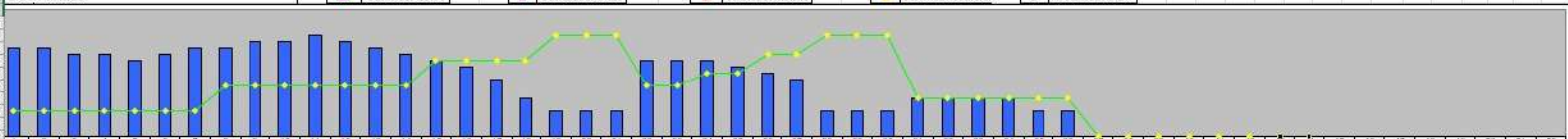
PLAN GRAFICO (colocar deporte) JEC SEMILLEROS 2023

DURACION

SEMILLEROS DE BOXEO

BOXEO	○ CONTROL FISICO	> CONT TECNICO	T CONTROL TEORICO	C CONCENTRACION	P CONTROL PSICOLOG
BRAYAM RICO	△ CONTROL MEDICO	L CONTROL LACTICO	B CONTROL BIOQUIMIC	N CONTROL NUTRICION	F CONTROL FISIOT



19	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
20	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%
21	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%
22																										

19	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	52
20	45%	20%	20%	20%	30%	30%	30%	30%	20%	20%	0%	0%	0%	0%	0%	0%	0%	0%								
21	65%	80%	80%	80%	30%	30%	30%	30%	30%	30%	0%	0%	0%	0%	0%	0%	0%	0%								
22																	0%	0%								

28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
29	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
30	MAYO				JUNIO				JULIO				AGOSTO				SEPTIEMBRE				OCTUBRE	
31	PERIODO PREPARATORIO																					
32	DE PREPARACION GENERAL O FUNDAMENT							A PREPARACION ESPECIAL ESPECIFIC							ETAPA				COMPETITIVA			TRANSITO
33	70%	70%	65%	65%	60%	65%	70%	70%	15%	75%	80%	75%	70%	65%	60%	55%	45%	30%	20%	20%	20%	60%
34	20%	20%	20%	20%	20%	20%	20%	40%	40%	40%	40%	40%	40%	40%	60%	60%	60%	60%	80%	80%	80%	40%
35																						
36	600	600	600	600	600	600	600	600	600	600	600	600	600	600	600	600	600	600	600	600	600	600
37				4200							4200						2400			1800		1200

28	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
29	24	25	26	27	28	29	30	31	32	33	34	35	36	37								
30			NOVIEMBRE				DICIEMBRE				ENERO											
31																						
32		ESP.		PRE-		COMPETITIVA			TRANSITORIO													
33	60%	60%	55%	50%	45%	20%	20%	20%	30%	30%	30%	30%	20%	20%	0%	0%	0%	0%	0%	0%	0%	0%
34	40%	50%	50%	65%	65%	80%	80%	80%	30%	30%	30%	30%	30%	30%	0%	0%	0%	0%	0%	0%	0%	0%
35																					0%	0%
36	600	600	600	600	600	600	600	600	600	600	600	600	600	600	0	0	0	0	0	0	0	0
37		1200		1200			1800				3600								0		0	

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