

CALENDARIO EQUIPO NACIONAL JUVENIL 2019

| enero - 2019 | | | | | | | febrero - 2019 | | | | | | | marzo - 2019 | | | | | | |
|--------------|-----|-----|-----|------|----|-----|----------------|-----|-----|-----|------|----|-----|--------------|-----|-----|-----|------|----|-----|
| Lun | Mar | Mié | Jue | Vier | Sá | Dom | Lun | Mar | Mié | Jue | Vier | Sá | Dom | Lun | Mar | Mié | Jue | Vier | Sá | Dom |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | | | | | 1 | 2 | 3 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | | | | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| abril - 2019 | | | | | | | mayo - 2019 | | | | | | | junio - 2019 | | | | | | |
|--------------|-----|-----|-----|------|----|-----|-------------|-----|-----|-----|------|----|-----|--------------|-----|-----|-----|------|----|-----|
| Lun | Mar | Mié | Jue | Vier | Sá | Dom | Lun | Mar | Mié | Jue | Vier | Sá | Dom | Lun | Mar | Mié | Jue | Vier | Sá | Dom |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 29 | 30 | | | | | | 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| julio - 2019 | | | | | | | agosto - 2019 | | | | | | | septiembre - 2019 | | | | | | |
|--------------|-----|-----|-----|------|----|-----|---------------|-----|-----|-----|------|----|-----|-------------------|-----|-----|-----|------|----|-----|
| Lun | Mar | Mié | Jue | Vier | Sá | Dom | Lun | Mar | Mié | Jue | Vier | Sá | Dom | Lun | Mar | Mié | Jue | Vier | Sá | Dom |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | | | | | | | 1 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 29 | 30 | 31 | | | | | 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | | | | | | | | | | 30 | | | | | | |

| octubre - 2019 | | | | | | | noviembre - 2019 | | | | | | | diciembre - 2019 | | | | | | |
|----------------|-----|-----|-----|------|----|-----|------------------|-----|-----|-----|------|----|-----|------------------|-----|-----|-----|------|----|-----|
| Lun | Mar | Mié | Jue | Vier | Sá | Dom | Lun | Mar | Mié | Jue | Vier | Sá | Dom | Lun | Mar | Mié | Jue | Vier | Sá | Dom |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | | | | | | | 1 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | | | | | | | | | | 30 | 31 | | | | | |

CONCENTRACIÓN JUVENILES

COMPETICIÓN JUVENILES

TEST ERGOMETRO 2000 M.