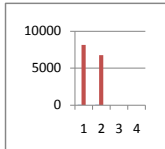


NATACION INF B ETAPA COMP 2

		NOV	NOV	NOV	NOV											
Fecha		5 al 10	12 al 17	19 al 24	27 al 1											
Microciclos		15	16	0	0											
U/M	Acumulación	MODELAJE	MODELAJE	MODELAJE	MODELAJE	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA			
	RI	90%	80%	0%	0%						170%	150	20"			
	Acentuación	5	5	0	0											
	KM	3176	2824	0	0	500	700	600	10	6000	3529					
U/M	VELOCIDAD	50%	50%	0%	0%						100%	200	60"			
	Acentuación	3	3	0	0											
	KM	1050	1050	0	0	300	400	350	6	2100	2100					
U/M	R. LACTACIDA	70%	50%	0%	0%						120%	160	40"	MICRO	15	8134
	Acentuación	2	2	0	0									MICRO	16	6766
	KM	1050	750	0	0	400	500	450	4	1800	1500			MICRO	0	0
	RII	80%	60%	0%	0%						140%	180	120"	MICRO	0	0
	Acentuación	2	2	0	0									KM	0	14900
	KM	2857	2143	0	0	1000	1500	1250	4	5000	3571					



M11	Km	L	M	M	J	V
RI	3176	50%	100%	50%	100%	50%
	907.6	454	908	454	908	454
	SET	9	18	9	18	9
	DIST	50	50	50	50	50
VELOCIDAD	1050	100%	0%	80%	0%	60%
	438	438	0	350	0	262.5
	SET	29	0	23	0	18
	DIST	15	1	15	1	15
R. LACTACIDA	1050	0%	100%	0%	100%	0%
	525	0	525	0	525	0
	SET	0	11	0	11	0
	DIST	1	50	1	50	1
RII	2857	0%	100%	0%	100%	0%
	1429	0	1429	0	1429	0
	SET	0	7	0	7	0
	DIST	1	200	1	200	1
Total		891	2861	804	2861	716

8134

M12	Km	L	M	M	J	V
RI	2824	50%	100%	50%	100%	50%
	806.7	403	807	403	807	403
	SET	8	16	8	16	8
	DIST	50	50	50	50	50
VELOCIDAD	1050	100%	0%	80%	0%	80%
	404	404	0	323	0	323
	SET	40	0	22	0	13
	DIST	10	1	15	1	25
R. LACTACIDA	750	0%	100%	0%	100%	0%
	375	0	375	0	375	0
	SET	0	8	0	8	0
	DIST	1	50	1	50	1
RII	2143	0%	100%	0%	100%	0%
	1071	0	1071	0	1071	0
	SET	0	5	0	5	0
	DIST	1	200	1	200	1
Total		807	2253	726	2253	726

6766