COLEGIO AMERICANO

Programa de natación
GILBERTO LEON MIRANDA Junio-julio de 2011
Microciclos del 12 al 20
fecha. Junio - Julio

AGE: < 7	TECHNICAL MTWTF			SPEED MWF			ENDURANCE TT			M	
	rep	M	total	rep	M	total	rep	M	total	Total	
FREE	1	50	50	4	15	60	10	50	500	610	
BACK	1	50	50	4	15	60	5	50	250	360	
BREAST	0	50	0	4	15	60	5	50	250	310	
FLY	0	50	0	4	15	60	2	50	100	160	
	2	2	100	16	5	240	22	22	1100	1440	29
									LMV	1200	
									MJ	1340	

AGE: < 8	TECHNICAL MTWTF			SPEED MWF			ENDURANCE TT			M	
	rep	M	total	rep	M	total	rep	M	total	Total	
FREE	2	50	100	4	15	60	20	50	1000	1160	
BACK	2	50	100	4	15	60	5	50	250	410	
BREAST	1	50	50	4	15	60	5	50	250	360	
FLY	1	50	50	4	15	60	5	50	250	360	
	6	6	300	16	5	240	35	35	1750	2290	46
									LMV	2050	
									MJ	1990	

AGE: 9-11	TECHNICAL MTWTF			SPEED MWF			SPEED ESTRENGTH TT			ENDURANCE TT			M	
	rep	M	total	rep	M	total	rep	M	total	rep	M	total	Total	
FREE	2	50	100	10	15	150	1	50	50	5	200	1000	1300	
BACK	2	50	100	5	15	75	1	50	50	2	200	400	577	
BREAST	2	50	100	10	15	150	1	50	50	4	200	800	1052	
FLY	2	50	100	5	15	75	1	50	50	2	100	200	377	
	8	8	400	30	9	450	4	8	200	13	48	2400	3306	66
												LMV	3250	
												MJ	3000	

AGE: >12	TECHNICAL MTWTF			SPEED MWF			SPEED ESTRENGTH TT			ENDURANCE TT			M	
	rep	M	total	rep	M	total	rep	M	total	rep	M	total	Total	
FREE	2	250	500	10	15	150	4	50	200	5	200	1000	1850	
BACK	2	250	500	10	15	150	4	50	200	4	200	800	1402	
BREAST	1	250	250	8	15	120	2	50	100	3	200	600	1071	
FLY	1	250	250	8	15	120	2	50	100	3	200	600	1071	
	6	30	1500	36	10,8	540	12	12	600	15	60	3000	5394	108
												LMV	5040	
												MJ	5100	