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| Grupo Lago | Temporada 2015/2016 | javicanoas@gmail.com |
| Mesociclo II | 26 de Octubre a 22 de Noviembre | |

| Micros 6 a 8 | | Ent. Agua Técnica. U. Aeróbico a U. Anaeróbico | Vol Km | | | Ent Seco Acond. Físico general II / Auto-carga | |
|-----------------|---|---|--------|---|-----|---|---------|
| | | | 0 | 1 | 3 | | |
| 26 | L | 60´R0 | 10 | | | Carrera 45´ | |
| 27 | M | 70´R0 | 12 | | | 8x(9Br+12Tr+12Fd+25Abd)/3´ | 72/96 |
| 28 | X | 70´R0 | 12 | | | 7x(10Br+13Tr+13Fd+25Abd)/3 | 70/91 |
| 29 | J | | | | | | |
| 30 | V | 70´R0 | 12 | | | 9x(8Br+12Tr+12Fd+25Abd)/3´ | 72/60 |
| 31 | S | 80´: 4x(15´R0+5R1) | 12 | 4 | | Carrera 40´ | |
| 1 | D | 90´: (20´R0+10´R1) | 11 | 6 | | | |
| 2 | L | 60´R0 | 10 | | | Carrera 40´ | |
| 3 | M | 70´: 2x35R0/4x20 Pa, no parado | 12 | | 0´5 | 9x(11Br+14Tr+14Fd+25Abd)/3´ | 99/126 |
| 4 | X | 80´: 2x(20´R0+20´R1) | 8 | 8 | | 7x(12Br+16Tr+16Fd+25Abd)/3 | 84/124 |
| 5 | J | | | | | | |
| 6 | V | 70´R0 | 12 | | | 10x(10Br+13Tr+10Fd+25Abd)/3´ | 100/130 |
| 7 | S | 80´: 4x(15´+5 R1´) | 12 | 4 | | Carrera 40´ | |
| 8 | D | 90´: 3x(15´R0+15´R1) | 8 | 8 | | | |
| 9 | L | 60´R0 | 10 | | | Carrera 40´ | |
| 10 | M | 70´:2x(20´R0+15R1)/4x20 Pal, parado | 8 | 6 | 0´5 | 9x(12Br+15Tr+15Fd+25Abd)/3´ | 108/135 |
| 11 | X | 80´: 20´R0+20´R1+25´R0+15´R1 | 7 | 9 | | 7x(13Br+16Tr+16Fd+25Abd)/3 | 91/124 |
| 12 | J | | | | | | |
| 13 | V | 70´R0 | 12 | | | 10x(11Br+14Tr+14Fd+25Abd)/3´ | 111/140 |
| 14 | S | 80´:2x(25´R0+15´R1)/4x20 Pal | 8 | 8 | 0´5 | Carrera 40´ | |
| 15 | D | 90´: 3x(15´R0+15´R1) | 9 | 9 | | | |
| 16 | L | 60´R0 | 10 | | | Carrera 40´ | |
| 17 | M | 70´: 2x(20´R0+15R1)/4x20 Pal parado | 8 | 6 | 0´5 | 9x(13Br+16Tr+16Fd+25Abd)/3´ | 90/117 |
| 18 | X | 80´: 20´R0+20´R1+15´R0+25´R1 | 7 | 9 | | 7x(14Br+17Tr+17Fd+25Abd)/3 | 88/120 |
| 19 | J | | | | | | |
| 20 | V | 70´: 30´R0+20´R1+30´R0 | 8 | 4 | | 10x(12Br+15Tr+10Fd+25Abd)/3´ | 120/150 |
| 21 | S | 80´:2x(25´R0+15´R1)/4x20 Pal | 8 | 8 | 0´5 | Carrera 40´ | |
| 22 | D | 90´: 3x(15´R0+15´R1) | 9 | 9 | | | |