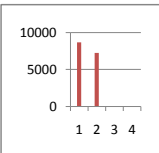


NATACION JUV A ETAPA COMP 2

		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	3971	3529	0	0	500	1000	750	10	7500	4412						
U/M	VELOCIDAD	50%	50%	0%	0%							100%	200	60"			
	Acentuación	3	3	0	0												
	KM	900	900	0	0	200	400	300	6	1800	1800						
U/M	R. LACTACIDA	70%	50%	0%	0%							120%	160	40"	MICRO	15	8661
	Acentuación	2	2	0	0												
	KM	933	667	0	0	300	500	400	4	1600	1333						
	RII	80%	60%	0%	0%							140%	180	120"	MICRO	0	0
	Acentuación	2	2	0	0												
	KM	2857	2143	0	0	1000	1500	1250	4	5000	3571						
														MICRO	16	7239	
														MICRO	0	0	
														MICRO	0	0	
														KM		15900	



M11	Km	L	M	M	J	V
RI	3971	50%	100%	50%	100%	50%
	1134	567	1134	567	1134	567
	SET	11	23	11	23	11
	DIST	50	50	50	50	50
VELOCIDAD	900	100%	0%	80%	0%	60%
	375	375	0	300	0	225
	SET	25	0	20	0	15
	DIST	15	1	15	1	15
R. LACTACIDA	933	0%	100%	0%	100%	0%
	466.7	0	467	0	467	0
	SET	0	9	0	9	0
	DIST	1	50	1	50	1
RII	2857	0%	100%	0%	100%	0%
	1429	0	1429	0	1429	0
	SET	0	7	0	7	0
	DIST	1	200	1	200	1
Total		942	3030	867	3030	792

8661

M12	Km	L	M	M	J	V
RI	3529	50%	100%	50%	100%	50%
	1008	504	1008	504	1008	504
	SET	10	20	10	20	10
	DIST	50	50	50	50	50
VELOCIDAD	900	100%	0%	80%	0%	80%
	346	346	0	277	0	277
	SET	35	0	18	0	11
	DIST	10	1	15	1	25
R. LACTACIDA	667	0%	100%	0%	100%	0%
	333.3	0	333	0	333	0
	SET	0	7	0	7	0
	DIST	1	50	1	50	1
RII	2143	0%	100%	0%	100%	0%
	1071	0	1071	0	1071	0
	SET	0	5	0	5	0
	DIST	1	200	1	200	1
Total		850	2413	781	2413	781

7239