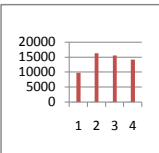


NATACION JUV A ETAPA COMP 1

		OCT	OCT	OCT	OCT														
Fecha		8 al 13	15 al 20	22 al 27	29 al 3														
Microciclos		11	12	13	14														
U/M	Acumulación	MODELAJE	MODELAJE	MODELAJE	MODELAJE	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA						
	RI	40%	90%	80%	60%									270%	150	20"			
	Acentuación	5	5	5	5														
	KM	4444	10000	8889	6667	1000	2000	1500	20	30000	11111								
U/M	VELOCIDAD	50%	80%	100%	90%									320%	200	60"			
	Acentuación	3	3	3	3														
	KM	656	1050	1313	1181	300	400	350	12	4200	1313								
U/M	R. LACTACIDA	65%	70%	80%	70%									285%	160	40"	MICRO	11	9740
	Acentuación	2	2	2	2												MICRO	12	16298
	KM	821	884	1011	884	400	500	450	8	3600	1263				MICRO	13	15576		
	RII	70%	80%	80%	100%									330%	180	120"	MICRO	14	14187
	Acentuación	2	2	2	2												KM	55800	
	KM	3818	4364	4364	5455	1500	3000	2250	8	18000	5455								



M11	Km	L	M	M	J	V
RI	4444	40%	60%	40%	60%	40%
	1852	741	1111	741	1111	741
	SET	3	4	3	4	3
	DIST	250	250	250	250	250
VELOCIDAD	656	80%	0%	80%	0%	100%
	252	202	0	202	0	252.4
	SET	20	0	13	0	10
	DIST	10	1	15	1	25
R. LACTACIDA	821	0%	100%	0%	100%	0%
	410.5	0	411	0	411	0
	SET	0	8	0	8	0
	DIST	1	50	1	50	1
RII	3818	0%	100%	0%	100%	0%
	1909	0	1909	0	1909	0
	SET	0	10	0	10	0
	DIST	1	200	1	200	1
Total		943	3431	943	3431	993

M13	Km	L	M	M	J	V
RI	8889	40%	60%	40%	60%	40%
	3704	1481	2222	1481	2222	1481
	SET	6	9	6	9	6
	DIST	250	250	250	250	250
VELOCIDAD	1313	80%	0%	80%	0%	100%
	505	404	0	404	0	504.8
	SET	40	0	27	0	20
	DIST	10	1	15	1	25
R. LACTACIDA	1011	0%	100%	0%	100%	0%
	505.3	0	505	0	505	0
	SET	0	10	0	10	0
	DIST	1	50	1	50	1
RII	4364	0%	100%	0%	100%	0%
	2182	0	2182	0	2182	0
	SET	0	11	0	11	0
	DIST	1	200	1	200	1
Total		1885	4909	1885	4909	1986

9740 15576

M12	Km	L	M	M	J	V
RI	10000	40%	60%	40%	60%	40%
	4167	1667	2500	1667	2500	1667
	SET	7	10	7	10	7
	DIST	250	250	250	250	250
VELOCIDAD	1050	80%	0%	80%	0%	100%
	404	323	0	323	0	404
	SET	32	0	22	0	16
	DIST	10	1	15	1	25
R. LACTACIDA	884	0%	100%	0%	100%	0%
	442.1	0	442	0	442	0
	SET	0	9	0	9	0
	DIST	1	50	1	50	1
RII	4364	0%	100%	0%	100%	0%
	2182	0	2182	0	2182	0
	SET	0	11	0	11	0
	DIST	1	200	1	200	1
Total		1990	5124	1990	5124	2071

M14	Km	L	M	M	J	V
RI	6667	50%	60%	50%	60%	50%
	2469	1235	1481	1235	1481	1235
	SET	5	6	5	6	5
	DIST	250	250	250	250	250
VELOCIDAD	1181	80%	0%	80%	0%	100%
	454	363	0	363	0	454
	SET	36	0	24	0	18
	DIST	10	1	15	1	25
R. LACTACIDA	884	0%	100%	0%	100%	0%
	442.1	0	442	0	442	0
	SET	0	9	0	9	0
	DIST	1	50	1	50	1
RII	5455	0%	100%	0%	100%	0%
	2727	0	2727	0	2727	0
	SET	0	14	0	14	0
	DIST	1	200	1	200	1
Total		1598	4651	1598	4651	1689

16298 14187