

NATACION

	AGS		AGS		AGS		SEP		Min	Max	Prom	UE	KM	C. K	LPM
	L-15	L-22	L-29	L-5	L-15	L-22	L-29	L-5							
Acumulación	Gradua	Choque	Choque	Alivio											
RI	40%	60%	100%	70%										270%	150
Acentuación	5	5	5	5											
KM	5926	8889	14815	10370	1500	2000	2000	20	40000	14815					
VELOCIDAD	50%	60%	70%	60%										240%	180
Acentuación	2	2	2	2											
KM	667	800	933	800	300	500	400	8	3200	1333					
RII	50%	60%	80%	70%										260%	180
Acentuación	2	2	2	2											
KM	3077	3692	4923	4308	1800	1500	2000	8	16000	6154					
MVO ₂	50%	70%	90%	80%										290%	190
Acentuación	2	2	2	2											
KM	862	1207	1552	1379	250	1000	625	8	5000	1724,1					

M5	Km	L	M	M	J	V
RI	5926	40%	80%	40%	80%	40%
	2116	847	1693	847	1693	847
	SET	17	17	4	17	17
	DIST	50	100	200	100	50
VELOCIDAD	667	90%	100%		90%	
	238	214,3	238,1		214,3	
	SET	9	10		9	
	DIST	25	25		25	
RII	3077	80%	100%		90%	
	1140	912	1140		1026	
	SET	2	3		3	
	DIST	400	400		400	
MVO ₂	862		80%		80%	
	538,8		431		431	
	SET		9		9	
	DIST		50		50	
Total	14026	1973	2124	2224	2124	2086

M7	Km	L	M	M	J	V
RI	14815	40%	80%	40%	80%	40%
	5291	2116	4233	2116	4233	2116
	SET	42	42	11	42	42
	DIST	50	100	200	100	50
VELOC	933	90%	100%		90%	
	333	300	333,3		300	
	SET	12	13		12	
	DIST	25	25		25	
RII	4923	80%	100%		90%	
	1823,4	1459	1823		1641	
	SET	4	5		4	
	DIST	400	400		400	
MVO ₂	1552		80%		80%	
	456,39		365		365	
	SET		7		7	
	DIST		50		50	
Total	29671	4331	4598	4547	4598	4149

M6	Km	L	M	M	J	V
RI	8889	40%	80%	40%	80%	40%
	3175	1270	2540	1270	2540	1270
	SET	25	25	6	25	25
	DIST	50	100	200	100	50
VELOCIDAD	800	80%	100%		90%	
	296	237	296		267	
	SET	9	12		11	
	DIST	25	25		25	
RII	3692	80%	100%		90%	
	1368	1094	1368		1231	
	SET	3	3		3	
	DIST	400	400		400	
MVO ₂	1207		80%		80%	
	754,3		603		603	
	SET		12		12	
	DIST		50		50	
Total	19427	4506	3143	2934	3143	2767

M8	Km	L	M	M	J	V
RI	10370	40%	80%	40%	80%	40%
	3703,7	1481	2963	1481	2963	1481
	SET	30	30	7	30	30
	DIST	50	100	200	100	50
VELOC	800	80%	100%		90%	
	200	160	200		180	
	SET	6	8		7	
	DIST	25	25		25	
RII	4308	80%	70%		90%	
	1794,9	1436	1256		1615	
	SET	4	3		4	
	DIST	400	400		400	
MVO ₂	1379		80%		80%	
	862,07		690		690	
	SET		14		14	
	DIST		50		50	
Total	22556	3077	3793	2938	3773	3277

NATACION-masters BLOQUE 2

M5	Km	L	M	M	J	V
RI	5926	40%	80%	40%	80%	40%
	2116	847	1693	847	1693	847
	SET	17	17	4	17	17
	DIST	50	100	200	100	50
VELOCIDAD	667	90%		100%		90%
	238	214,3		238,1		214,3
	SET	9		10		9
	DIST	25		25		25
RII	3077	80%	0%	100%		90%
	1140	912	0	1140		1026
	SET	2	0	3		3
	DIST	400	400	400		400
MVO2	862	0%	80%	0%	80%	0%
	538,8	0	431	0	431	0
	SET	0	9	0	9	0
	DIST	200	50	50	50	50
Total	14026	1973	2124	2224	2124	2086

NATACION-masters BLOQUE 2

M6	Km	L	M	M	J	V
RI	8889	40%	80%	40%	80%	40%
	3175	1270	2540	1270	2540	1270
	SET	25	25	6	25	25
	DIST	50	100	200	100	50
VELOCIDAD	800	80%		100%		90%
	296	237		296		267
	SET	9		12		11
	DIST	25		25		25
RII	3692	80%		100%		90%
	1368	1094		1368		1231
	SET	3		3		3
	DIST	400		400		400
MVO2	1207		80%		80%	
	754,3		603		603	
	SET		12		12	
	DIST		50		50	
Total	19427	4506	3143	2934	3143	2767

NATACION-masters BLOQUE 2

M7	Km	L	M	M	J	V
RI	14815	40%	80%	40%	80%	40%
	5291	2116	4233	2116	4233	2116
	SET	42	42	11	42	42
	DIST	50	100	200	100	50
VELOC	933	90%		100%		90%
	333	300		333,3		300
	SET	12		13		12
	DIST	25		25		25
RII	4923	80%		100%		90%
	1823	1459		1823		1641
	SET	4		5		4
	DIST	400		400		400
MVO2	1552	100%	80%	60%	80%	20%
	456,4	456	365	274	365	91
	SET	2	7	3	7	2
	DIST	200	50	100	50	50
Total	29671	4331	4598	4547	4598	4149

NATACION-masters BLOQUE 2

M8	Km	L	M	M	J	V
RI	10370	40%	80%	40%	80%	40%
	3704	1481	2963	1481	2963	1481
	SET	30	30	7	30	30
	DIST	50	100	200	100	50
VELOC	800	80%		100%		90%
	200	160		200		180
	SET	6		8		7
	DIST	25		25		25
RII	4308	80%		70%		90%
	1795	1436		1256		1615
	SET	4		3		4
	DIST	400		400		400
MVO2	1379		80%		80%	
	862,1		690		690	
	SET		14		14	
	DIST		50		50	
Total	22556	3077	3793	2938	3773	3277