

NATACION

	jul-11	ags-11				VOLUMEN DE NADO						
	L 18	L 25	L 1	L 8								
	1	2	3	4								
Acumulación	Gradua	Choque	Choque	Alivio	Min	Max	Prom	UE	KM	C. K	LPM	
RI	40%	60%	100%	70%						270%	150	
Acentuación	5	5	5	5								
KM	4444	6667	11111	7778	1000	2000	1500	20	30000	11111		
VELOCIDAD	50%	60%	70%	60%						240%	180	
Acentuación	2	2	2	2								
KM	667	800	933	800	300	500	400	8	3200	1333		
RII	50%	60%	80%	70%						260%	180	
Acentuación	2	2	2	2								
KM	1923	2308	3077	2692	1000	1500	1250	8	10000	3846		
MVO ₂	50%	70%	90%	80%						290%	190	
Acentuación	2	2	2	2								
KM	862	1207	1552	1379	250	1000	625	8	5000	1724		

M1	Km	L	M	M	J	V
RI	4444	50%	60%	90%	80%	50%
	1347	673	808	1212	1077	673
	SET	13	8	6	11	13
	DIST	50	100	200	100	50
VELOCIDAD	667		100%		60%	
	417		417		250	
	SET		17		10	
	DIST		25		25	
RII	1923			70%		90%
	1202			841		1082
	SET			2		3
	DIST			400		400
MVO ₂	862	80%				20%
	862,1	690				172
	SET	3				3
	DIST	200				50
Total	10862	1363	1225	2053	1327	1928

M3	Km	L	M	M	J	V
RI	11111	40%	50%	70%	60%	50%
	4115	1646	2058	2881	2469	2058
	SET	33	21	14	25	41
	DIST	50	100	200	100	50
VELOC	933		70%		60%	
	718		503		430,8	
	SET		20		17	
	DIST		25		25	
RII	3077	50%		70%		60%
	1709	855		1197		1026
	SET	2		3		3
	DIST	400		400		400
MVO ₂	1552	100%		60%		20%
	862,1	862		517		172
	SET	4		5		3
	DIST	200		100		50
Total	23216	3363	2560	4594	2900	3256

M2	Km	L	M	M	J	V
RI	6667	50%	60%	90%	80%	50%
	2020	1010	1212	1818	1616	1010
	SET	20	12	9	16	20
	DIST	50	100	200	100	50
VELOCIDAD	800		100%		60%	
	500		500	0	300	0
	SET		20		12	
	DIST		25		25	
RII	2308			70%		90%
	1442			1010		1298
	SET			3		3
	DIST			400		400
MVO2	1207	80%				20%
	1207	966				241
	SET	5				5
	DIST	200				50
Total	14944	2986	1712	2828	1916	2550

M4	Km	L	M	M	J	V
RI	7778	50%	60%	90%	80%	50%
	2357	1178	1414	2121	1886	1178
	SET	24	14	11	19	24
	DIST	50	100	200	100	50
VELOC	800		70%		60%	
	615		430,8		369,2	
	SET		17		15	
	DIST		25		25	
RII	2692			70%		90%
	1683			1178		1514
	SET			3		4
	DIST			400		400
MVO2	1379	80%				20%
	1379	1103				276
	SET	4				3
	DIST	300				100
Total	17304	2282	1845	3299	2255	2969

