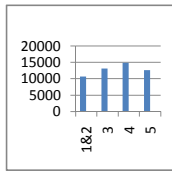


NATACION

Fecha	MARZO		MARZO		Min	Max	Prom	UE	KM	C. K	LPM	PAUSA
	4 al 9	11 al 16	18 al 23	25 al 30								
Microciclos	1	2	3	4								
Acumulación	Gradual	Gradual	Choque	Alivio								
RI	60%	70%	80%	70%						280%	150	20"
Acentuación	5	5	5	5								
KM	6429	7500	8571	7500	1000	2000	1500	20	30000	10714		
VELOCIDAD	50%	80%	70%	60%						260%	200	60"
Acentuación	2	2	2	2								
KM	462	738	646	554	200	400	300	8	2400	923		
RII	60%	80%	90%	70%						300%	160	40"
Acentuación	3	3	3	3								
KM	3000	4000	4500	3500	1000	1500	1250	12	15000	5000		
MAX. VO2	50%	60%	80%	70%						260%	180	120"
Acentuación	2	2	2	2								
KM	769	923	1231	1077	400	600	500	8	4000	1538		



MICRO	1&2	10659
MICRO	3	13162
MICRO	4	14948
MICRO	5	12631
KM		51400

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	462	0%	100%	0%	100%	0%
	231		231		230.8	
	SET		15		9	
	DIST		15		25	
RII	3000	90%	0%	100%	0%	90%
	1071	964	0	1071	0	964
	SET	2	0	3	0	2
	DIST	400	400	400	400	400
MAX. VO2	769	0%	100%	0%	100%	0%
	384.6	0	385	0	385	0
	SET	0	2	0	2	0
	DIST	200	200	200	200	200
Total		2448	1604	2555	1604	2448

10659

M4	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	646	0%	100%	0%	100%	0%
	323	0	323	0	323.1	0
	SET	0	13	0	13	0
	DIST	25	25	25	25	25
RII	4500	80%	0%	80%	0%	80%
	1875	1500		1500		1500
	SET	4		4		4
	DIST	400		400		400
MAX. VO2	1231	0%	100%	0%	100%	0%
	615.4	0	615	0	615	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		3838	2497	3838	3276	1500

14948

M3	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	738	0%	100%	0%	100%	0%
	369		369		369	
	SET		25		15	
	DIST		15		25	
RII	4000	80%	0%	80%	0%	80%
	1667	1333		1333		1333
	SET	3		3		3
	DIST	400		400		400
MAX. VO2	923	0%	100%	0%	100%	0%
	461.5	0	462	0	462	0
	SET	0	2	0	2	0
	DIST	200	200	200	200	200
Total		3064	1985	3064	1985	3064

13162

M5	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	554	0%	90%	0%	90%	50%
	241	0	217	0	217	120
	SET	0	14	0	9	5
	DIST	15	15	25	25	25
RII	3500	100%	0%	80%	0%	100%
	1250	1250	0	1000	0	1250
	SET	3	0	3	0	3
	DIST	400	400	400	400	400
MAX. VO2	1077	0%	100%	0%	100%	0%
	538.5	0	538	0	538	0
	SET	0	3	0	3	0
	DIST	200	200	200	200	200
Total		2981	1909	2731	1909	3101

12631