

Planes de entrenamiento Iniciación





Semana 1

Iniciación

Día 1

Descanso o
paseo

Día 2

Movilidad articular: 5'
Carrera suave: 2'-4'.
Recuperar andando 1' y
repetir de 6 a 8 veces
Carrera total: 20'-30'
Estiramientos

Día 3

Movilidad articular: 5'
Carrera suave: 5' x 2,
recuperar 1'
Tabla fortalecimiento
Estiramientos

Día 4

Descanso o
paseo

Día 5

Movilidad articular: 5'
Carrera suave: 2'-4'.
Recuperar andando 1' y
repetir de 6 a 8 veces
Carrera total: 20'-30'
Estiramientos

Día 6

Movilidad articular: 5'
Carrera suave: 5' x 2,
recuperar 1'
Tabla fortalecimiento
Estiramientos

Día 7

Descanso o
paseo

- La movilidad articular la podemos hacer empezando con rotaciones de cuello, hombros, cadera, rodillas, tobillos... Podemos realizar 20-30 segundos de cada articulación. También lo podemos acompañar de estiramientos cortos y suaves.

Tabla Fortalecimiento





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 torso straight.

Execution
While keeping body straight, lower body to floor by flexing arms. Press down only back so feet arms are fully extended.

Comment
Both upper and lower body must be kept straight throughout movement. Caution: Repetitions can be reduced by placing the hands on elevated horizontal bar, if between knees (kneeling), or edge of mat/floor.

Muscles
Primary: Pectoralis Major
Secondary: Pectoralis Minor

Nº SERIES: 2-3

Nº REP: 10/20

RECUPERACIÓN: 30SEG

CARGA/S.E.*

EXT CODO

Preparation
Sit upright on bench. Place hands on edge of bench. Use arms to support weight and lean body forward to press bench up. Feet firmly on floor. Keep legs straight.

Execution
Using arms, lower body until slight stretch is felt at triceps. Push floor back up.

Comment
Bench height should allow for full range of motion.

Muscles
Primary: Triceps Brachii Lateral, Triceps Brachii Longus, Triceps Brachii Medial
Secondary: Deltoides

Nº SERIES: 2-3

Nº REP: 8-12

RECUPERACIÓN: 1 MIN

CARGA/S.E.*

SUPERMAN ALTERNANDO

Preparation
Lie down flat on your stomach.

Execution
Raise opposite legs and arms.

Muscles
Primary: Erector Spinae
Secondary: Longissimus Thoracis

Nº SERIES: 3

Nº REP: 20-40

RECUPERACIÓN: 30SEG

CARGA/S.E.*

CORE

Preparation
Lie on the floor, stomach down, align elbows with shoulders. Press palms back together and overhead as in a prayer position.

Execution
Raise your posterior as high as possible and return to start position.

Muscles
Primary: Rectus Abdominis
Secondary: Erector Spinae

Nº SERIES: 2-4

Nº REP: 10-20

RECUPERACIÓN: 30SEG

CARGA/S.E.*

CORE

Preparation
Lie on your side with legs extended, one on top of the other. Place your forearm forward and perpendicular to your body.

Execution
Raise hips off the ground, keeping the side of your foot on the floor, hold this position and repeat.

Muscles
Primary: External Abdominal Oblique
Secondary: Erector Spinae

Nº SERIES: 2-4

Nº REP: (10-20 x lado)

RECUPERACIÓN: 30SEG

CARGA/S.E.*

CRUNCH UP

Preparation
Lie supine on floor or mat with both legs and arms extended 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. Caudicervical spine not loaded under resistance from the ground. Cervical musculature may need to keep neck in neutral position with space between their oral and sternalum.

Muscles
Primary: Rectus Abdominis
Secondary: Erector Spinae

Nº SERIES: 3

Nº REP: 15

RECUPERACIÓN: 30SEG

CARGA/S.E.*