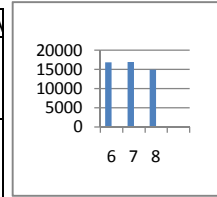


**NATACION**

	JUN	JUN	JUN	
Fecha	9 AL 13	16 AL 20	23 AL 27	
Microciclos	6	7	8	

Acumulación	MOD	MOD	COMP		Min	Max	Prom	UE	KM	C. K	LPM	PAUSA
RI	90%	85%	80%	0%						255%	150	20"
Acentuación	5	5	5	0								
KM	11912	11250	10588	0	2000	2500	2250	15	33750	13235		
VEL.	60%	80%	50%	0%						190%	200	60"
Acentuación	2	2	2	2								
KM	1263	1684	1053	0	400	600	500	8	4000	2105		
RII	80%	70%	60%	0%						210%	160	40"
Acentuación	2	2	2	0								
KM	1600	1400	1200	0	600	800	700	6	4200	2000		
RIII	80%	100%	80%	0%						260%	180	120"
Acentuación	3	3	3	0								
KM	2077	2596	2077	0	500	1000	750	9	6750	2596		



MICRO	6	16852
MICRO	7	16930
MICRO	8	14918
MICRO KM		48700

M6	Km	L	M	M	J	V
RI	11912	80%	60%	80%	60%	80%
	3309	2647	1985	2647	1985	2647
	SET	11	8	11	8	11
	DIST	250	250	250	250	250
VEL.	1263	100%	50%	100%	50%	100%
	316	316	158	316	157.9	315.8
	SET	13	11	13	11	13
	DIST	25	15	25	15	25
RII	1600	0%	100%	0%	100%	0%
	800	0	800	0	800	0
	SET	0	2	0	4	0
	DIST	200	400	200	200	200
RIII	2077	100%	0%	100%	0%	100%
	692.3	692	0	692	0	692
	SET	14	0	14	0	14
	DIST	50	50	50	50	50
Total		3655	2943	3655	2943	3655

16852

M8	Km	L	M	M	J	V
RI	10588	80%	60%	80%	60%	80%
	2941	2353	1765	2353	1765	2353
	SET	9	7	9	7	9
	DIST	250	250	250	250	250
VEL.	1053	100%	50%	100%	50%	100%
	263	263	132	263	131.6	263.2
	SET	11	9	11	9	11
	DIST	25	15	25	15	25
RII	1200	0%	100%	0%	100%	0%
	600	0	600	0	600	0
	SET	0	2	0	3	0
	DIST	200	400	200	200	200
RIII	2077	100%	0%	100%	0%	100%
	692.3	692	0	692	0	692
	SET	14	0	14	0	14
	DIST	50	50	50	50	50
Total		3308	2496	3308	2496	3308

14918

M7	Km	L	M	M	J	V
RI	11250	80%	60%	80%	60%	80%
	3125	2500	1875	2500	1875	2500
	SET	10	8	10	8	10
	DIST	250	250	250	250	250
VEL.	1684	100%	50%	100%	50%	100%
	421	421	211	421	211	421
	SET	17	14	17	14	17
	DIST	25	15	25	15	25
RII	1400	0%	100%	0%	100%	0%
	700	0	700	0	700	0
	SET	0	2	0	4	0
	DIST	200	400	200	200	200
RIII	2596	100%	0%	100%	0%	100%
	865.4	865	0	865	0	865
	SET	17	0	17	0	17
	DIST	50	50	50	50	50
Total		3786	2786	3786	2786	3786

16930
