

Planes de entrenamiento Pro





Semana 1

Pro

Día 1

**Descanso o
paseo**

Día 2

**Carrera continua
suave: 30'**

Estiramientos

Día 3

**Carrera continua
suave: 15'**

Tabla fortalecimiento

Estiramientos

Día 4

**Descanso o
paseo**

Estiramientos

Día 5

**Carrera continua
suave: 30'**

**6 series de 200 m en
progresión para
soltar piernas (ritmo
vivo)**

Día 6

**Carrera continua
suave: 15'**

Tabla fortalecimiento

Día 7

**Descanso o
paseo**

Estiramientos

Tabla Fortalecimiento





SQUAT + EXT. TOBILLO

Preparation
Stand straight, feet shoulder width apart.

Ejecución
Maintaining a straight back, lower your body by bending at the knees. When thighs are parallel with the ground, lower back to a standing position and follow through by rising on the ball of your foot and engaging your calves.

Primary
- Rectus Femoris
Vastus Lateralis
Vastus Medialis
Vastus Intermedius

Secondary

Nº SERIES

2/3

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

EXTENSION DE TOBILLO

Preparation
Position toes and balls of feet on calf block or step with heels and arches extending off. Place hand or hands on support for balance. Lift one leg off calf block by flexing knee.

Ejecución
Raise heel by extending ankle as high as possible. Lower heel by flexing ankle until calf is stretched. Repeat. Continue with opposite leg.

Comment
Keep knee straight throughout exercise or bend knee slightly only during stretch. Quadriceps serve as synergists. Ankle flexion is least slightly during stretch. Faster flexion can be reached by assisting step with other leg or pulling pushing bands upward.

Primary
- Gastrocnemius Lateral Head
Gastrocnemius Medial Head
Fibularis Longus

Secondary

Nº SERIES

2+2 unipodal

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

ADD CADEIRA, BANDA ELAST

Preparation
Stand sideways in front of low pulley. Attach cable strap to rear ankle. Step away from cable machine and hold onto support bar. Stand on leg foot above rear leg to be pulled towards low pulley.

Ejecución
Pull attached leg across in front of body by abducting hip. Return and repeat. Then repeat with opposite leg.

Comment
Attach cable pulley to use in out of view to left. Exercise in holding on to support bar above opposite ankle pulley, rest in use.

Primary
- Adductor Longus
Adductor Magnus
Adductor Brevis

Secondary

Nº SERIES

2+2 unipodal

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

MEDIA

FLEX RODILLA, BANDA ELAST

Preparation
Attach ankle strap from low pulley to one ankle. Grab support bar with both hands and one knee with other foot. Elbows remain straight to support body. Attached foot is upright on floor.

Ejecución
Pull cable attachment back by flexing knee until knee is fully flexed. Return by straightening knee to original position and repeat. Continue with opposite leg.

Comment
Place hip from sagging or from being pulled up on bench by extending hip and knee of leading leg and place heel of second leg on bench. Slip down with second leg by flexing hip and knee of that leg. Return to original standing position by placing foot of first leg to floor. Repeat using other leg.

Primary
- Biceps Femoris
Sartorius
Semi-tendinosus

Secondary

Nº SERIES

2+2 unipodal

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

MEDIA

ESTABILIZACIÓN

Preparation
Stand on one foot.

Ejecución
Maintaining the arch of your spine, lower your heels to the floor by pushing your feet back, extend a leg backwards to maintain balance. Return and repeat.

Primary
- Gluteus Maximus
Sartorius
Biceps Femoris
Semi-tendinosus

Secondary

Nº SERIES

3

Nº REP

20 (10 x lado)

RECUPERACIÓN

30SEG

CARGA/S.E.*

5kg contralateral

EXT RODILLA, BANCO

Preparation
Stand facing side of bench with dumbbells held at sides.

Ejecución
Place foot of leading leg on bench. Step up on bench by extending hip and knee of leading leg and place heel of second leg on bench. Slip down with second leg by flexing hip and knee of that leg. Return to original standing position by placing foot of first leg to floor. Repeat using other leg.

Comment
Keep torso upright during exercise. Forward knee should point same direction as foot throughout movement. Keeping distance from bench emphasizes Gluteus Maximus, slipping close to bench emphasizes Quadriceps.

Primary
- Gluteus Maximus
Rectus Femoris
Vastus Lateralis
Vastus Medialis

Secondary

Nº SERIES

2+2 unipodal

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

20% pesocorporal

*S.E. SENSACIÓN DE ESFUERZO
SUB = SENSACIÓN DE QUE PUEDES REALIZAR 2/3 REPETICIONES + CON LA CARGA

NOTA IMPORTANTE
VELOCIDAD MÁXIMA CONTROLADA EN LA FASE CONCÉNTRICA



PUSH UP

Preparation
Lie prone on floor or mat with hands palm down close to shoulders. Push body up off floor by extending arms while keeping body straight.

Execution
While keeping body straight, lower body to floor by flexing arms. Then push body back up until arms are fully extended.

Comment
Both upper and lower body must be kept straight throughout movement.

Resistance can be increased by performing pushups with knees bent or placing hands on elevated horizontal bar, or behind torso, doorway, or edge of elevated surface.

Tip: For greater challenge, elevate feet, have partner hold weight on back, or perform.

Primary: Pectoralis Major
Secondary: Pectoralis Minor

Nº SERIES
2

Nº REP
10/15

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

1

TRACCION DORSAL

Preparation
Bend your knees slightly and pull your butt out as far as possible. Place two kettlebells in front of your feet and bend forward until you are able to reach them. Keep your back straight at all times.

Execution
Grab both kettlebells and pull them with width of your approach. The exercise involves pulling back your shoulder blades and flexing the elbows. Keep back straight. Return to starting position.

Primary: Latissimus Dorsi
Secondary: Triceps

Nº SERIES
2

Nº REP
15

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

2

CRUNCH UP

Preparation
Lie prone on floor or mat with both legs and arms pointed upwards.

Execution
Flex waist to raise upper torso from floor. Return and repeat.

Comment
Hip may move slightly during exercise. Exercise can be performed with added resistance if needed by holding weight above. Crunches were not listed under resistance since there are not under significant resistance. Certain individuals may need to keep their neck in neutral position with space between their chin and sternum.

Primary: Rectus Abdominis
Secondary: External Obliques

Nº SERIES
3

Nº REP
15

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

3

MOUNTAIN CLIMBERS

Preparation
Start from a position on your hands and knees and then extend your legs out.

Execution
Bring one leg forward beneath your chest, then extend it backwards, while simultaneously bringing the other leg forward.

Primary: Transverse Abdominis
Secondary: Rectus Femoris, Vastus Lateralis, Vastus Medialis

Nº SERIES
3

Nº REP
20 (10 x lado)

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

4

PUENTE

Preparation
Lie on your back with knees bent and arms tucked around support body.

Execution
Lift body off the ground into a straight line while keeping your torso. Add lifting your top leg, and return to start position.

Primary: Gluteus maximus
Secondary: Gluteus medius, Gluteus minimus

Nº SERIES
3

Nº REP
15

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

5

SUPERMAN ALTERNANDO

Preparation
Lie down flat on your stomach.

Execution
Raise opposite legs and arms.

Primary: Erector spinae
Secondary: Longissimus Thoracis, Multifidus

Nº SERIES
3

Nº REP
20 (10 x lado)

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

6