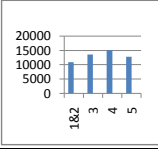


NATACION

Fecha	AGOST	AGOST	AGOST	AGOST											
	30 al 11	13 al 18	20 al 25	27 al 1	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA			
Microciclos	1&2	3	4	5											
Acumulación	Gradual	Gradual	Choque	Alivio											
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	3600	4800	5400	4200	1000	2000	1500	12	18000	6000					
R. LACTACIDA	50%	60%	80%	70%									260%	180	120"
Acentuación	2	2	2	2											
KM	192	231	308	269	50	200	125	8	1000	384.6					



MICRO	1&2	10913
MICRO	3	13638
MICRO	4	15248
MICRO	5	12800
KM		52600

M1&2	Km	L	M	M	J	V
RI	6429	40%	60%	40%	60%	40%
	2679	1071	1607	1071	1607	1071
SET		4	6	4	6	4
DIST		250	250	250	250	250
VELOCIDAD	692	0%	100%	0%	100%	0%
	346		346		346.2	
SET			23		14	
DIST			15		25	
RII	3600	90%	0%	100%	0%	90%
	1286	1157	0	1286	0	1157
SET		6	0	6	0	6
DIST		200	200	200	200	200
R. LACTACIDA	192	0%	100%	0%	100%	0%
	96.15	0	96	0	96	0
SET		0	2	0	2	0
DIST		50	50	50	50	50
Total		2229	2049	2357	2049	2229

10913

M4	Km	L	M	M	J	V
RI	8571	40%	60%	40%	60%	40%
	3571	1429	2143	1429	2143	1429
SET		6	9	6	9	6
DIST		250	250	250	250	250
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	5400	80%	0%	80%	0%	80%
	2250	1800		1800		1800
SET		9		9		9
DIST		200		200		200
R. LACTACIDA	308	0%	100%	0%	100%	0%
	153.8	0	154	0	154	0
SET		0	3	0	3	0
DIST		50	50	50	50	50
Total		3229	2781	3229	2781	3229

15248

M3	Km	L	M	M	J	V
RI	7500	40%	60%	40%	60%	40%
	3125	1250	1875	1250	1875	1250
SET		5	8	5	8	5
DIST		250	250	250	250	250
VELOCIDAD	1108	0%	100%	0%	100%	0%
	554		554		554	
SET			37		22	
DIST			15		25	
RII	4800	80%	0%	80%	0%	80%
	2000	1600		1600		1600
SET		8		8		8
DIST		200		200		200
R. LACTACIDA	231	0%	100%	0%	100%	0%
	115.4	0	115	0	115	0
SET		0	2	0	2	0
DIST		50	50	50	50	50
Total		2850	2544	2850	2544	2850

13638

M5	Km	L	M	M	J	V
RI	7500	50%	60%	50%	60%	50%
	2778	1389	1667	1389	1667	1389
SET		6	7	6	7	6
DIST		250	250	250	250	250
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	4200	100%	0%	80%	0%	100%
	1500	1500	0	1200	0	1500
SET		8	0	6	0	8
DIST		200	200	200	200	200
R. LACTACIDA	269	0%	100%	0%	100%	0%
	134.6	0	135	0	135	0
SET		0	3	0	3	0
DIST		50	50	50	50	50
Total		2889	2126	2589	2126	3069

12800