

Planes de entrenamiento Medio





Semana 1

Medio

Día 1

**Descanso o
paseo**

Día 2

Movilidad articular: 5'
**Carrera continua
suave: 20'-30'**
Estiramientos

Día 3

Movilidad articular: 5'
**Carrera continua
suave: 15'**
Tabla fortalecimiento
Estiramientos

Día 4

**Descanso o
paseo**

Estiramientos

Día 5

Movilidad articular: 5'
**Carrera continua
suave: 30'-40'**
4 progresivos de 80 m

Día 6

Movilidad articular: 5'
**Carrera continua
suave: 15'**
Tabla fortalecimiento

Día 7

**Descanso o
paseo**

Estiramientos

- 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.
- Los progresivos, son una aceleración donde empezamos despacio y cada paso que damos vamos acelerando y en la parte final acabamos a un ritmo rápido, pero sin llegar al máximo.

Tabla Fortalecimiento





SQUAT MONOPODAL

Preparation
Standing straight and hands on hips, bring your lower leg back behind you, maintaining balance on one foot.

Execution
Keeping your back straight, lower yourself by bending with the other knee. Return and repeat.

Primary
-Rectus Femoris
-Vastus Lateralis
-Vastus Medialis
-Vastus Intermedius

Nº SERIES
2-4
Nº REP
15
RECUPERACIÓN
1 MIN
CARGA/S.E.*

EXT CADERA

Preparation
Lower your body by bending your knees and push your ball back, while keeping your back straight throughout. Place a medicine ball between your feet. Lower yourself until you are able to reach the ball.

Execution
Raise the ball back to shoulder level by bending through your legs and feet. Rotate your wrist until lifting the ball back to your palms are facing forward. Return to the starting position.

Primary
-Sartorius
-Biceps Femoris
-Sartorius

Nº SERIES
2-4
Nº REP
15
RECUPERACIÓN
1 MIN
CARGA/S.E.*
4-8 kg

ADD CADERA, BALL

Preparation
Place medicine ball between your legs while sitting down.

Execution
Sitting straight, squeeze the medicine ball which is placed between your legs and release it.

Primary
-Abductor Longus

Nº SERIES
2-4
Nº REP
15
RECUPERACIÓN
1 MIN
CARGA/S.E.*

EXT CODO

Preparation
Sit on bench on edge of bench. Place hands on support and rest body forward to place feet on floor directly in front. Keep legs straight.

Execution
Using arms, lower body until slight stretch is felt or buttocks touch floor. Return and repeat.

Comment
Bench height should allow for full range of motion.

Primary
-Triceps Brachii Lateral
-Triceps Brachii Longus
-Triceps Brachii Medius

Nº SERIES
2-4
Nº REP
8-12
RECUPERACIÓN
1 MIN
CARGA/S.E.*

EXT CADERA ...

Preparation
Lie supine on floor or mat. Place one leg out straight and bend the other leg with foot flat on floor or mat. Place arms down on mat to each side of hips.

Execution
Raise body by extending hip of bent leg keeping extended leg and hip straight. Return to original position lowering body with extended leg and hip straight. Repeat and continue with opposite leg.

Comment
Hamstring remains in active insufficiency through movement since lower is significantly flexed and hip does not flex beyond 90 degrees. Abductor Magnus often has slight active insufficiency since hip extension does not occur in a fully flexed position.

Primary
-Gluteus Maximus

Nº SERIES
2-4
Nº REP
(10-20 x lado)
RECUPERACIÓN
1 MIN
CARGA/S.E.*

CORE + REMO

Preparation
Place two medicine balls about shoulder width apart on the floor. Position yourself in a pushing position by placing your hands on a medicine ball and placed on your toes. Place your feet slightly apart to support also use the medicine ball to support your upper body. Keep your back straight throughout the movement.

Execution
Place your weight on one of the medicine balls directly your chest. Use your elbow to flex hip movement. Return to starting position and repeat with opposite arm.

Primary
-Latissimus Dorsi

Nº SERIES
2-4
Nº REP
10-20 alternando
RECUPERACIÓN
1 MIN
CARGA/S.E.*

*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