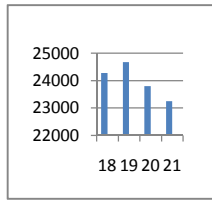


**NATACION**

Fecha Microciclos	SEP		SEP		Min	Max	Prom	UE	KM	C. K	LPM	PAUSA
	1AL5	8AL12	15AL19	22AL26								
	18	19	20	21								
Acumulación	CH	CH	EST	EST								
RI	95%	90%	85%	80%						350%	150	20"
Acentuación	5	5	5	5								
KM	17643	16714	15786	14857	3000	3500	3250	20	65000	18571		
VEL.	60%	70%	80%	90%						300%	200	60"
Acentuación	2	2	2	2								
KM	800	933	1067	1200	400	600	500	8	4000	1333		
RII	60%	80%	80%	85%						305%	160	40"
Acentuación	3	3	3	3								
KM	4131	5508	5508	5852	1500	2000	1750	12	21000	6885		
RIII	95%	85%	80%	75%						335%	180	120"
Acentuación	2	2	2	2								
KM	1701	1522	1433	1343	500	1000	750	8	6000	1791		



MICRO	18	24275
MICRO	19	24678
MICRO	20	23793
MICRO	21	23253
KM		96000

M18	Km	L	M	M	J	V
RI	17643	80%	60%	80%	60%	80%
	4901	3921	2940	3921	2940	3921
	SET	39	29	39	29	39
	DIST	100	100	100	100	100
VEL.	800	40%	100%	40%	100%	40%
	250	100	250	100	250	100
	SET	10	10	10	10	10
	DIST	10	25	10	25	10
RII	4131	90%	0%	100%	0%	90%
	1475	1328	0	1475	0	1328
	SET	7	0	4	0	7
	DIST	200	200	400	200	200
RIII	1701	0%	100%	0%	100%	0%
	850.7	0	851	0	851	0
	SET	0	17	0	17	0
	DIST	50	50	50	50	50
Total		5349	4041	5496	4041	5349

24275

M20	Km	L	M	M	J	V
RI	15786	80%	60%	80%	60%	80%
	4385	3508	2631	3508	2631	3508
	SET	35	26	35	26	35
	DIST	100	100	100	100	100
VEL.	1067	40%	100%	40%	100%	40%
	333	133	333	133	333.3	133.3
	SET	13	13	13	13	13
	DIST	10	25	10	25	10
RII	5508	90%	0%	100%	0%	90%
	1967	1770	0	1967	0	1770
	SET	9	0	5	0	9
	DIST	200	200	400	200	200
RIII	1433	0%	100%	0%	100%	0%
	716.4	0	716	0	716	0
	SET	0	14	0	14	0
	DIST	50	50	50	50	50
Total		5412	3681	5608	3681	5412

23793

M19	Km	L	M	M	J	V
RI	16714	80%	60%	80%	60%	80%
	4643	3714	2786	3714	2786	3714
	SET	37	28	37	28	37
	DIST	100	100	100	100	100
VEL.	933	40%	100%	40%	100%	40%
	292	117	292	117	292	117
	SET	12	12	12	12	12
	DIST	10	25	10	25	10
RII	5508	90%	0%	100%	0%	90%
	1967	1770	0	1967	0	1770
	SET	9	0	10	0	9
	DIST	200	400	200	200	200
RIII	1522	0%	100%	0%	100%	0%
	761.2	0	761	0	761	0
	SET	0	15	0	15	0
	DIST	50	50	50	50	50
Total		5601	3839	5798	3839	5601

24678

M21	Km	L	M	M	J	V
RI	14857	80%	60%	80%	60%	80%
	4127	3302	2476	3302	2476	3302
	SET	33	25	33	25	33
	DIST	100	100	100	100	100
VEL.	1200	40%	100%	40%	100%	40%
	375	150	375	150	375	150
	SET	15	15	15	15	15
	DIST	10	25	10	25	10
RII	5852	90%	0%	100%	0%	90%
	2090	1881	0	2090	0	1881
	SET	9	0	10	0	9
	DIST	200	400	200	200	200
RIII	1343	0%	100%	0%	100%	0%
	671.6	0	672	0	672	0
	SET	0	13	0	13	0
	DIST	50	50	50	50	50
Total		5333	3523	5542	3523	5333

23253