

**NATACION**

Fecha Microciclos	SEP				Min	Max	Prom	UE	KM	C. K	LPM	PAUSA				
	1AL5	8AL12	15AL19	22AL26												
	18	19	20	21												
Acumulación	CH	CH	EST	EST												
RI	95%	90%	85%	80%						350%	150	20"				
Acentuación	5	5	5	5												
KM	12214	11571	10929	10286	2000	2500	2250	20	45000	12857						
VEL.	60%	70%	80%	90%						300%	200	60"				
Acentuación	2	2	2	2												
KM	800	933	1067	1200	400	600	500	8	4000	1333						
RII	60%	80%	80%	85%						305%	160	40"	MICRO	18	18847	
Acentuación	3	3	3	3									MICRO	19	19535	
KM	4131	5508	5508	5852	1500	2000	1750	12	21000	6885			MICRO	20	18936	
RIII	95%	85%	80%	75%						335%	180	120"	MICRO	21	18681	
Acentuación	2	2	2	2									KM		76000	
KM	1701	1522	1433	1343	500	1000	750	8	6000	1791						

M18	Km	L	M	M	J	V
RI	12214	80%	60%	80%	60%	80%
	3393	2714	2036	2714	2036	2714
	SET	27	20	27	20	27
	DIST	100	100	100	100	100
VEL.	800	40%	100%	40%	100%	40%
	250	100	250	100	250	100
	SET	10	10	10	10	10
	DIST	10	25	10	25	10
RII	4131	90%	0%	100%	0%	90%
	1475	1328	0	1475	0	1328
	SET	7	0	4	0	7
	DIST	200	200	400	200	200
RIII	1701	0%	100%	0%	100%	0%
	850.7	0	851	0	851	0
	SET	0	17	0	17	0
	DIST	50	50	50	50	50
Total		4142	3136	4290	3136	4142

18847

M20	Km	L	M	M	J	V
RI	10929	80%	60%	80%	60%	80%
	3036	2429	1821	2429	1821	2429
	SET	24	18	24	18	24
	DIST	100	100	100	100	100
VEL.	1067	40%	100%	40%	100%	40%
	333	133	333	133	333.3	133.3
	SET	13	13	13	13	13
	DIST	10	25	10	25	10
RII	5508	90%	0%	100%	0%	90%
	1967	1770	0	1967	0	1770
	SET	9	0	5	0	9
	DIST	200	200	400	200	200
RIII	1433	0%	100%	0%	100%	0%
	716.4	0	716	0	716	0
	SET	0	14	0	14	0
	DIST	50	50	50	50	50
Total		4332	2871	4529	2871	4332

18936

M19	Km	L	M	M	J	V
RI	11571	80%	60%	80%	60%	80%
	3214	2571	1929	2571	1929	2571
	SET	26	19	26	19	26
	DIST	100	100	100	100	100
VEL.	933	40%	100%	40%	100%	40%
	292	117	292	117	292	117
	SET	12	12	12	12	12
	DIST	10	25	10	25	10
RII	5508	90%	0%	100%	0%	90%
	1967	1770	0	1967	0	1770
	SET	9	0	10	0	9
	DIST	200	400	200	200	200
RIII	1522	100%	0%	100%	0%	100%
	507.5	507	0	507	0	507
	SET	10	0	10	0	10
	DIST	50	50	50	50	50
Total		4966	2220	5163	2220	4966

19535

M21	Km	L	M	M	J	V
RI	10286	80%	60%	80%	60%	80%
	2857	2286	1714	2286	1714	2286
	SET	23	17	23	17	23
	DIST	100	100	100	100	100
VEL.	1200	40%	100%	40%	100%	40%
	375	150	375	150	375	150
	SET	15	15	15	15	15
	DIST	10	25	10	25	10
RII	5852	90%	0%	100%	0%	90%
	2090	1881	0	2090	0	1881
	SET	9	0	10	0	9
	DIST	200	400	200	200	200
RIII	1343	100%	0%	100%	0%	100%
	447.8	448	0	448	0	448
	SET	9	0	9	0	9
	DIST	50	50	50	50	50
Total		4765	2089	4974	2089	4765

18681