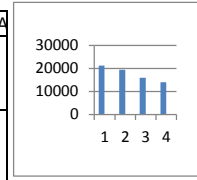


**NATACION**

	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	9346	7788	6231	10385	2000	2500	2250	15	33750	10385								
VEL.	80%	90%	100%	0%									270%	200	60"			
Acentuación	5	5	5	0														
KM	2000	2250	2500	0	300	600	450	15	6750	2500								
RII	100%	85%	65%	60%									310%	160	40"	MICRO	1	21193
Acentuación	5	5	5	3											MICRO	2	19387	
KM	6097	5182	3963	3658	600	1500	1050	18	18900	6097					MICRO	3	16027	
RIII	90%	100%	80%	0%									270%	180	120"	MICRO	4	14043
Acentuación	5	5	5	0											KM	70650		
KM	3750	4167	3333	0	500	1000	750	15	11250	4167								



M1	Km	L	M	M	J	V
RI	9346	80%	60%	80%	60%	80%
	2596	2077	1558	2077	1558	2077
	SET	10	16	10	16	10
	DIST	200	100	200	100	200
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	6097	60%	100%	60%	100%	60%
	1604	963	1604	963	1604	963
	SET	5	4	5	8	5
	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		4432	3948	4432	3948	4432

21193

M3	Km	L	M	M	J	V
RI	6231	80%	60%	80%	60%	0%
	2225	1780	1335	1780	1335	0
	SET	18	27	18	27	0
	DIST	100	50	100	50	100
VEL.	2500	100%	50%	100%	50%	0%
	833	833	417	833	416.7	0
	SET	33	28	33	28	0
	DIST	25	15	25	15	25
RII	3963	0%	100%	0%	100%	0%
	1981	0	1981	0	1981	0
	SET	0	5	0	10	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		3655	4358	3655	4358	0

16027

M2	Km	L	M	M	J	V
RI	7788	80%	60%	80%	60%	80%
	2163	1731	1298	1731	1298	1731
	SET	17	17	17	17	17
	DIST	100	75	100	75	100
VEL.	2250	100%	50%	100%	50%	100%
	563	563	281	563	281	563
	SET	23	19	23	19	23
	DIST	25	15	25	15	25
RII	5182	60%	100%	60%	100%	60%
	1364	818	1364	818	1364	818
	SET	4	3	4	7	4
	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		4104	3538	4104	3538	4104

19387

M4	Km	L	M	M	J	V
RI	10385	80%	60%	80%	60%	80%
	2885	2308	1731	2308	1731	2308
	SET	6	7	6	7	6
	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	3658	50%	100%	50%	100%	50%
	1045	523	1045	523	1045	523
	SET	5	10	5	10	5
	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		2830	2776	2830	2776	2830

*Gilberto Leon Miranda*