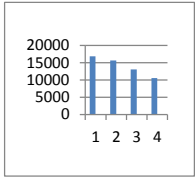


NATACION

| | MAY | JUN | JUN | JUN | | | | | | | | | | | | | | |
|-------------|----------|--------|---------|----------|------|------|------|----|-------|------|-----|-------|-------|-----|-------|-------|-------|-------|
| Fecha | 25 al 30 | 1 al 6 | 8 al 13 | 15 al 20 | | | | | | | | | | | | | | |
| Microciclos | 1 | 2 | 3 | 4 | | | | | | | | | | | | | | |
| Acumulación | COMP | COMP | COMP | ALIVIO | Min | Max | Prom | UE | KM | C. K | LPM | PAUSA | | | | | | |
| RI | 90% | 75% | 60% | 100% | | | | | | 325% | 150 | 20" | | | | | | |
| Acentuación | 5 | 5 | 5 | 0 | | | | | | | | | | | | | | |
| KM | 7269 | 6058 | 4846 | 8077 | 1500 | 2000 | 1750 | 15 | 26250 | 8077 | | | | | | | | |
| VEL. | 80% | 90% | 100% | 0% | | | | | | | | | 270% | 200 | 60" | | | |
| Acentuación | 5 | 5 | 5 | 0 | | | | | | | | | | | | | | |
| KM | 1778 | 2000 | 2222 | 0 | 300 | 500 | 400 | 15 | 6000 | 2222 | | | | | | | | |
| RII | 100% | 85% | 65% | 60% | | | | | | | | | 310% | 160 | 40" | MICRO | 1 | 16862 |
| Acentuación | 5 | 5 | 5 | 3 | | | | | | | | | | | MICRO | 2 | 15679 | |
| KM | 4065 | 3455 | 2642 | 2439 | 600 | 800 | 700 | 18 | 12600 | 4065 | | | MICRO | 3 | 13044 | | | |
| RIII | 90% | 100% | 80% | 0% | | | | | | | | | 270% | 180 | 120" | MICRO | 4 | 10516 |
| Acentuación | 5 | 5 | 5 | 0 | | | | | | | | | | | KM | 56100 | | |
| KM | 3750 | 4167 | 3333 | 0 | 500 | 1000 | 750 | 15 | 11250 | 4167 | | | | | | | | |



| M1 | Km | L | M | M | J | V |
|-------|-------|------|------|------|-------|-------|
| RI | 7269 | 80% | 60% | 80% | 60% | 80% |
| | 2019 | 1615 | 1212 | 1615 | 1212 | 1615 |
| | SET | 8 | 12 | 8 | 12 | 8 |
| | DIST | 200 | 100 | 200 | 100 | 200 |
| VEL. | 1778 | 100% | 50% | 100% | 50% | 100% |
| | 444 | 444 | 222 | 444 | 222.2 | 444.4 |
| | SET | 18 | 15 | 18 | 15 | 18 |
| | DIST | 25 | 15 | 25 | 15 | 25 |
| RII | 4065 | 60% | 100% | 60% | 100% | 60% |
| | 1070 | 642 | 1070 | 642 | 1070 | 642 |
| | SET | 3 | 3 | 3 | 5 | 3 |
| | DIST | 200 | 400 | 200 | 200 | 200 |
| RIII | 3750 | 100% | 60% | 100% | 60% | 100% |
| | 892.9 | 893 | 536 | 893 | 536 | 893 |
| | SET | 18 | 11 | 18 | 11 | 18 |
| | DIST | 50 | 50 | 50 | 50 | 50 |
| Total | | 3594 | 3039 | 3594 | 3039 | 3594 |

16862

| M3 | Km | L | M | M | J | V |
|-------|------|------|------|------|-------|-----|
| RI | 4846 | 80% | 60% | 80% | 60% | 0% |
| | 1731 | 1385 | 1038 | 1385 | 1038 | 0 |
| | SET | 14 | 21 | 14 | 21 | 0 |
| | DIST | 100 | 50 | 100 | 50 | 100 |
| VEL. | 2222 | 100% | 50% | 100% | 50% | 0% |
| | 741 | 741 | 370 | 741 | 370.4 | 0 |
| | SET | 30 | 25 | 30 | 25 | 0 |
| | DIST | 25 | 15 | 25 | 15 | 25 |
| RII | 2642 | 0% | 100% | 0% | 100% | 0% |
| | 1321 | 0 | 1321 | 0 | 1321 | 0 |
| | SET | 0 | 3 | 0 | 7 | 0 |
| | DIST | 200 | 400 | 200 | 200 | 200 |
| RIII | 3333 | 100% | 60% | 100% | 60% | 0% |
| | 1042 | 1042 | 625 | 1042 | 625 | 0 |
| | SET | 21 | 13 | 21 | 13 | 0 |
| | DIST | 50 | 50 | 50 | 50 | 50 |
| Total | | 3167 | 3355 | 3167 | 3355 | 0 |

13044

| M2 | Km | L | M | M | J | V |
|-------|-------|------|------|------|------|------|
| RI | 6058 | 80% | 60% | 80% | 60% | 80% |
| | 1683 | 1346 | 1010 | 1346 | 1010 | 1346 |
| | SET | 13 | 13 | 13 | 13 | 13 |
| | DIST | 100 | 75 | 100 | 75 | 100 |
| VEL. | 2000 | 100% | 50% | 100% | 50% | 100% |
| | 500 | 500 | 250 | 500 | 250 | 500 |
| | SET | 20 | 17 | 20 | 17 | 20 |
| | DIST | 25 | 15 | 25 | 15 | 25 |
| RII | 3455 | 60% | 100% | 60% | 100% | 60% |
| | 909.2 | 546 | 909 | 546 | 909 | 546 |
| | SET | 3 | 2 | 3 | 5 | 3 |
| | DIST | 200 | 400 | 200 | 200 | 200 |
| RIII | 4167 | 100% | 60% | 100% | 60% | 100% |
| | 992.1 | 992 | 595 | 992 | 595 | 992 |
| | SET | 20 | 12 | 20 | 12 | 20 |
| | DIST | 50 | 50 | 50 | 50 | 50 |
| Total | | 3384 | 2764 | 3384 | 2764 | 3384 |

15679

| M4 | Km | L | M | M | J | V |
|-------|-------|------|------|------|------|------|
| RI | 8077 | 80% | 60% | 80% | 60% | 80% |
| | 2244 | 1795 | 1346 | 1795 | 1346 | 1795 |
| | SET | 4 | 5 | 4 | 5 | 4 |
| | DIST | 400 | 250 | 400 | 250 | 400 |
| VEL. | 0 | 100% | 50% | 100% | 50% | 100% |
| | 0 | 0 | 0 | 0 | 0 | 0 |
| | SET | 0 | 0 | 0 | 0 | 0 |
| | DIST | 25 | 25 | 25 | 25 | 25 |
| RII | 2439 | 50% | 100% | 50% | 100% | 50% |
| | 696.8 | 348 | 697 | 348 | 697 | 348 |
| | SET | 3 | 7 | 3 | 7 | 3 |
| | DIST | 100 | 100 | 100 | 100 | 100 |
| RIII | 0 | 0% | 100% | 0% | 100% | 0% |
| | 0 | 0 | 0 | 0 | 0 | 0 |
| | SET | 0 | 0 | 0 | 0 | 0 |
| | DIST | 50 | 50 | 50 | 50 | 50 |
| Total | | 2143 | 2043 | 2143 | 2043 | 2143 |

Gilberto Leon Miranda