

Planes de entrenamiento Iniciación





Semana 2

Iniciación

Día 1

**Descanso o
paseo**

Día 2

Movilidad articular: 5'

Carrera suave: 4'-6'

Recuperar andando 1' y
repetir de 4 a 6 veces

6 series de 20" a ritmo vivo
recuperar 1' andando

Carrera total: 30'-40'

Estiramientos

Día 3

Movilidad articular: 5'

Carrera suave: 5' x 3,
recuperar 1'

Tabla fortalecimiento nº 1

Estiramientos

Día 4

**Descanso o
paseo**

Día 5

Movilidad articular: 5'

Carrera suave: 8'

Recuperar andando 1' y
repetir de 3 a 4 veces

Carrera total: 30' - 40'

Estiramientos

Día 6

Movilidad articular: 5'

Carrera suave: 5' x 3,
recuperar 1'

Tabla fortalecimiento nº 2

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





SQUAT + EXT. TOBILLO

Preparation
Stand straight, feet shoulder width apart.

Execution
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.*

1

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.

Execution
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.*

2

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.

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

Comment
Ankle 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

3

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.

Execution
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 hip from sagging or from being pulled up to form support. Do not allow of motion relative to the pulley of ankle. Gastrocnemius abducts it to assist in knee flexion.

Primary
- Biceps Femoris
Sartorius
Semi-tendinosus

Secondary

Nº SERIES

2+2 unipodal

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

MEDIA

4

ESTABILIZACIÓN

Preparation
Stand on one foot.

Execution
Maintaining the arch of your spine, lower your heels to the floor by pushing your foot 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

5

EXT RODILLA, BANCO

Preparation
Stand facing side of bench with dorsiflexed foot at ankle.

Execution
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 starting 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. Stepping exercise from bench emphasizes Gluteus Maximus, stepping down 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

6

*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 releasing kettlebells.

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 or on blocks. Push body up off floor by extending arms while keeping torso straight.

Execution
While keeping body straight, lower body to floor by flexing arms. Feet push only flat, as feet slide onto full surface.

Comment
Both upper and lower body must be kept straight throughout movement. **Caution:** Pushing up may be reduced by placing push-ups with feet, head or hands on elevated horizontal bar, at forearm (same shoulder), or edge of raised surface. **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 up floor directly in front. Keep legs straight.

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

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. Press palms back together and forearm on floor parallel to your forehead.

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 upward.

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. Calf straps are not used until individual reaches their own maximum. Calf straps should be used 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.*