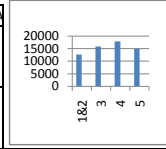


NATACION

		AGOST	AGOST	AGOST	AGOST										
Fecha		30 al 11	13 al 18	20 al 25	27 al 1										
Microciclos		1&2	3	4	5										
Acumulación		Gradual	Gradual	Choque	Alivio	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA		
U/M	RI	60%	70%	80%	70%								280%	150	20"
	Acentuación	5	5	5	5										
	KM	6429	7500	8571	7500	1000	2000	1500	20	30000	10714				
U/M	VELOCIDAD	50%	80%	70%	60%								260%	200	60"
	Acentuación	2	2	2	2										
	KM	692	1108	969	831	400	500	450	8	3600	1385				
U/M	RII	60%	80%	90%	70%								300%	160	40"
	Acentuación	3	3	3	3										
	KM	4800	6400	7200	5600	1500	2500	2000	12	24000	8000				
	R. LACTACIDA	50%	60%	80%	70%								260%	180	120"
	Acentuación	2	2	2	2										
	KM	769	923	1231	1077	400	600	500	8	4000	1538				



MICRO	1&2	12690
MICRO	3	15931
MICRO	4	17971
MICRO	5	15008
KM		61600

M1&2	Km	L	M	M	J	V
RI	6429	60%	40%	60%	40%	60%
	2473	1484	989	1484	989	1484
	SET	3	2	3	2	3
	DIST	500	500	500	500	500
VELOCIDAD	692	0%	100%	0%	100%	0%
	346		346		346.2	
	SET		23		14	
	DIST		15		25	
RII	4800	90%	0%	100%	0%	90%
	1714	1543	0	1714	0	1543
	SET	4	0	4	0	4
	DIST	400	400	400	400	400
R. LACTACIDA	769	0%	100%	0%	100%	0%
	384.6	0	385	0	385	0
	SET	0	2	0	2	0
	DIST	200	200	200	200	200
Total		3026	1720	3198	1720	3026

12690

M4	Km	L	M	M	J	V
RI	8571	60%	40%	60%	60%	0%
	3896	2338	1558	2338	2338	
	SET	5	3	5	5	
	DIST	500	500	500	500	
VELOCIDAD	969	0%	100%	0%	100%	0%
	485	0	485	0	484.6	0
	SET	0	19	0	19	0
	DIST	25	25	25	25	25
RII	7200	80%	0%	80%	0%	80%
	3000	2400		2400		2400
	SET	6		6		6
	DIST	400		400		400
R. LACTACIDA	1231	0%	100%	0%	100%	0%
	615.4	0	615	0	615	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		4738	2658	4738	3438	2400

17971

M3	Km	L	M	M	J	V
RI	7500	60%	40%	60%	40%	60%
	2885	1731	1154	1731	1154	1731
	SET	3	3	3	3	3
	DIST	500	400	500	400	500
VELOCIDAD	1108	0%	100%	0%	100%	0%
	554		554		554	
	SET		37		22	
	DIST		15		25	
RII	6400	80%	0%	80%	0%	80%
	2667	2133		2133		2133
	SET	5		5		5
	DIST	400		400		400
R. LACTACIDA	923	0%	100%	0%	100%	0%
	461.5	0	462	0	462	0
	SET	0	2	0	2	0
	DIST	200	200	200	200	200
Total		3864	2169	3864	2169	3864

15931

M5	Km	L	M	M	J	V
RI	7500	60%	40%	60%	40%	60%
	2885	1731	1154	1731	1154	1731
	SET	3	2	3	2	3
	DIST	500	500	500	500	500
VELOCIDAD	831	0%	90%	0%	90%	50%
	361	0	325	0	325	181
	SET	0	22	0	13	7
	DIST	15	15	25	25	25
RII	5600	100%	0%	80%	0%	100%
	2000	2000	0	1600	0	2000
	SET	5	0	4	0	5
	DIST	400	400	400	400	400
R. LACTACIDA	1077	0%	100%	0%	100%	0%
	538.5	0	538	0	538	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		3731	2017	3331	2017	3911

15008