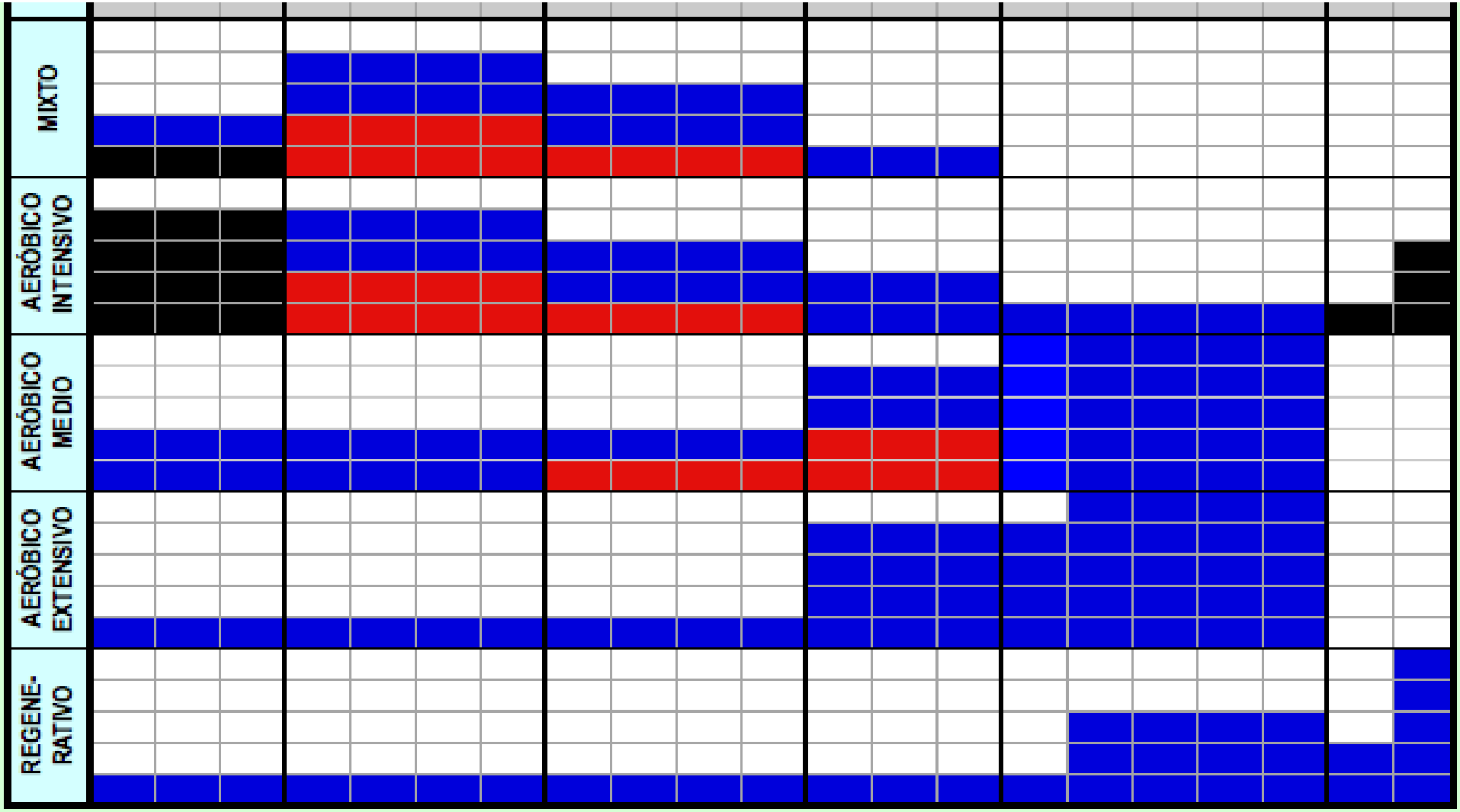MICROCICLO SEMANAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
	4/12	18/12	25/12	1/1	8/1	15/1	22/1	29/1	5/2	12/2	19/2	26/2	4/3	11/3	18/3	25/3	1/4	8/4	15/4	22/4	29/4
MESO-CICLO	ACONDICIO-NAMENTO			BÁSICO				ESPECÍFICO 1				ESPECÍFICO 2			COMPETICIÓN					REG	
MARCO-CICLO	MARATÓN DE GALICIA