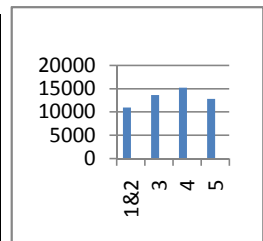


NATACION

	AGOST	AGOST	AGOST	SEP								
Fecha	12 AL 17	19 AL 24	26 AL 31	2 AL 7								
Microciclos	1&2	3	4	5								
Acumulación	Gradual	Gradual	Choque	Alivio	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA
RI	60%	70%	80%	70%						280%	150	20"
Acentuación	5	5	5	5								
KM	6429	7500	8571	7500	1000	2000	1500	20	30000	10714		
VELOCIDAD	50%	80%	70%	60%						260%	200	60"
Acentuación	2	2	2	2								
KM	692	1108	969	831	400	500	450	8	3600	1385		
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	100%	100%	100%	100%						400%	180	120"
Acentuación	2	2	2	2								
KM	250	250	250	250	50	200	125	8	1000	250		



MICRO	1&2	10971
MICRO	3	13658
MICRO	4	15191
MICRO	5	12781
KM		52600

M1&2	Km	L	M	M	J	V
RI	6429	40%	60%	40%	60%	40%
	2679	1071	1607	1071	1607	1071
	SET	5	8	5	8	5
	DIST	200	200	200	200	200
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	250	0%	100%	0%	100%	0%
	125	0	125	0	125	0
	SET	0	3	0	3	0
	DIST	50	50	50	50	50
Total		2229	2078	2357	2078	2229

10971

M4	Km	L	M	M	J	V
RI	8571	40%	60%	40%	60%	40%
	3571	1429	2143	1429	2143	1429
	SET	7	11	7	11	7
	DIST	200	200	200	200	200
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	250	0%	100%	0%	100%	0%
	125	0	125	0	125	0
	SET	0	3	0	3	0
	DIST	50	50	50	50	50
Total		3229	2752	3229	2752	3229

15191

15191

M3	Km	L	M	M	J	V
RI	7500	40%	60%	40%	60%	40%
	3125	1250	1875	1250	1875	1250
	SET	6	9	6	9	6
	DIST	200	200	200	200	200
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	250	0%	100%	0%	100%	0%
	125	0	125	0	125	0
	SET	0	3	0	3	0
	DIST	50	50	50	50	50
Total		2850	2554	2850	2554	2850

13658

M5	Km	L	M	M	J	V
RI	7500	50%	60%	50%	60%	50%
	2778	1389	1667	1389	1667	1389
	SET	7	8	7	8	7
	DIST	200	200	200	200	200
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. LACTAC	250	0%	100%	0%	100%	0%
	125	0	125	0	125	0
	SET	0	3	0	3	0
	DIST	50	50	50	50	50
Total		2889	2117	2589	2117	3069

12781