

NATACION

Fecha	AGOST	AGOST	AGOST	AGOST										
	30 al 11	13 al 18	20 al 25	27 al 1	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA		
Microciclos	1&2	3	4	5										
U/M	Acumulación	Gradual	Choque	Alivio										
	RI	60%	70%	80%	70%									
	Acentuación	5	5	5	5									
	KM	8571	10000	11429	10000	1500	2500	2000	20	40000	14286	280%		150
U/M	VELOCIDAD	50%	80%	70%	60%									
	Acentuación	2	2	2	2									
	KM	692	1108	969	831	400	500	450	8	3600	1385	260%	200	60"
U/M	RII	60%	70%	90%	70%									
	Acentuación	3	3	3	3									
	KM	6828	7966	10241	7966	2500	3000	2750	12	33000	11379	290%	160	40"
	R. LACTACIDA	50%	60%	80%	70%									
	Acentuación	2	2	2	2									
	KM	846	1015	1354	1185	500	600	550	8	4400	1692	260%	180	120"

MICRO	1&2	16937
MICRO	3	20089
MICRO	4	23993
MICRO	5	19981
KM		81000

M1&2	Km	L	M	M	J	V
RI	8571	60%	40%	60%	40%	60%
	3297	1978	1319	1978	1319	1978
	SET	4	3	4	3	4
	DIST	500	500	500	500	500
VELOCIDAD	692	0%	100%	0%	100%	0%
	346		346		346.2	
	SET		23		14	
	DIST		15		25	
RII	6828	100%	0%	80%	0%	100%
	2438	2438	0	1951	0	2438
	SET	6	0	5	0	6
	DIST	400	400	400	400	400
R. LACTACIDA	846	0%	100%	0%	100%	0%
	423.1	0	423	0	423	0
	SET	0	2	0	2	0
	DIST	200	200	200	200	200
Total		4416	2088	3929	2088	4416

16937

M4	Km	L	M	M	J	V
RI	11429	60%	40%	60%	60%	0%
	5195	3117	2078	3117	3117	
	SET	6	4	6	6	
	DIST	500	500	500	500	
VELOCIDAD	969	0%	100%	0%	100%	0%
	485	0	485	0	484.6	0
	SET	0	19	0	19	0
	DIST	25	25	25	25	25
RII	10241	100%	0%	80%	0%	100%
	3658	3658		2926		3658
	SET	9		7		9
	DIST	400		400		400
R. LACTACIDA	1354	0%	100%	0%	100%	0%
	676.9	0	677	0	677	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		6775	3239	6043	4278	3658

23993

M3	Km	L	M	M	J	V
RI	10000	60%	40%	60%	40%	60%
	3846	2308	1538	2308	1538	2308
	SET	5	4	5	4	5
	DIST	500	400	500	400	500
VELOCIDAD	1108	0%	100%	0%	100%	0%
	554		554		554	
	SET		37		22	
	DIST		15		25	
RII	7966	80%	0%	80%	0%	80%
	3319	2655		2655		2655
	SET	7		7		7
	DIST	400		400		400
R. LACTACIDA	1015	0%	100%	0%	100%	0%
	507.7	0	508	0	508	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		4963	2600	4963	2600	4963

20089

M5	Km	L	M	M	J	V
RI	10000	60%	40%	60%	40%	60%
	3846	2308	1538	2308	1538	2308
	SET	5	3	5	3	5
	DIST	500	500	500	500	500
VELOCIDAD	831	0%	90%	0%	90%	50%
	361	0	325	0	325	181
	SET	0	22	0	13	7
	DIST	15	15	25	25	25
RII	7966	100%	0%	80%	0%	100%
	2845	2845	0	2276	0	2845
	SET	7	0	6	0	7
	DIST	400	400	400	400	400
R. LACTACIDA	1185	0%	100%	0%	100%	0%
	592.3	0	592	0	592	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		5153	2456	4584	2456	5333

19981