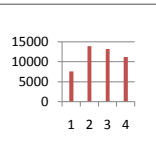


**NATACION INF A ETAPA COMP 1**

		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	7619
	Acentuación	2	2	2	2												MICRO	12	13874
	KM	821	884	1011	884	400	500	450	8	3600	1263				MICRO	13	13151		
	RII	70%	80%	80%	100%									330%	180	120"	MICRO	14	11156
	Acentuación	2	2	2	2												KM	45800	
	KM	1697	1939	1939	2424	800	1200	1000	8	8000	2424								



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	1697	0%	100%	0%	100%	0%
	848.5	0	848	0	848	0
	SET	0	4	0	4	0
	DIST	1	200	1	200	1
Total		943	2370	943	2370	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	1939	0%	100%	0%	100%	0%
	969.7	0	970	0	970	0
	SET	0	5	0	5	0
	DIST	1	200	1	200	1
Total		1885	3697	1885	3697	1986

7619 13151

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	1939	0%	100%	0%	100%	0%
	969.7	0	970	0	970	0
	SET	0	5	0	5	0
	DIST	1	200	1	200	1
Total		1990	3912	1990	3912	2071

13874

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	2424	0%	100%	0%	100%	0%
	1212	0	1212	0	1212	0
	SET	0	6	0	6	0
	DIST	1	200	1	200	1
Total		1598	3136	1598	3136	1689

11156