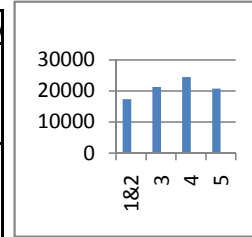


NATACION

Fecha	AGOSTO	AGOSTO	AGOSTO	SEPT.									
	12 AL 17	19 AL 24	26 AL 31	2 AL 7									
	1	2	3	4									
Microciclos													
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	10714	12500	14286	12500	2000	3000	2500	20	50000	17857			
VELOCIDAD	50%	80%	70%	60%							260%	200	60"
Acentuación	2	2	2	2									
KM	615	985	862	738	200	600	400	8	3200	1231			
RII	60%	80%	90%	70%							300%	160	40"
Acentuación	3	3	3	3									
KM	4200	5600	6300	4900	1500	2000	1750	12	21000	7000			
MAX. VO2	50%	60%	80%	70%							260%	180	120"
Acentuación	2	2	2	2									
KM	1846	2215	2954	2585	800	1600	1200	8	9600	3692			



MICRO	1&2	17376
MICRO	3	21300
MICRO	4	24401
MICRO	5	20723
KM		83800

M1	Km	L	M	M	J	V
RI	10714	60%	40%	60%	40%	60%
	4121	2473	1648	2473	1648	2473
	SET	5	3	5	3	5
	DIST	500	500	500	500	500
VELOCIDAD	615	0%	100%	0%	100%	0%
	308		308		307.7	
	SET		21		12	
	DIST		15		25	
RII	4200	90%	0%	100%	0%	90%
	1500	1350	0	1500	0	1350
	SET	3	0	4	0	3
	DIST	400	400	400	400	400
MAX. VO2	1846	0%	100%	0%	100%	0%
	923.1	0	923	0	923	0
	SET	0	5	0	5	0
	DIST	200	200	200	200	200
Total		3823	2879	3973	2879	3823

17376

M4	Km	L	M	M	J	V
RI	14286	60%	40%	60%	60%	0%
	6494	3896	2597	3896	3896	
	SET	8	5	8	8	
	DIST	500	500	500	500	
VELOCIDAD	862	0%	100%	0%	100%	0%
	431	0	431	0	430.8	0
	SET	0	17	0	17	0
	DIST	25	25	25	25	25
RII	6300	80%	0%	80%	0%	80%
	2625	2100		2100		2100
	SET	5		5		5
	DIST	400		400		400
MAX. VO2	2954	0%	100%	0%	100%	0%
	1477	0	1477	0	1477	0
	SET	0	7	0	7	0
	DIST	200	200	200	200	200
Total		5996	4505	5996	5804	2100

24401

M3	Km	L	M	M	J	V
RI	12500	60%	40%	60%	40%	60%
	4808	2885	1923	2885	1923	2885
	SET	6	5	6	5	6
	DIST	500	400	500	400	500
VELOCIDAD	985	0%	100%	0%	100%	0%
	492		492		492	
	SET		33		20	
	DIST		15		25	
RII	5600	80%	0%	80%	0%	80%
	2333	1867		1867		1867
	SET	5		5		5
	DIST	400		400		400
MAX. VO2	2215	0%	100%	0%	100%	0%
	1108	0	1108	0	1108	0
	SET	0	6	0	6	0
	DIST	200	200	200	200	200
Total		4751	3523	4751	3523	4751

21300

M5	Km	L	M	M	J	V
RI	12500	60%	40%	60%	40%	60%
	4808	2885	1923	2885	1923	2885
	SET	6	4	6	4	6
	DIST	500	500	500	500	500
VELOCIDAD	738	0%	90%	0%	90%	50%
	321	0	289	0	289	161
	SET	0	19	0	12	6
	DIST	15	15	25	25	25
RII	4900	100%	0%	80%	0%	100%
	1750	1750	0	1400	0	1750
	SET	4	0	4	0	4
	DIST	400	400	400	400	400
MAX. VO2	2585	0%	100%	0%	100%	0%
	1292	0	1292	0	1292	0
	SET	0	6	0	6	0
	DIST	200	200	200	200	200
Total		4635	3504	4285	3504	4795

20723