

NATACION

| | | SEP | SEP | SEP | OCT | OCT | | | | | | | | |
|-------------|-------------|-------|-------|-------|-------|-------|------|------|------|----|------|-------|------|-----|
| | | | | | L-3 | L-10 | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | | | | | | | | |
| REALIZACIÓN | | Comp. | Comp. | Comp. | Comp. | Comp. | Min | Max | Prom | UE | KM | C. K | LPM | |
| U/M | RI | 0% | 0% | 0% | 80% | 60% | | | | | | | 140% | 150 |
| | Acentuación | 0 | 0 | 0 | 5 | 5 | | | | | | | | |
| | KM | 0 | 0 | 0 | 2857 | 2143 | 400 | 600 | 500 | 10 | 5000 | 3571 | | |
| U/M | VELOCIDAD | 0% | 0% | 0% | 80% | 40% | | | | | | | 120% | 180 |
| | Acentuación | 0 | 0 | 0 | 5 | 5 | | | | | | | | |
| | KM | 0 | 0 | 0 | 1833 | 917 | 500 | 600 | 550 | 5 | 2750 | 2292 | | |
| U/M | RII | 0% | 0% | 0% | 40% | 20% | | | | | | | 60% | 180 |
| | Acentuación | 0 | 0 | 0 | 5 | 5 | | | | | | | | |
| | KM | 0 | 0 | 0 | 4167 | 2083 | 1000 | 1500 | 1250 | 5 | 6250 | 10417 | | |
| | MVO2 | 0% | 0% | 0% | 60% | 40% | | | | | | | 100% | 190 |
| | Acentuación | 0 | 0 | 0 | 2 | 2 | | | | | | | | |
| | KM | 0 | 0 | 0 | 780 | 520 | 500 | 800 | 650 | 2 | 1300 | 1300 | | |

| M12 | Km | L | M | M | J | V |
|--------------|--------------|-------------|-------------|-------------|-------------|-------------|
| RI | 2857 | 60% | 40% | 60% | 40% | 60% |
| | 1099 | 659 | 440 | 659 | 440 | 659 |
| | SET | 2 | 1 | 2 | 1 | 2 |
| | DIST | 400 | 400 | 400 | 400 | 400 |
| VELOC | 1833 | 90% | 100% | 90% | 100% | 90% |
| | 390 | 351,1 | 390,1 | 351,1 | 390,1 | 351,1 |
| | SET | 14 | 16 | 14 | 16 | 14 |
| | DIST | 25 | 25 | 25 | 25 | 25 |
| RII | 4167 | 80% | 60% | 100% | 60% | 80% |
| | 1096 | 877 | 658 | 1096 | 658 | 877 |
| | SET | 2 | 2 | 3 | 2 | 2 |
| | DIST | 400 | 400 | 400 | 400 | 400 |
| MVO2 | 780 | | 80% | | 80% | |
| | 488 | | 390 | | 390 | |
| | SET | | 4 | | 4 | |
| | DIST | | 100 | | 100 | |
| Total | 12223 | 1888 | 1878 | 2107 | 1878 | 1888 |

| M13 | Km | L | M | M | J | V |
|--------------|-------------|-------------|-------------|-------------|-------------|-------------|
| RI | 2143 | 60% | 40% | 60% | 40% | 60% |
| | 824 | 659 | 440 | 659 | 440 | 659 |
| | SET | 2 | 1 | 2 | 1 | 2 |
| | DIST | 400 | 400 | 400 | 400 | 400 |
| VELOC | 917 | 90% | 100% | 90% | 100% | 90% |
| | 195 | 351,1 | 390,1 | 351,1 | 390,1 | 351,1 |
| | SET | 14 | 16 | 14 | 16 | 14 |
| | DIST | 25 | 25 | 25 | 25 | 25 |
| RII | 2083 | 80% | 60% | 100% | 60% | 80% |
| | 548 | 877 | 658 | 1096 | 658 | 877 |
| | SET | 2 | 2 | 3 | 2 | 2 |
| | DIST | 400 | 400 | 400 | 400 | 400 |
| MVO2 | 520 | | 80% | | 80% | |
| | 325 | | 390 | | 390 | |
| | SET | | 4 | | 4 | |
| | DIST | | 100 | | 100 | |
| Total | 7230 | 1888 | 1878 | 2107 | 1878 | 1888 |