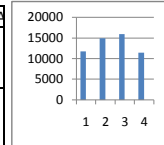


**NATACION**

junio	junio	junio	junio
4 al 9	11 al 11	18 al 23	25 al 30
1	2	3	4

Acumulación	Gradua	Gradua	Choque	Alivio	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA
U/M	RI	60%	70%	80%	70%					280%	150	20"
	Acentuación	5	5	5	5							
	KM	6429	7500	8571	7500	1000	2000	1500	20	30000	10714	
U/M	VELOCIDAD	50%	60%	70%	60%					240%	200	60"
	Acentuación	2	2	2	2							
	KM	583	700	817	700	200	500	350	8	2800	1167	
U/M	RII	60%	70%	80%	70%					280%	160	40"
	Acentuación	3	3	3	3							
	KM	3214	3750	4286	3750	1000	1500	1250	12	15000	5357	
	MAX. VO2	50%	60%	80%	70%					260%	180	120"
	Acentuación	2	2	2	2							
	KM	962	1154	1538	1346	250	1000	625	8	5000	1923	



A	I	Value
1	1	11723
2	2	14883
3	3	15927
4	4	11421

MICRO KM

M1	Km	L	M	M	J	V
RI	6429	60%	40%	60%	40%	60%
	2473	1484	989	1484	989	1484
	SET	3	2	3	2	3
	DIST	500	500	500	500	500
VELOCIDAD	583	0%	70%	0%	90%	0%
	365		255		328.1	
	SET		17		13	
	DIST		15		25	
RII	3214	80%	0%	100%	0%	80%
	1236	989	0	1236	0	989
	SET	2	0	3	0	2
	DIST	400	400	400	400	400
MAX. VO2	962	0%	80%	0%	80%	0%
	601	0	481	0	481	0
	SET	0	2	0	2	0
	DIST	200	200	200	200	200
Total		2473	1725	2720	1798	2473

M3	Km	L	M	M	J	V
RI	8571	60%	40%	60%	60%	0%
	3896	2338	1558	2338	2338	
	SET	5	3	5	5	
	DIST	500	500	500	500	
VELOCIDAD	817	0%	70%	0%	80%	0%
	544	0	381	0	435.6	0
	SET	0	15	0	17	0
	DIST	25	25	25	25	25
RII	4286	80%	0%	100%	0%	80%
	1648	1319	0	1648	0	1319
	SET	3	0	4	0	3
	DIST	400	400	400	400	400
MAX. VO2	1538	0%	80%	0%	80%	0%
	961.5	0	769	0	769	0
	SET	0	4	0	4	0
	DIST	200	200	200	200	200
Total		3656	2709	3986	3542	1319

11188

15212

M2	Km	L	M	M	J	V
RI	7500	60%	40%	60%	40%	60%
	2885	1731	1154	1731	1154	1731
	SET	3	3	3	3	3
	DIST	500	400	500	400	500
VELOCIDAD	700	0%	100%	0%	100%	0%
	350		350		350	
	SET		23		14	
	DIST		15		25	
RII	3750	80%	0%	100%	0%	80%
	1442	1154	0	1442	0	1154
	SET	3	0	4	0	3
	DIST	400	400	400	400	400
MAX. VO2	1154	0%	80%	0%	80%	0%
	721	0	577	0	577	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		4038	2081	3173	2081	2885

14258

M4	Km	L	M	M	J	V
RI	7500	60%	40%	60%	40%	60%
	2885	1731	1154	1731	1154	1731
	SET	3	2	3	2	3
	DIST	500	500	500	500	500
VELOCIDAD	700	0%	90%	0%	90%	50%
	304	0	274	0	274	152
	SET	0	18	0	11	6
	DIST	15	15	25	25	25
RII	3750	80%	0%	100%	0%	80%
	1442	1154	0	1442	0	1154
	SET	3	0	4	0	3
	DIST	400	400	400	400	400
MAX. VO2	1346	0%	80%	0%	80%	0%
	841.3	0	673	0	673	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		2885	2101	3173	2101	3037

13296