65% (1h 20' Rodillo)	Descanso	2h 45' 70%-75%	4h Libre de pulso Últimos 20' 60%/65%f.c.	9h 05'
Descanso	Descanso	10' 60%.65% 10' 65%-70% 15' 70%-75% FR 6x5' 80% rec.2' 60% 5' 60%.65% (1h 15' Rodillo)	Descanso	10' 60%.65% 10' 65%-70% 3x10' 80%-85% Rec. 5' al 70%- 75%% 10' 60%.65% (1h 15' Rodillo)	2h 45' 70%-75% 2 puertos 80%- 85% último km a tope	4h salida intensiva Últimos 20' 60%/65%f.c.	10h 15'

Descanso	10' 60%.65% 25' 65%-70% 10' 60%.65% (45' Rodillo)	Descanso	10' 60%.65% 5' 65%-70% 2x10' 80%-85% rec. 5' al 60% 15' 70%-75% 4x30''' 90%-95% rec. 2' a 60% 5' 60%.65% (1h 15' Rodillo)	Descanso	5h 70%-75% 3 puertos 80%85% ó sin sobrepasar umbral anaeróbico	4h Libre de pulso Últimos 20' 60%/65%f.c.	11h 15'
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UN DÍA FIN DE SEMANA MÁS TRES DÍAS

lunes	martes	miércoles	jueves	viernes	sábado	domingo	Semana
10' 60%.65% 25' 65%-70% 10' 60%.65% (45' Rodillo)	Descanso	10' 60%.65% 5' 65%-70% 10' 70%-75% FR 2x10' 80% rec.5' al 60% 5' 60%.65% (1h Rodillo)	Descanso	10' 60%.65% 5x5' 80%-85% rec. 2' al 60% 10' 70%-75% 5' 60%.65% (1h Rodillo)	Descanso	3h 45' Salida intensiva Últimos 20' 60%/65%f.c.	6h 30'
10' 60%.65% 25' 65%-70% 10' 60%.65% (45' Rodillo)	Descanso	10' 60%.65% 20' 65%-70% 20' 70%-75% FR 5x5' 80% rec.2' 60% 5' 60%.65% (1h 30' Rodillo)	10' 60%.65% 3x10' 80%-85% rec. 5'al 70%- 75% 10' 70%-75% 5x20" 90%-95% rec. 2' 60% 10' 60%.65% (1h15' Rodillo)	Descanso	Descanso	4h 30' Libre de pulso Últimos 20' 60%/65%f.c.	8h

Descanso	10' 60%.65% 10' 65%-70% 30' 70%-75% 2x 5' 80%-85% rec.3' al 70% 10' 75%-80% 10' 60%.65% (1h 30' Rodillo)	10' 60%.65% FR 3x8' al 80% rec. 4' 20' 65%-70% 10' 60%.65% (1h 15' Rodillo)	Descanso	10' 60%.65% 3x10' 80%-85% rec. 5'al 70%-75% 15' 70%-75% 5x30" 90%-95% rec. 2' 60% 10' 60%.65% (1h30' Rodillo)	Descanso	4h 45' Libre de pulso Últimos 20' 60%/65%f.c.	9h
Descanso	10' 60%.65% 15' 65%-70% 30' 70%-75% 10' 75%-80% 10' 60%.65% (1h 15' Rodillo)	10' 60%.65% FR 3x10' al 80% rec. 5' 10' 65%-70% 10' 60%.65% (1h 15' Rodillo)	Descanso	10' 60%.65% 5' 65%-70% 2x10' 80%-85% rec. 5' al 60% 15' 70%-75% 4x20" 90%-95% rec. 2' a 60% 5' 60%.65% (1h 15' Rodillo)	Descanso	5h Libre de pulso Últimos 20' 60%/65%f.c.	9h

REFERENCIA EN VATIOS

lunes	martes	miércoles	jueves	viernes	sábado	domingo	Semana
Descanso	Descanso	10' Zona 1 30' Zona 2 3x10' Zona 3 rec.3' Zona 1 3x1' Zona 6 rec.2' Últ.10' Zona 1 (1h 30' Rodillo)	10' Zona 1 15' Zona 2 10' Zona 3 FR 3x10' (5' Zona 3/5' Zona 4) rec 4' Zona 1 Últ.10' Zona 1 (1h 30' Rodillo)	Descanso	3h Zona1 y 2 2 puertos Zona 3, 4 y 5	4h Libre Últimos 30' Zona1	10h
Descanso	Descanso	15' Zona 1 20' Zona 2 10' Zona 3 15' Zona 1 (1h Rodillo)	10' Zona 1 25' Zona 2 10' Zona 1 (45' Rodillo)	Descanso	2h 15' Zona 1 y 2	3h 30' Salida intensiva Últimos 20' Zona 1	7h 15'

Descanso	Descanso	10' Zona 1 10' Zona 2 3x10' Zona 4 rec.5' Zona 1 3x1' Zona 5 rec.1' Últ.5' Zona 1 <i>(1h 15' Rodillo)</i>	10' Zona 1 15' Zona 2 10' Zona 3 FR 3x10' (5' Zona 3/5' Zona 4) rec 4' Zona 1 Últ.10' Zona 1 <i>(1h 30' Rodillo)</i>	Descanso	3h Zona 1 y 2 1 puerto Zona 3, 4 y 5	4h 15' Libre Últimos 20' Zona 1	10h 30'
Descanso	Descanso	10' Zona 1 20' Zona 2 2x15' Zona 4 rec.8' Zona 1 5x1' Zona 5 rec.1' Últ.10' Zona 1 <i>(1h 30' Rodillo)</i>	10' Zona 1 20' Zona 2 FR 6x6' (3' Zona 3/3' Zona 4) rec 2' Zona 1 5' cadencia elevada zona 2 Últ.10' Zona 1 <i>(1h 30' Rodillo)</i>	Descanso	3h 15' Zona 1 y Zona 2 2 puertos zona 3 y 4 (último km Zona 5)	5h Libre Últimos 20' Zona 1	11h 15'