

| SEGMT. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO | DOMINGO |
|--------------|----------|---|--|---|---|----------|------------------|
| otros | | Gimnasio fza | | Sesión fuerza. Gimnasio, zona media y tobillos | | | |
| CARR | DESCANSO | 35' RODAR + 8 CUESTAS DE 50MTS INCLINACIÓN ALTA | 50' rodar muy suave (que casi no se note que has salido a entrenar) | | 5x2 KM RITMO 10.000 CON DESCANSO 2'a 3' ANDANDO RÁPIDO | DESCANSO | 12 a 15 km rodar |

RESUMEN SEMANAL

CARGA DIARIA PERCIBIDA

| | NAT | BICI | CARR | GIM | OTROS | PULSO | PESO | SUEÑO | FATIGA |
|----------|-----|------|------|-----|-------|-------|------|-------|--------|
| L | | | | | | | | | |
| M | | | | | | | | | |
| X | | | | | | | | | |
| J | | | | | | | | | |
| V | | | | | | | | | |
| S | | | | | | | | | |
| D | | | | | | | | | |

| | TOTALES |
|---------------|---------|
| NAT | |
| BICI | |
| CARR | |
| GIMN | |
| PULSO | |
| SUEÑO | |
| FATIGA | |

| PERCEP. | PUNTOS |
|---------------|--------|
| Inapreciable | 1 |
| Extrem. Débil | 2 |
| Muy débil | 3 |
| Ligera | 4 |
| Moderada | 5 |
| Algo dura | 6 |
| Dura | 7 |
| Muy dura | 8 |
| Durísima | 9 |
| Extrema | 10 |

| 10 | | | | | | | | | |
|----|----------|----------|----------|----------|----------|----------|----------|--|--|
| 9 | | | | | | | | | |
| 8 | | | | | | | | | |
| 7 | | | | | | | | | |
| 6 | | | | | | | | | |
| 5 | | | | | | | | | |
| 4 | | | | | | | | | |
| 3 | | | | | | | | | |
| 2 | | | | | | | | | |
| 1 | | | | | | | | | |
| | L | M | X | J | V | S | D | | |

OBSERVACIONES;

