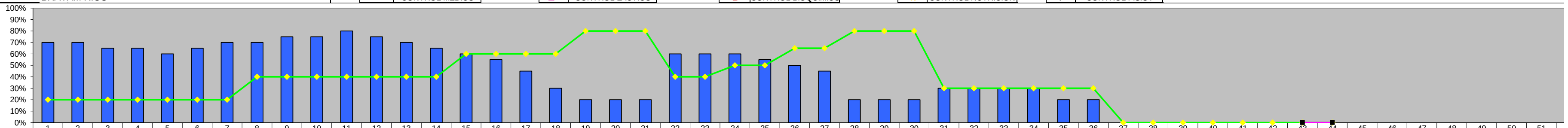
# PLAN GRAFICO (colocar deporte) JEC SEMILLEROS 2023

| TEMPORADA: | DURACION | |
|---|---|---|
| DEPORTISTA | SEMILLEROS DE BOXEO | |
| DEPORTE /MODALIDAD | BOXEO | |
| ENTRENADOR | BRAYAM RICO | |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ○ | CONTROL FISICO | | > | CONT TECNICO | | T | CONTROL TEORICO | | C | CONCENTRACION | | P | CONTROL PSICOLOG | |
| △ | CONTROL MEDICO | | L | CONTROL LACTICO | | B | CONTROL BIOQUIMICO | | N | CONTROL NUTRICION | | F | CONTROL FISIOT | |




| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Volumen | 70% | 70% | 65% | 65% | 60% | 65% | 70% | 70% | 75% | 75% | 80% | 75% | 70% | 65% | 60% | 55% | 45% | 30% | 20% | 20% | 20% | 60% | 60% | 60% | 55% | 50% |
| Intensidad | 20% | 20% | 20% | 20% | 20% | 20% | 20% | 40% | 40% | 40% | 40% | 40% | 40% | 40% | 60% | 60% | 60% | 60% | 80% | 80% | 80% | 40% | 40% | 50% | 50% | 65% |
| Rendimiento | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Volumen | 45% | 20% | 20% | 20% | 30% | 30% | 30% | 30% | 20% | 20% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | | | | | | | |
| Intensidad | 65% | 80% | 80% | 80% | 30% | 30% | 30% | 30% | 30% | 30% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | | | | | | | |
| Rendimiento | | | | | | | | | | | | | | | | | 0% | 0% | | | | | | | |

| CONTROLES - TESTS | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SEMANA | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| INICIO SEMANA | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| MES | MAYO | | | | JUNIO | | | | JULIO | | | | AGOSTO | | | | SEPTIEMBRE | | | | | OCTUBRE |
| PERIODO | PERIODO PREPARATORIO | | | | | | | | | | | | | | | | | | | | | |
| ETAPA | ETAPA DE PREPARACION GENERAL O FUNDAMENTAL 80% | | | | | | | ETAPA PREPARACION ESPECIAL ESPECIFICA 20% | | | | | | | ETAPA PRECOMPETITIVA | | | | COMPETITIVA | | | TRANSITORIA |
| VOLUMEN % | 70% | 70% | 65% | 65% | 60% | 65% | 70% | 70% | 75% | 75% | 80% | 75% | 70% | 65% | 60% | 55% | 45% | 30% | 20% | 20% | 20% | 60% |
| INTENSIDAD % | 20% | 20% | 20% | 20% | 20% | 20% | 20% | 40% | 40% | 40% | 40% | 40% | 40% | 40% | 60% | 60% | 60% | 60% | 80% | 80% | 80% | 40% |
| RENDIMIENTO % | | | | | | | | | | | | | | | | | | | | | | |
| VOL. (KM. - RPT. T) | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 |
| TOTAL VOLUMEN | | | | 4200 | | | | | | | 4200 | | | | | | 2400 | | | 1800 | | |
| COMPETENCIAS - COTROLES - TOPES VALORACIONES | ○ | △ | | | | | | | ○ | | | | | | | | | | △ | | | |
| | | | N | | | T | > | | | | | | | > | | | N | T | | | > | |

| CONTROLES - TESTS | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SEMANA | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 |
| INICIO SEMANA | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | | | | | | | | |
| MES | | | NOVIEMBRE | | | | DICIEMBRE | | | | ENERO | | | | | | | | | | | |
| PERIODO | | | | | | | | | | | | | | | | | | | | | | |
| ETAPA | | ESP. | | PRE- | | COMPETITIVA | | | TRANSITORIO | | | | | | | | | | | | | |
| VOLUMEN % | 60% | 60% | 55% | 50% | 45% | 20% | 20% | 20% | 30% | 30% | 30% | 30% | 20% | 20% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% |
| INTENSIDAD % | 40% | 50% | 50% | 65% | 65% | 80% | 80% | 80% | 30% | 30% | 30% | 30% | 30% | 30% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% |
| RENDIMIENTO % | | | | | | | | | | | | | | | | | | | | | 0% | 0% |
| VOL. (KM. - RPT. T) | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| TOTAL VOLUMEN | 1200 | | 1200 | | 1200 | | 1800 | | | | 3600 | | | | | | | | 0 | | | 0 |
| COMPETENCIAS - COTROLES - TOPES VALORACIONES | ○ | | | | | △ | | | | | | | | | | | | | | | | |
| | | | > | | N | | | > | T | | | | | | | | | | | | | |