**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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |