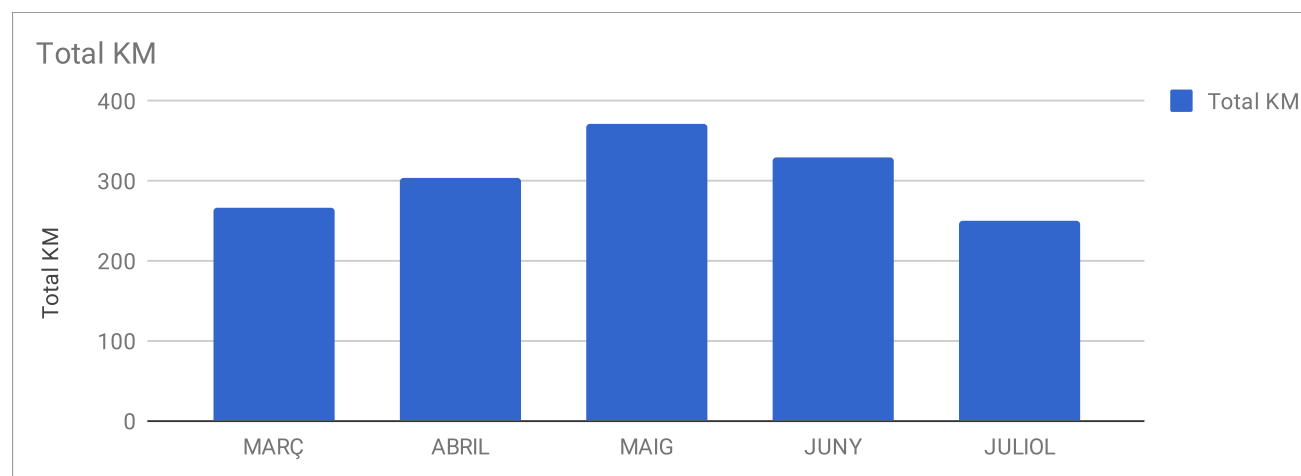


"ENTRENE" VOLTA A L'ANETO 2019 - Raül

	Total KM	Total dies entrenament	Total dies circuits Oberon	Total dies muntanya	Setmanes	Mitjana KM/setmana
MARÇ	266	17	2	6	4	67
ABRIL	303	18	4	6	4	76
MAIG	370	21	3	6	5	74
JUNY	330	19	3	6	4	83
JULIOL	250	13	0	4	4	63
TOTAL	1519	88	12	28	21	72



MARÇ - Raül

SETMANA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	TOTAL KMS	TOTAL dies entrene
4-10	descans	12R1	descans	10R1+3R2 (M)	descans	3R1+13R2+5K1 (M)	12R2 (M)	58	4
11-17	descans	2R1+5R2+4K1+2K2+1R1	descans	3R1+3x(1R2+1R3+1R1)+2R1	descans	12K1	5R1+15R2+2R3+1R1 (M)	63	4
18-24	6R1+2K1+2K2+2K3+1R1	10R1+10R2 (M)	descans	5R1+2Oberon+5R1	descans	2R1+4x(1R2+1R3+1R1)+2R1	15R1+10R2 (M)	85	5
25-31	descans	2R1+6R2+5K1+1K2+1K3+1R1	descans	5R1+2Oberon+5R1	descans	4R1+8x1000K3 rec2'+2R1	10R1+10R2 (M)	60	4

266

17

R0:	116ppm - 130ppm		
R1:	131ppm - 145ppm	K1:	4'05"-3'55"
R2:	146ppm - 157ppm	K2:	3'50"-3'40"
R3:	158ppm - 171ppm	K3:	3'35"-3'25"
R4 (alàctic):	178rpm		

(M) - Muntanya

ABRIL - Raül

SETMANA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	TOTAL KMS	TOTAL dies entrene
1-7	descans + fisio	2R1+6R2+5K1+1K2+1K3+1R1	descans	6R1+2Oberon+6R1	descans	4R1+4x(1k1+k3)+2R1	12R2+12K1 (M)	68	4
8-14	descans	16K1	descans	6R1+2Oberon+6R1	descans	4R1+8x1000K3 rec70"+2R1	13R2+13K1 (M)	70	4
15-21	12R2 (M)	1R1+5K1+5K2+2K3+1R1	descans	8K1+2Oberon+6K1	4R1+4x2000 rec70"+2R1	14K1 (M)	15R2+15K1 (M)	100	6
22-28	descans	16K1	descans	6K1+2Oberon+6K1	descans	4R1+4x2000K3 rec70"+2R1	10R2+11K1 (M)	65	4

303

18

R0:	116ppm - 130ppm		
R1:	131ppm - 145ppm	K1:	4'05"-3'55"
R2:	146ppm - 157ppm	K2:	3'50"-3'40"
R3:	158ppm - 171ppm	K3:	3'35"-3'25"
R4 (alàctic):	178rpm		

(M) - Muntanya

MAIG - Raül									
SETMANA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	TOTAL KMS	TOTAL dies entrene
29-5	descans	20K1	12K1 (M)	7k1+20beron+7k1	descans	4R1+3x3000K3 rec70"+2R1	16R2+16K1 (M)	95	5
6-12	descans	10K1+10K2	descans	7k1+20beron+7k1	descans	4K1+10x1000K3 rec70"+2R1	18R2 (M)	70	4
13-19	descans + fisio	14R2	descans	10R2	20' trote	MARATÓ TRAIL PRIMAVERA (M)	descans	70	4
20-26	descans	descans + fisio	descans	12R2	descans	12R2	21R2 (M)	45	3
27-2	descans	20K1	12K1	7k1+20beron+7k1	descans	4K1+8x1000K3 rec70"+2R1	28R2 (M)	90	5

370

21

R0:	116ppm - 130ppm		
R1:	131ppm - 145ppm	K1:	4'05"-3'55"
R2:	146ppm - 157ppm	K2:	3'50"-3'40"
R3:	158ppm - 171ppm	K3:	3'35"-3'25"
R4 (alàctic):	178rpm		

(M) - Muntanya

JUNY - Raül

SETMANA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	TOTAL KMS	TOTAL dies entrene
3-9	descans	20K1	12K1 (M)	7k1+20beron+7k1	descans	2R1+3x3000K3 rec70"+2R1	24R2 (M-T)	85	5
10-16	descans	15K1+5K2	descans	7k1+20beron+7k1	descans	4K1+10x1000K3 rec70"+2R1	28R2 (M-T)	80	4
17-23	descans	20K1	12K1 (M)	7k1+20beron+7k1	6K1	4R1+4x2000K3 rec70"+2R1	32R2 (M-T)	100	6
24-30	descans	15K1	descans	15K1	descans	3K1+10x1000K3 rec70"+2R1	20R2 (M)	65	4

330

19

R0:	116ppm - 130ppm		
R1:	131ppm - 145ppm	K1:	4'05"-3'55"
R2:	146ppm - 157ppm	K2:	3'50"-3'40"
R3:	158ppm - 171ppm	K3:	3'35"-3'25"
R4 (alàctic):	178rpm		

(M) - Muntanya

(M-T) - Muntanya tècnic (pedreres, desnivell, semiescalada,...)

JULIOL - Raül

SETMANA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	TOTAL KMS	TOTAL dies entrene
3-9	descans	20K1	12K1 (M)	20K1	descans	3K1+10x1000K3 rec70"+2R1	38R2 (M-T)	105	5
10-16	descans	16K1	descans	16K1	descans	2K1+8x1000K3 rec70"+2R1	21R2 (M)	65	4
17-23	descans + fisio	12K1	descans	10K1	15' trote	VOLTA ANETO (M)	descans	80	4
24-30	descans	descans	descans	descans	descans	descans	descans	0	0

250

13

R0:	116ppm - 130ppm		
R1:	131ppm - 145ppm	K1:	4'05"-3'55"
R2:	146ppm - 157ppm	K2:	3'50"-3'40"
R3:	158ppm - 171ppm	K3:	3'35"-3'25"
R4 (alàctic):	178rpm		

(M) - Muntanya

(M-T) - Muntanya tècnic (pedreres, desnivell, semiescalada,...)