

**NATACION**

|             |             | SEP    | SEP    | SEP    | OCT   | OCT   |     |      |      |    |       |        |     |
|-------------|-------------|--------|--------|--------|-------|-------|-----|------|------|----|-------|--------|-----|
|             |             | L-12   | L-19   | L-26   |       |       |     |      |      |    |       |        |     |
|             |             | 1      | 2      | 3      |       |       |     |      |      |    |       |        |     |
| REALIZACIÓN |             | Gradua | Choque | Alivio | Comp. | Comp. | Min | Max  | Prom | UE | KM    | C. K   | LPM |
| U/M         | RI          | 80%    | 100%   | 60%    | 0%    | 0%    |     |      |      |    |       | 240%   | 150 |
|             | Acentuación | 5      | 5      | 5      | 0     | 0     |     |      |      |    |       |        |     |
|             | KM          | 2500   | 3125   | 1875   | 0     | 0     | 400 | 600  | 500  | 15 | 7500  | 3125   |     |
| U/M         | VELOCIDAD   | 40%    | 60%    | 40%    | 0%    | 0%    |     |      |      |    |       | 140%   | 180 |
|             | Acentuación | 5      | 5      | 5      | 0     | 0     |     |      |      |    |       |        |     |
|             | KM          | 2357   | 3536   | 2357   | 0     | 0     | 500 | 600  | 550  | 15 | 8250  | 5893   |     |
| U/M         | RII         | 80%    | 100%   | 60%    | 0%    | 0%    |     |      |      |    |       | 240%   | 180 |
|             | Acentuación | 5      | 5      | 5      | 0     | 0     |     |      |      |    |       |        |     |
|             | KM          | 5000   | 6250   | 3750   | 0     | 0     | 800 | 1200 | 1000 | 15 | 15000 | 6250   |     |
|             | MVO2        | 80%    | 100%   | 85%    | 0%    | 0%    |     |      |      |    |       | 265%   | 190 |
|             | Acentuación | 2      | 2      | 2      | 0     | 0     |     |      |      |    |       |        |     |
|             | KM          | 1177   | 1472   | 1251   | 0     | 0     | 500 | 800  | 650  | 6  | 3900  | 1471.7 |     |

| M9    | Km    | L    | M    | M    | J     | V     |
|-------|-------|------|------|------|-------|-------|
| RI    | 2500  | 60%  | 40%  | 60%  | 40%   | 60%   |
|       | 962   | 577  | 385  | 577  | 385   | 577   |
|       | SET   | 3    | 2    | 3    | 2     | 3     |
|       | DIST  | 200  | 200  | 200  | 200   | 200   |
| VELO  | 2357  | 90%  | 100% | 90%  | 100%  | 90%   |
|       | 502   | 451  | 502  | 451  | 501.5 | 451.4 |
|       | SET   | 30   | 20   | 30   | 20    | 30    |
|       | DIST  | 15   | 25   | 15   | 25    | 15    |
| RII   | 5000  | 80%  | 60%  | 100% | 60%   | 80%   |
|       | 1316  | 1053 | 789  | 1316 | 789   | 1053  |
|       | SET   | 3    | 2    | 3    | 2     | 3     |
|       | DIST  | 400  | 400  | 400  | 400   | 400   |
| MVO2  | 1177  |      | 80%  |      | 80%   |       |
|       | 736   |      | 589  |      | 589   |       |
|       | SET   |      | 6    |      | 6     |       |
|       | DIST  |      | 100  |      | 100   |       |
| Total | 13813 | 2081 | 2264 | 2344 | 2264  | 2081  |

| M11   | Km    | L     | M    | M     | J     | V     |
|-------|-------|-------|------|-------|-------|-------|
| RI    | 1875  | 60%   | 40%  | 60%   | 40%   | 60%   |
|       | 721.2 | 433   | 288  | 433   | 288   | 433   |
|       | SET   | 1     | 1    | 1     | 1     | 1     |
|       | DIST  | 400   | 400  | 400   | 400   | 400   |
| VELO  | 2357  | 90%   | 100% | 90%   | 100%  | 90%   |
|       | 502   | 451.4 | 502  | 451.4 | 501.5 | 451.4 |
|       | SET   | 18    | 20   | 18    | 20    | 18    |
|       | DIST  | 25    | 25   | 25    | 25    | 25    |
| RII   | 3750  | 80%   | 60%  | 100%  | 60%   | 80%   |
|       | 986.8 | 789   | 592  | 987   | 592   | 789   |
|       | SET   | 2     | 1    | 2     | 1     | 2     |
|       | DIST  | 400   | 400  | 400   | 400   | 400   |
| MVO2  | 1251  |       | 80%  |       | 80%   |       |
|       | 367.9 |       | 294  |       | 294   |       |
|       | SET   |       | 3    |       | 3     |       |
|       | DIST  |       | 100  |       | 100   |       |
| Total | 11443 | 2041  | 1676 | 2092  | 1676  | 1747  |

| M10   | Km    | L    | M    | M    | J    | V    |
|-------|-------|------|------|------|------|------|
| RI    | 3125  | 60%  | 40%  | 60%  | 40%  | 60%  |
|       | 1202  | 721  | 481  | 721  | 481  | 721  |
|       | SET   | 2    | 1    | 2    | 1    | 2    |
|       | DIST  | 400  | 400  | 400  | 400  | 400  |
| VELO  | 3536  | 90%  | 100% | 90%  | 100% | 90%  |
|       | 752   | 677  | 752  | 677  | 752  | 677  |
|       | SET   | 27   | 30   | 27   | 30   | 27   |
|       | DIST  | 25   | 25   | 25   | 25   | 25   |
| RII   | 6250  | 80%  | 60%  | 100% | 60%  | 80%  |
|       | 1645  | 1316 | 987  | 1645 | 987  | 1316 |
|       | SET   | 3    | 2    | 4    | 2    | 3    |
|       | DIST  | 400  | 400  | 400  | 400  | 400  |
| MVO2  | 1472  |      | 80%  |      | 80%  |      |
|       | 920   |      | 736  |      | 736  |      |
|       | SET   |      | 7    |      | 7    |      |
|       | DIST  |      | 100  |      | 100  |      |
| Total | 17981 | 3195 | 2956 | 3043 | 2956 | 2714 |