

NATACION-masters_ACUMULACION

NATACION

		JULIO	JULIO	JULIO	AGOSTO	AGOSTO							
		9al13	16al20	23al27	30al3	6al10							
		1	2	3	4	5							
REALIZACIÓN		Gradual	Gradual	Choque	Choque	Alivio	Min	Max	Prom	UE	KM	C. K	LPM
U/M	RI	100%	100%	80%	70%	65%						415%	150
	Acentuación	5	5	5	5	5							
	KM	3614	3614	2892	2530	2349	500	700	600	25	15000	3614	
U/M	VELOCIDAD	40%	50%	70%	75%	50%						285%	180
	Acentuación	2	2	2	2	2							
	KM	618	772	1081	1158	772	500	600	550	8	4400	1544	
U/M	RII	80%	90%	100%	100%	60%						430%	180
	Acentuación	5	5	5	5	5							
	KM	3721	4186	4651	4651	2791	800	1200	1000	20	20000	4651	
	MVO2	70%	80%	85%	85%	75%						395%	190
	Acentuación	2	2	2	2	2							
	KM	922	1053	1119	1119	987	500	800	650	8	5200	1316.5	

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M1	Km	L	M	M	J	V
RI	3614	60%	40%	60%	40%	60%
	1390	834	556	834	556	834
	SET	4	3	4	3	4
	DIST	200	200	200	200	200
VELOC	618	90%		90%		
	343	308.77		308.77		
	SET	21		21		
	DIST	15		15		
RII	3721	80%	60%	100%	60%	80%
	979	783	588	979	588	783
	SET	2	1	2	1	2
	DIST	400	400	400	400	400
MVO2	922	0%	80%	0%	80%	0%
	576	0	461	0	461	0
	SET	0	5	0	5	0
	DIST	200	100	50	100	50
Total	11587	1926	1604	2122	1604	1617

M3	Km	L	M	M	J	V
RI	2892	60%	40%	60%	40%	60%
	1112	667	445	667	445	667
	SET	2	1	2	1	2
	DIST	400	400	400	400	400
VELOC	1081	90%		90%		
	600	540.4		540.351		
	SET	22		22		
	DIST	25		25		
RII	4651	80%	60%	100%	60%	80%
	1224	979	734	1224	734	979
	SET	2	2	3	2	2
	DIST	400	400	400	400	400
MVO2	1119		80%		80%	
	699.4		559		559	
	SET		6		6	
	DIST		100		100	
Total	12679	2187	1739	2432	1739	1646

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M2	Km	L	M	M	J	V
RI	3614	60%	40%	60%	40%	60%
	1390	834	556	834	556	834
	SET	2	1	2	1	2
	DIST	400	400	400	400	400
VELOC	772	90%		90%		
	429	386		386		
	SET	15		15		
	DIST	25		25		
RII	4186	80%	60%	100%	60%	80%
	1102	881	661	1102	661	881
	SET	2	2	3	2	2
	DIST	400	400	400	400	400
MVO2	1053		80%		80%	
	658		527		527	
	SET		5		5	
	DIST		100		100	
Total	12546	2657	1744	2322	1744	1715

M4	Km	L	M	M	J	V
RI	2530	60%	40%	60%	40%	60%
	973.1	584	389	584	389	584
	SET	1	1	1	1	1
	DIST	400	400	400	400	400
VELOC	1158	90%		90%		
	643	578.9		578.947		
	SET	23		23		
	DIST	25		25		
RII	4651	80%	60%	100%	60%	80%
	1224	979	734	1224	734	979
	SET	2	2	3	2	2
	DIST	400	400	400	400	400
MVO2	1119		80%		80%	
	699.4		559		559	
	SET		6		6	
	DIST		100		100	
Total	12299	2142	1683	2387	1683	1563

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M5	Km	L	M	M	J	V	
RI	2349	60%	40%	60%	40%	60%	260%
	904	584	389	584	389	584	
	SET	1.5	1.0	1.5	1.0	1.5	
	DIST	400	400	400	400	400	
VELOC	772	90%		90%			180%
	429	579		579			
	SET	23		23			
	DIST	25		25			
RII	2791	80%	60%	100%	60%	80%	380%
	734	979	734	1224	734	979	
	SET	2	2	3	2	2	
	DIST	400	400	400	400	400	
MVO2	1119		80%		80%		160%
	699		559		559		
	SET		6		6		
	DIST		100		100		
Total	12298.55	2142	1683	2387	1683.1	1563.1	