



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
5:30 a.m.		FONDO (CAMILO SANDOVAL)		ADVANCE (MARIO LAVERDE)			
6:30 a.m.	FONDO (SERGIO PRIETO)	HIT (CAMILO SANDOVAL)	ADVANCE (JHONNY CAMARGO)	INTERVALOS (MARIO LAVERDE)	HIT (CARLOS LASCARRIO)		
7:30 a.m.	ADVANCE (SERGIO PRIETO)		FONDO (ALEJANDRO GALINDO)		ADVANCE (CARLOS LASCARRIO)		
8:30 a.m.							
9:30 a.m.							
10:00 a.m.						TRAINING BIKE (DANIEL OTERO)	
10:30 a.m.							TRAINING BIKE (DANIEL OTERO)
11:00 a.m.							
11:30 a.m.							
12:30 p.m.							
1:30 p.m.							
3:30 p.m.							
4:30 p.m.							
6:00 p.m.							
6:30 p.m.		INTERVALOS (ARNOLD BRIÑEZ)	TRAINING BIKE (DANIEL OTERO)	INTERVALOS (ALFREDO REYES)			
7:00 p.m.	ADVANCE (JHONNY CAMARGO)						
7:30 p.m.		FONDO (ARNOLD BRIÑEZ)	INTERVALOS (HERNAN)	ADVANCE (ALFREDO REYES)			
8:30 p.m.							