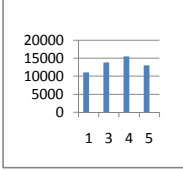


NATACION

Fecha	MAYO		MAYO		JUNIO												
	12 AL 16	19 AL 23	26 AL 30	2 AL 6													
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	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	11105
Acentuación	3	3	3	3										MICRO	3	13869	
KM	3600	4800	5400	4200	1000	2000	1500	12	18000	6000			MICRO	4	15556		
RIII	50%	60%	80%	70%								260%	180	120"	MICRO	5	13069
Acentuación	2	2	2	2										KM	53600		
KM	385	462	615	538	100	400	250	8	2000	769							



M1	Km	L	M	M	J	V
RI	6429	40%	60%	40%	60%	40%
	2679	1071	1607	1071	1607	1071
	SET	5	8	5	8	5
	DIST	200	200	200	200	200
VELOCIDAD	692	0%	100%	0%	100%	0%
	346		346		346.2	
	SET		23		23	
	DIST		15		15	
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	385	0%	100%	0%	100%	0%
	192.3	0	192	0	192	0
	SET	0	4	0	4	0
	DIST	50	50	50	50	50
Total		2229	2146	2357	2146	2229

M4	Km	L	M	M	J	V
RI	8571	40%	60%	40%	60%	40%
	3571.4	1429	2143	1429	2143	1429
	SET	7	11	7	11	7
	DIST	200	200	200	200	200
VELOCIDAD	969	0%	100%	0%	100%	0%
	485	0	485	0	484.6	0
	SET	0	32	0	32	0
	DIST	15	15	15	15	15
RII	5400	80%	0%	80%	0%	80%
	2250	1800		1800		1800
	SET	9		9		9
	DIST	200		200		200
RIII	615	0%	100%	0%	100%	0%
	307.69	0	308	0	308	0
	SET	0	6	0	6	0
	DIST	50	50	50	50	50
Total		3229	2935	3229	2935	3229

M3	Km	L	M	M	J	V
RI	7500	40%	60%	40%	60%	40%
	3125	1250	1875	1250	1875	1250
	SET	6	9	6	9	6
	DIST	200	200	200	200	200
VELOCIDAD	1108	0%	100%	0%	100%	0%
	554		554		554	
	SET		37		37	
	DIST		15		15	
RII	4800	80%	0%	80%	0%	80%
	2000	1600		1600		1600
	SET	8		8		8
	DIST	200		200		200
RIII	462	0%	100%	0%	100%	0%
	230.8	0	231	0	231	0
	SET	0	5	0	5	0
	DIST	50	50	50	50	50
Total		2850	2660	2850	2660	2850

M5	Km	L	M	M	J	V
RI	7500	50%	60%	50%	60%	50%
	2777.8	1389	1667	1389	1667	1389
	SET	7	8	7	8	7
	DIST	200	200	200	200	200
VELOCIDAD	831	0%	90%	0%	90%	50%
	361	0	325	0	325	181
	SET	0	22	0	22	12
	DIST	15	15	15	15	15
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	538	0%	100%	0%	100%	0%
	269.23	0	269	0	269	0
	SET	0	5	0	5	0
	DIST	50	50	50	50	50
Total		2889	2261	2589	2261	3069