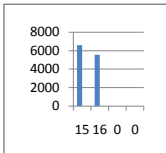


**NATACION INF A ETAPA COMP 2**

		NOV	NOV	NOV	NOV													
Fecha		5 al 10	12 al 17	19 al 24	27 al 1													
Microciclos		15	16	0	0													
Acumulación		MODELAJE	MODELAJE	MODELAJE	MODELAJE	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA					
U/M	RI	90%	80%	0%	0%								170%	150	20"			
	Acentuación	5	5	0	0													
	KM	3176	2824	0	0	500	700	600	10	6000	3529							
U/M	VELOCIDAD	50%	50%	0%	0%								100%	200	60"			
	Acentuación	3	3	0	0													
	KM	750	750	0	0	200	300	250	6	1500	1500							
U/M	R. LACTACIDA	70%	50%	0%	0%								120%	160	40"	MICRO	15	6572
	Acentuación	2	2	0	0										MICRO	16	5528	
	KM	817	583	0	0	300	400	350	4	1400	1167			MICRO	0	0		
	RII	80%	60%	0%	0%								140%	180	120"	MICRO	0	0
	Acentuación	2	2	0	0										KM	12100		
	KM	1829	1371	0	0	600	1000	800	4	3200	2286							



M11	Km	L	M	M	J	V	
RI	3176	50%	100%	50%	100%	50%	6572
	907.6	454	908	454	908	454	
	SET	9	18	9	18	9	
	DIST	50	50	50	50	50	
VELOCIDAD	750	100%	0%	80%	0%	60%	6572
	313	313	0	250	0	187.5	
	SET	21	0	17	0	13	
	DIST	15	1	15	1	15	
R. LACTACIDA	817	0%	100%	0%	100%	0%	6572
	408.3	0	408	0	408	0	
	SET	0	8	0	8	0	
	DIST	1	50	1	50	1	
RII	1829	0%	100%	0%	100%	0%	6572
	914.3	0	914	0	914	0	
	SET	0	5	0	5	0	
	DIST	1	200	1	200	1	
<b>Total</b>		766	2230	704	2230	641	

M12	Km	L	M	M	J	V	
RI	2824	50%	100%	50%	100%	50%	5528
	806.7	403	807	403	807	403	
	SET	8	16	8	16	8	
	DIST	50	50	50	50	50	
VELOCIDAD	750	100%	0%	80%	0%	80%	5528
	288	288	0	231	0	231	
	SET	29	0	15	0	9	
	DIST	10	1	15	1	25	
R. LACTACIDA	583	0%	100%	0%	100%	0%	5528
	291.7	0	292	0	292	0	
	SET	0	6	0	6	0	
	DIST	1	50	1	50	1	
RII	1371	0%	100%	0%	100%	0%	5528
	685.7	0	686	0	686	0	
	SET	0	3	0	3	0	
	DIST	1	200	1	200	1	
<b>Total</b>		692	1784	634	1784	634	