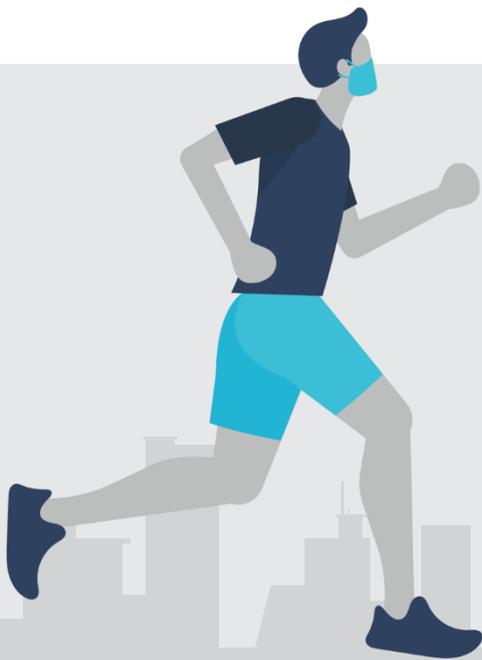


# Planes de entrenamiento Pro





# Semana 2

Pro

## Día 1

Descanso o  
paseo

## Día 2

Carrera continua suave:  
20'

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

10' suaves de enfriamiento

## Día 3

Carrera continua  
suave: 20'

Tabla fortalecimiento  
nº 1

Estiramientos

## Día 4

Descanso o  
paseo

Estiramientos

## Día 5

Carrera continua suave:  
20'

4 series de 500 m en  
progresión para soltar  
piernas (ritmo vivo)

5' suaves de enfriamiento

## Día 6

Carrera continua  
suave: 30'

Tabla fortalecimiento  
nº 2

## Día 7

Carrera continua  
suave a moderado:  
50'

Estiramientos

- El enfriamiento es una carrera muy suave para mejorar la recuperación del entrenamiento.

# 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 by 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

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

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 the 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**  
Ankle cable pulley is used to not of view to left. Exercise is holding on to support bar above opposite ankle pulley, not in use.

**Primary**  
- Adductor Longus  
Adductor Magnus  
Adductor Brevis

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 or flexed.

**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**  
Pull knee to front slightly or from below medial knee until knee is fully flexed. Return by straightening knee to original position. Gastrocnemius abducting it to assist in knee flexion.

**Primary**  
- Biceps Femoris  
Sartorius  
Semi-tendinosus

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 pivoting your foot back, extend a leg backwards to maintain balance. Return and repeat.

**Primary**  
- Gluteus Maximus  
Sartorius  
Biceps Femoris  
Semi-tendinosus

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. Step down with second leg by flexing hip and knee of that leg. Return to original standing position by placing foot of lead leg to floor. Repeat using other leg.

**Comment**  
Keep torso upright during exercise. Forward knee should point same direction as foot throughout movement. Stepping alternate knee from step emphasizes Gluteus Maximus, stepping down to bench emphasizes Quadriceps.

**Primary**  
- Gluteus Maximus  
Rectus Femoris  
Vastus Lateralis  
Vastus Medialis

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.

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 side of your stomach. The exercise involves pulling back your shoulder blades and lifting the elbows. Keep back straight before the starting position.

**Primary**  
-Latissimus Dorsi

**Secondary**

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**

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  
-Rectus Femoris  
-Vastus Lateralis  
-Vastus Medialis

**Secondary**

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 holding your breath. Add lifting your top leg, and return to start position.

**Primary**  
-Gluteus maximus

**Secondary**

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**  
-Rococialis  
-Longissimus Thoracis  
-Multifida

**Secondary**

Nº SERIES  
3

Nº REP  
20 (10 x lado)

RECUPERACIÓN  
30SEG

CARGA/S.E.\*  
SUB

6



### PUSH UP

**Preparation**  
Lie prone on floor or mat with hands palm down close to shoulders. Feet flat on floor by extending arms while keeping torso straight.

**Execution**  
While keeping body straight, lower body to floor by flexing arms. Rise back only when arms are fully extended.

**Comment**  
Both upper and lower body must be kept straight throughout movement. Exercise Resistance may be increased by placing feet on elevated horizontal bar, at barbell (same doorway, or edge of metal barbell).

**Harder**  
Put greater challenge, elevate feet, have partner hold weight on back, or perform

**Primary** Pectoralis Major  
**Secondary** Pectoralis Minor

1

Nº SERIES
2-3
Nº REP
10/20
RECUPERACIÓN
30SEG
CARGA/S.E.*

### EXT CODO

**Preparation**  
Sit sideways on bench. Place hands on edge of bench. Use arms to support weight and lean body forward to press hands and feet directly to floor. Keep legs straight.

**Execution**  
Using arms, lower body until slight stretch is felt at triceps touch floor. Return to start.

**Comment**  
Bench height should allow for full range of motion.

**Primary** Triceps Brachii Lateral  
**Secondary** Triceps Brachii Longus  
Triceps Brachii Medialis

2

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.

**Primary** Erector Spinae  
**Secondary** Longissimus Thoracis  
**MUSCLOS**

3

Nº SERIES
3
Nº REP
20-40
RECUPERACIÓN
30SEG
CARGA/S.E.*

### CORE

**Preparation**  
Lie on the floor, stomach down, align elbows with shoulders, then placing hands together and forearm on the ground.

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

**Primary** Rectus Abdominis

4

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.

**Primary** External Abdominal Oblique

5

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 pointed upwards.

**Execution**  
Flex waist to raise upper torso from floor. Return to start.

**Comment**  
Hip may move slightly during exercise. Exercise can be performed with added resistance if needed by holding weight above. Quadriceps are not used until midrange motion from the ground. Individuals may need to keep their neck in neutral position with space between their ears and sternum.

**Primary** Rectus Abdominis

6

Nº SERIES
3
Nº REP
15
RECUPERACIÓN
30SEG
CARGA/S.E.*