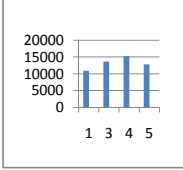


NATACION

Fecha	MAYO		JUNIO		Min	Max	Prom	UE	KM	C. K	LPM	PAUSA				
	12 AL 16	19 AL 23	26 AL 30	2 AL 6												
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	692	1108	969	831	400	500	450	8	3600	1385						
RII	60%	80%	90%	70%							300%	160	40"	MICRO	1	10952
Acentuación	3	3	3	3												
KM	3600	4800	5400	4200	1000	2000	1500	12	18000	6000						
RIII	50%	60%	80%	70%							260%	180	120"	MICRO	3	13685
Acentuación	2	2	2	2												
KM	231	277	369	323	100	200	150	8	1200	462						



M1	Km	L	M	M	J	V
RI	6429	40%	60%	40%	60%	40%
	2679	1071	1607	1071	1607	1071
	SET	4	6	4	6	4
	DIST	250	250	250	250	250
VELOCIDAD	692	0%	100%	0%	100%	0%
	346		346		346.2	
	SET		23		14	
	DIST		15		25	
RII	3600	90%	0%	100%	0%	90%
	1286	1157	0	1286	0	1157
	SET	6	0	6	0	6
	DIST	200	200	200	200	200
RIII	231	0%	100%	0%	100%	0%
	115.4	0	115	0	115	0
	SET	0	2	0	2	0
	DIST	50	50	50	50	50
Total		2229	2069	2357	2069	2229

M4	Km	L	M	M	J	V
RI	8571	40%	60%	40%	60%	40%
	3571.4	1429	2143	1429	2143	1429
	SET	6	9	6	9	6
	DIST	250	250	250	250	250
VELOCIDAD	969	0%	100%	0%	100%	0%
	485	0	485	0	484.6	0
	SET	0	19	0	19	0
	DIST	25	25	25	25	25
RII	5400	80%	0%	80%	0%	80%
	2250	1800		1800		1800
	SET	9		9		9
	DIST	200		200		200
RIII	369	0%	100%	0%	100%	0%
	184.62	0	185	0	185	0
	SET	0	4	0	4	0
	DIST	50	50	50	50	50
Total		3229	2812	3229	2812	3229

M3	Km	L	M	M	J	V
RI	7500	40%	60%	40%	60%	40%
	3125	1250	1875	1250	1875	1250
	SET	5	8	5	8	5
	DIST	250	250	250	250	250
VELOCIDAD	1108	0%	100%	0%	100%	0%
	554		554		554	
	SET		37		22	
	DIST		15		25	
RII	4800	80%	0%	80%	0%	80%
	2000	1600		1600		1600
	SET	8		8		8
	DIST	200		200		200
RIII	277	0%	100%	0%	100%	0%
	138.5	0	138	0	138	0
	SET	0	3	0	3	0
	DIST	50	50	50	50	50
Total		2850	2567	2850	2567	2850

M5	Km	L	M	M	J	V
RI	7500	50%	60%	50%	60%	50%
	2777.8	1389	1667	1389	1667	1389
	SET	6	7	6	7	6
	DIST	250	250	250	250	250
VELOCIDAD	831	0%	90%	0%	90%	50%
	361	0	325	0	325	181
	SET	0	22	0	13	7
	DIST	15	15	25	25	25
RII	4200	100%	0%	80%	0%	100%
	1500	1500	0	1200	0	1500
	SET	8	0	6	0	8
	DIST	200	200	200	200	200
RIII	323	0%	100%	0%	100%	0%
	161.54	0	162	0	162	0
	SET	0	3	0	3	0
	DIST	50	50	50	50	50
Total		2889	2153	2589	2153	3069