**Nombre:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FCL: \_\_\_\_\_\_**

**Especialidad Deportiva\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Cicloergómetro, banda, remo)**

| FECHA | | | | | **FECHA** | | | | | **FECHA** | | | | | | | **FECHA** | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **peso** | | **Edad** | | | **peso** | | **Edad** | | | **peso** | | | **Edad** | | | | **peso** | | **Edad** | | |
| **talla** | | **Fc. Max.** | | | **talla** | | **Fc. Max.** | | | **talla** | | | **Fc. Max.** | | | | **talla** | | **Fc. Max.** | | |
| **Tiempo** | **Wats** | **Velocidad** |  |  | **Tiempo** | **Carga** | | **Fc.** | **RPE** | **Tiempo** | | **Carga** | | **Fc.** | | **RPE** | **Tiempo** | **Carga** | **Fc.** | | **RPE** |
| ***1*** |  |  |  |  | ***1*** |  | |  |  | ***1*** | |  | |  | |  | ***1*** |  |  | |  |
| **2** |  |  |  |  | **2** |  | |  |  | **2** | |  | |  | |  | **2** |  |  | |  |
| **3** |  |  |  |  | **3** |  | |  |  | **3** | |  | |  | |  | **3** |  |  | |  |
| **4** |  |  |  |  | **4** |  | |  |  | **4** | |  | |  | |  | **4** |  |  | |  |
| **5** |  |  |  |  | **5** |  | |  |  | **5** | |  | |  | |  | **5** |  |  | |  |
| **6** |  |  |  |  | **6** |  | |  |  | **6** | |  | |  | |  | **6** |  |  | |  |
| **7** |  |  |  |  | **7** |  | |  |  | **7** | |  | |  | |  | **7** |  |  | |  |
| **8** |  |  |  |  | **8** |  | |  |  | **8** | |  | |  | |  | **8** |  |  | |  |
| **9** |  |  |  |  | **9** |  | |  |  | **9** | |  | |  | |  | **9** |  |  | |  |
| **10** |  |  |  |  | **10** |  | |  |  | **10** | |  | |  | |  | **10** |  |  | |  |
| **11** |  |  |  |  | **11** |  | |  |  | **11** | |  | |  | |  | **11** |  |  | |  |
| **12** |  |  |  |  | **12** |  | |  |  | **12** | |  | |  | |  | **12** |  |  | |  |
| **RECUPERACION** |  |  |  |  | **RECUPERACION** | **1** | |  | **%** | **RECUPERACION** | | **1** | |  | | **%** | **RECUPERACION** | **1** |  | | **%** |
|  |  |  |  | **2** | |  | **%** | **2** | | |  | **%** | **2** |  | **%** | |
|  |  |  |  | **3** | |  | **%** | **3** | | |  | **%** | **3** |  | **%** | |
| ***VO2 ml.kg.min*** |  | | | | ***VO2 ml.kg.min*** |  | | | | ***VO2 ml.kg.min*** |  | | | | | | ***VO2 ml.kg.min*** |  | | | |
| **OBSERVACIONES** | MVO**2**\_\_\_\_\_\_\_\_\_\_\_\_  PO**2**\_\_\_\_\_\_\_\_\_\_\_\_\_  MET\_\_\_\_\_\_\_\_\_\_\_\_\_  %Fc.\_\_\_\_\_\_\_\_\_\_\_\_  UMBRAL\_\_\_\_\_\_\_\_\_\_  %UMBRAL\_\_\_\_\_\_\_\_  Fc. Umbral\_\_\_\_\_\_\_\_  T Umbral\_\_\_\_\_\_\_\_\_  T Tota\_\_\_\_\_\_\_\_\_\_\_\_ | | | | MVO**2**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  PO**2**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  MET\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  %Fc.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  UMBRAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  %UMBRAL\_\_\_\_\_\_\_\_\_\_\_\_\_  Fc. Umbral\_\_\_\_\_\_\_\_\_\_\_\_\_  T Umbral\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  T Total\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | MVO**2**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  PO**2**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  MET\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  %Fc.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  UMBRAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_  %UMBRAL\_\_\_\_\_\_\_\_\_\_\_\_  Fc. Umbral\_\_\_\_\_\_\_\_\_\_\_\_\_  T Umbral\_\_\_\_\_\_\_\_\_\_\_\_\_  T Total\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | MVO**2**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  PO**2**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  MET\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  %Fc.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  UMBRAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_  %UMBRAL\_\_\_\_\_\_\_\_\_\_\_\_  Fc. Umbral\_\_\_\_\_\_\_\_\_\_\_\_  T Umbral\_\_\_\_\_\_\_\_\_\_\_\_\_  T Total\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |