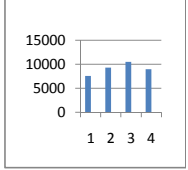


NATACION

	ABRIL	ABRIL	ABRIL	ABRIL														
Fecha	4 al 9	11 al 16	18 al 23	25 al 30														
Microciclos	1	2	3	4														
Acumulación	Gradual	Gradual	Choque	Alivio	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA						
RI	60%	70%	80%	70%									280%	150	20"			
Acentuación	5	5	5	5														
KM	5357	6250	7143	6250	1000	1500	1250	20	25000	8929								
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"	MICRO	1	7600
Acentuación	3	3	3	3												MICRO	2	9302
KM	1320	1760	1980	1540	500	600	550	12	6600	2200				MICRO	3	10507		
MAX_VO2	50%	60%	80%	70%									260%	180	120"	MICRO	4	8990
Acentuación	2	2	2	2												KM	36400	
KM	462	554	738	646	200	400	300	8	2400	923.1								



M1	Km	L	M	M	J	V
RI	5357	40%	60%	40%	60%	40%
	2232	893	1339	893	1339	893
	SET	4	5	4	5	4
	DIST	250	250	250	250	250
VELOCIDAD	462	0%	100%	0%	100%	0%
	231		231		230.8	
	SET		15		9	
	DIST		15		25	
RII	1320	90%	0%	100%	0%	90%
	471.4	424	0	471	0	424
	SET	2	0	2	0	2
	DIST	200	200	200	200	200
MAX. VO2	462	0%	100%	0%	100%	0%
	230.8	0	231	0	231	0
	SET	0	2	0	2	0
	DIST	200	100	200	100	200
Total		1317	1801	1364	1801	1317

M3	Km	L	M	M	J	V
RI	7143	40%	60%	40%	60%	40%
	2976	1190	1786	1190	1786	1190
	SET	5	7	5	7	5
	DIST	250	250	250	250	250
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	1980	80%	0%	80%	0%	80%
	825	660		660		660
	SET	3		3		3
	DIST	200		200		200
MAX. VO2	738	0%	100%	0%	100%	0%
	369.2	0	369	0	369	0
	SET	0	4	0	4	0
	DIST	200	100	200	100	200
Total		1850	2478	1850	2478	1850

M2	Km	L	M	M	J	V
RI	6250	40%	60%	40%	60%	40%
	2604	1042	1563	1042	1563	1042
	SET	4	6	4	6	4
	DIST	250	250	250	250	250
VELOCIDAD	738	0%	100%	0%	100%	0%
	369		369		369	
	SET		25		15	
	DIST		15		25	
RII	1760	80%	0%	80%	0%	80%
	733.3	587		587		587
	SET	3		3		3
	DIST	200		200		200
MAX. VO2	554	0%	100%	0%	100%	0%
	276.9	0	277	0	277	0
	SET	0	3	0	3	0
	DIST	200	100	200	100	200
Total		1628	2209	1628	2209	1628

M4	Km	L	M	M	J	V
RI	6250	50%	60%	50%	60%	50%
	2315	1157	1389	1157	1389	1157
	SET	5	6	5	6	5
	DIST	250	250	250	250	250
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	1540	100%	0%	80%	0%	100%
	550	550	0	440	0	550
	SET	3	0	2	0	3
	DIST	200	200	200	200	200
MAX. VO2	646	0%	100%	0%	100%	0%
	323.1	0	323	0	323	0
	SET	0	3	0	3	0
	DIST	200	100	200	100	200
Total		1707	1929	1597	1929	1828