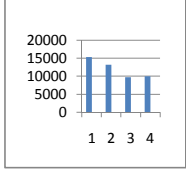


NATACION

Fecha	MAYO	MAYO	JUNIO	JUNIO														
	20 al 24	27 AL 1	3 AL 8	10 al 15	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA						
Microciclos	1	2	3	4														
Acumulación	Modelaje	Modelaje	Competitivo	Alivio														
RI	100%	80%	60%	70%									310%	150	20"			
Acentuación	5	5	5	5														
KM	9677	7742	5806	6774	1000	2000	1500	20	30000	9677								
VELOCIDAD	100%	80%	60%	10%									250%	200	60"			
Acentuación	5	5	5	1														
KM	2400	1920	1440	240	350	400	375	16	6000	2400								
RII	75%	80%	60%	70%									285%	160	40"	MICRO	1	15355
Acentuación	3	3	3	3												MICRO	2	13220
KM	2211	2358	1768	2063	600	800	700	12	8400	2947				MICRO	3	9815		
MAX_VO2	80%	90%	60%	70%									300%	180	120"	MICRO	4	10011
Acentuación	2	2	2	2												KM	48400	
KM	1067	1200	800	933	400	600	500	8	4000	1333								



M1	Km	L	M	M	J	V
RI	9677	90%	80%	90%	80%	90%
	2251	2026	1800	2026	1800	2026
	SET	20	18	20	18	20
	DIST	100	100	100	100	100
VELOCIDAD	2400	100%	80%	100%	80%	100%
	522	522	417	522	417.4	521.7
	SET	21	28	21	28	21
	DIST	25	15	25	15	25
RII	2211	90%	0%	100%	0%	90%
	789.5	711	0	789	0	711
	SET	14	0	16	0	14
	DIST	50	200	50	200	50
MAX. VO2	1067	0%	100%	0%	100%	0%
	533.3	0	533	0	533	0
	SET	0	4	0	4	0
	DIST	200	150	200	150	200
Total		3258	2751	3337	2751	3258

M3	Km	L	M	M	J	V
RI	5806	60%	50%	40%	30%	40%
	2639	1584	1320	1056	792	1056
	SET	16	13	11	8	11
	DIST	100	100	100	100	100
VELOCIDAD	1440	100%	80%	60%	40%	0%
	514	514	411	309	205.7	0
	SET	21	27	12	14	0
	DIST	25	15	25	15	25
RII	1768	100%	0%	80%	0%	0%
	982.5	982		786		0
	SET	20		16		0
	DIST	50	200	50	200	50
MAX. VO2	800	0%	100%	0%	80%	0%
	444.4	0	444	0	356	0
	SET	0	3	0	2	0
	DIST	200	150	200	150	200
Total		3080	2176	2150	1353	1056

M2	Km	L	M	M	J	V
RI	7742	40%	60%	40%	60%	40%
	3226	1290	1935	1290	1935	1290
	SET	13	19	13	19	13
	DIST	100	100	100	100	100
VELOCIDAD	1920	100%	80%	100%	80%	100%
	417	417	334	417	334	417
	SET	17	22	17	22	17
	DIST	25	15	25	15	25
RII	2358	80%	0%	80%	0%	80%
	982.5	786		786		786
	SET	4		16		4
	DIST	200	200	50	200	200
MAX. VO2	1200	0%	100%	0%	100%	0%
	600	0	600	0	600	0
	SET	0	4	0	4	0
	DIST	200	150	200	150	200
Total		2494	2869	2494	2869	2494

M4	Km	L	M	M	J	V
RI	6774	50%	60%	50%	60%	50%
	2509	1254	1505	1254	1505	1254
	SET	13	15	13	15	13
	DIST	100	100	100	100	100
VELOCIDAD	240	0%	0%	100%	0%	0%
	240	0	0	240	0	0
	SET	0	0	10	0	0
	DIST	25	15	25	15	25
RII	2063	100%	0%	80%	0%	100%
	736.8	737	0	589	0	737
	SET	4	0	3	0	4
	DIST	200	200	200	200	200
MAX. VO2	933	0%	100%	0%	100%	0%
	466.7	0	467	0	467	0
	SET	0	5	0	5	0
	DIST	200	100	200	100	200
Total		1991	1972	2084	1972	1991