

Leandro Salazar - 2025-11-12

Birthdate: 2008-09-27 (17)
 Level: U18
 Profile: Midfielder

Height (cm): 171
 Weight (kg): 59.0
 Fat %: 9.2 (51.6 mm)

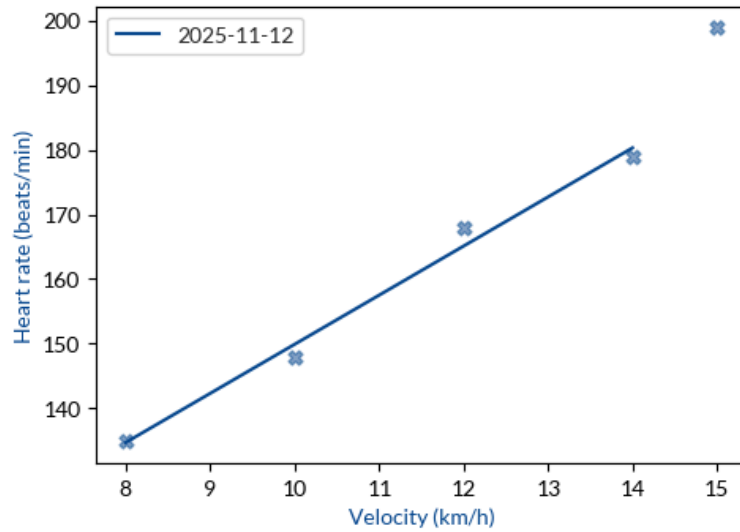
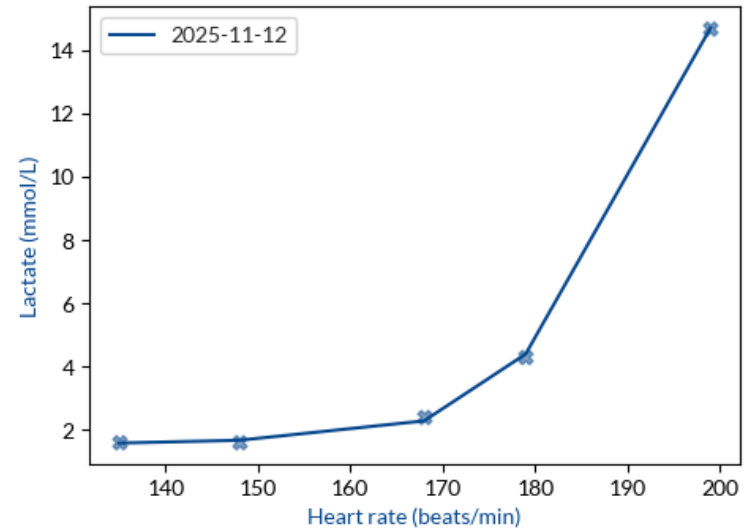
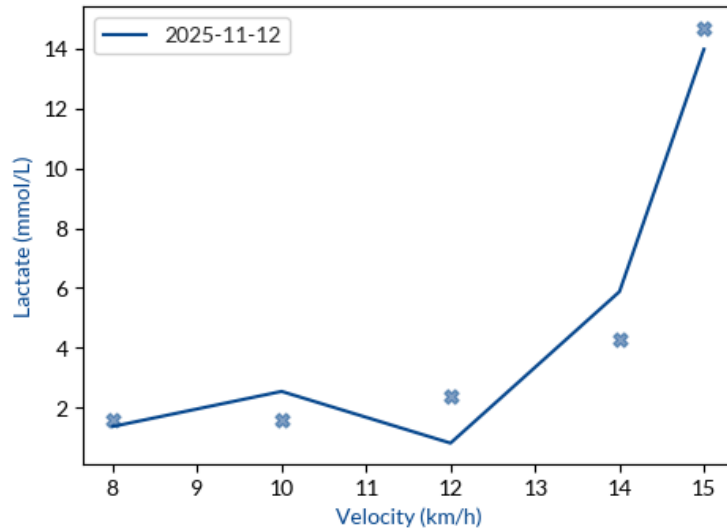
Velocity	Time (min:sec)	Gradient (%)	Heart Rate (bpm)	Lacate (mmol/L)	RPE	VO2 (ml/min/kg)	VO2 (L/min)	RER
0.0	0'	1.5 %	99	0.8	6			
8.0	3'	1.5 %	135	1.6	9	34.4	2.03	0.89
10.0	3'	1.5 %	148	1.6	10	41.2	2.432	0.94
12.0	3'	1.5 %	168	2.4	13	47.0	2.774	0.94
14.0	3'	1.5 %	179	4.3	15	54.5	3.215	0.97
15.0	6'30"	8.0 %	199	14.7	20	66.1	3.898	1.11

Protocol: 8 + 2km/h / 3'. Max. velocity = 15 km/h. Max. gradient = 8.0 %.

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Heart rate zones:

Recuperation: <150

Extensive Endurance Training - Low: 145-160

Extensive Endurance Training - High: 150-165

Intensive Endurance Training: 165-175

Fractionated Endurance Training: 175-180 (150-160)

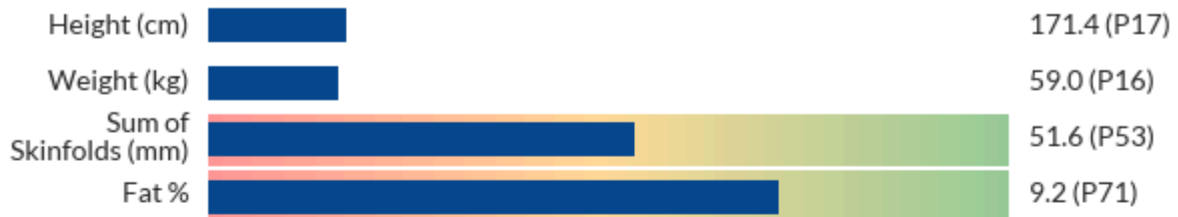
Extensive Interval Training: 180-190

Intensive Interval Training: >190

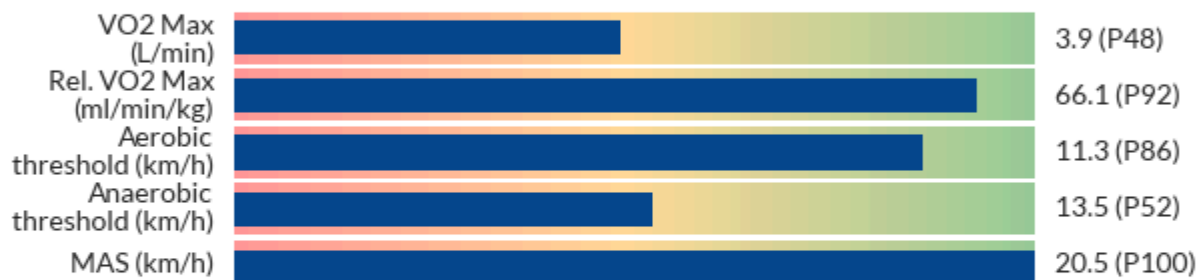


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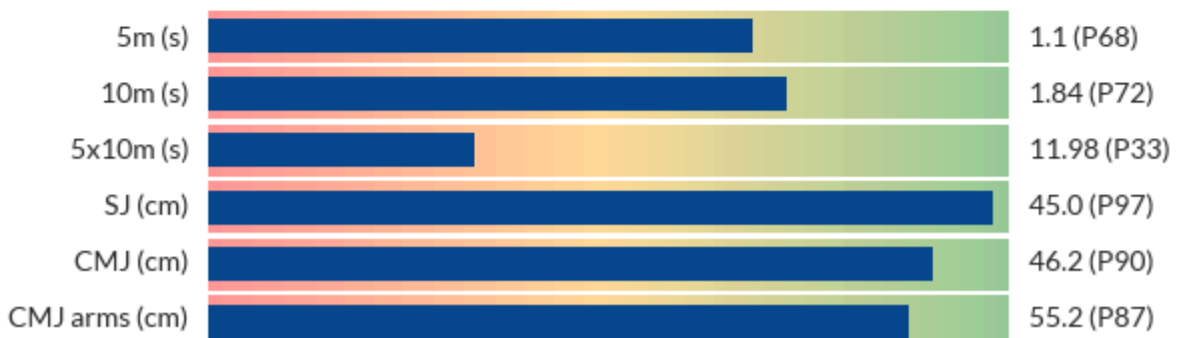
ANTROPOMETRICS



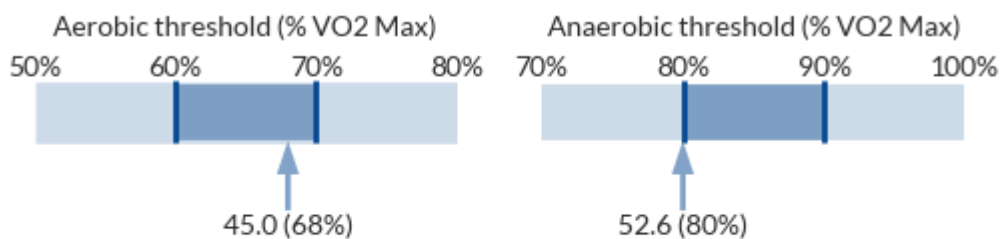
ENDURANCE



EXPLOSIVITY



Reference dataset for the level: U18. All positions except goalkeepers included.



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2025-11-12		Evolution
Antropometrics		
Weight (kg)	59.0	•
Sum of Skinfolds (mm)	51.6	•
Endurance		
VO2 Max (L/min)	3.9	•
Rel. VO2 Max (ml/min/kg)	66.1	•
Aerobic threshold (km/h)	11.3	•
Anaerobic threshold (km/h)	13.5	•
MAS (km/h)	20.5	•
Explosivity		
5m (s)	1.1	•
10m (s)	1.84	•
5x10m (s)	11.98	•
SJ (cm)	45.0	•
CMJ (cm)	46.2	•
CMJ arms (cm)	55.2	•

