

HORARI SALA CYCLING

CET 10[®]
Maresme
centre esportiu municipal

ABRIL

Setmana del 25/03/2019 al 31/03/2019

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|----------|----------|----------|----------|-----------|----------|----------|
| 7:10 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | |
| 15:30 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | VIRTUAL | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | VIRTUAL | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | CETCYCLE | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | CYCLING | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |

Setmana del 01/04/2019 al 07/04/2019

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|----------|----------|----------|----------|-----------|----------|----------|
| 7:10 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | |
| 15:30 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | CETCYCLE | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | CYCLING | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |

Setmana del 08/04/2019 al 14/04/2019

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|----------|----------|----------|----------|-----------|----------|----------|
| 7:10 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | |
| 15:30 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | VIRTUAL | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | CETCYCLE | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | CYCLING | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |

Setmana del 15/04/2019 al 21/04/2019

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|---------|----------|----------|----------|-----------|----------|----------|
| 7:10 | | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | VIRTUAL | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | |
| 15:30 | | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |

SESSIONS

- **RECUPERACIÓ** Codi: REC
% FC Màx. 50-65% **Objectius:** activar i accelerar els processos de recuperació de l'organisme.
- **CAPACITAT AERÒBICA BAIXA** Codi: CAB
% FC Màx. 65-75% **Objectius:** millor metabolisme dels greixos (increment de mitocondries i enzims oxidatius).
- **FARTLEK** Codi: FTK
% FC Màx. 65-85% **Objectius:** desenvolupament cardiovascular. Millor transició metabòlica (greixos-glúcids).
- **CAPACITAT AERÒBICA ALTA** Codi: CAA
% FC Màx. 75-85% **Objectius:** desenvolupament cardiovascular i millora del metabolisme del glucíd.
- **MUNTANYA** Codi: MUN
% FC Màx. 75-85% **Objectius:** idèntics a l'anterior, amb una millora de força muscular.
- **INTERVÀLICA EXTENSIVA** Codi: IE
% FC Màx. 65-85% **Objectius:** millora del dintell anaeròbic, així com del consum d'oxigen (VO2 màx).
- **INTERVÀLICA INTENSIVA** Codi: II
% FC Màx. 65-95% **Objectius:** millora del dintell anaeròbic i de la tolerància a l'acumulació d'àcid làctic.
- **CHALLENGE** Codi: CHA
% FC Màx. 80-97% **Objectius:** millora del ritme de competició i de la tolerància a l'acumulació d'àcid làctic.

NO OBLIDIS

Portar sempre tovallola
Netejar bé la bici abans d'anar-te'n
Portar calçat adequat
Portar aigua per hidratar-te