

Planes de entrenamiento Pro





Semana 3

Pro

Día 1

Descanso o
paseo

Día 2

Carrera continua suave:
30'

8 series de 300 m en
progresión para soltar
piernas (ritmo vivo)

10' suaves de enfriamiento

Día 3

Carrera continua
suave: 30'

Tabla fortalecimiento
nº 1

Estiramientos

Día 4

Descanso o
paseo

Estiramientos

Día 5

Carrera continua suave:
20'

3 series de 1000 m en
progresión para soltar
piernas (ritmo vivo)
recuperando 2'

5' suaves de enfriamiento

Día 6

Carrera continua
suave: 30'

Tabla fortalecimiento
nº 2

Día 7

Carrera continua
suave a moderado:
60'

Estiramientos

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

Tabla Fortalecimiento





SQUAT + EXT. TOBILLO

Preparation
Stand straight, fold your arms and keep elbows on the frontal plane, in line with your body.

Ejecución
Dip at the knees, then jump as high as possible, on landing equal once more and repeat.

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

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

FLEX RODILLA, BALL

Preparation
Lie supine on floor with lower legs on exercise ball. Extended arms out to sides. Draw up knees and hips raising lower back and hips off floor.

Ejecución
Keeping hips straight, bend knees pulling feet backwards. Allow feet to roll onto ball. Lower to original position by straightening knees. Repeat.

Comment
Keep hips straight throughout. Preparation. Several degrees of ankle flexion active insufficiency of Gastrocnemius allowing it to assist in knee flexion.

Primary
- Biceps Femoris
- Semitendinosus
- Semimembranosus

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

EXT RODILLA, BANCO

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

Ejecución
Place foot of standing leg on bench. Step up on bench by extending hip and knee of standing leg and raise foot 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 that leg to floor. Repeat using other leg.

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

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

Nº SERIES
2-4
Nº REP
15 alternando
RECUPERACIÓN
1 MIN
CARGA/S.E.*
20-30% peso corp

KETTLEBELL, ALTERNANDO

Preparation
Lie flat on your back, holding two kettlebells out in front of you, arms fully extended.

Ejecución
Lower one kettlebell towards your chest and rotate your arm in the direction of the other kettlebell. While doing this keep your other arm locked. Return the starting position and repeat with your opposite arm.

Primary
- Pectoralis Major

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

CORE

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

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

Primary
- External Abdominal Oblique

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

CORE

Preparation
Lie on the floor, stomach down, align elbows with shoulders. Place right hands together. Raise yourself up on your forearms and forearms with your back.

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

Primary
- Rectus Abdominis

Nº SERIES
2-4
Nº REP
10-20
RECUPERACIÓN
30 SEG
CARGA/S.E.*



1 ESTABILIZACIÓN

Preparation
Stand on one foot.

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

Primary
- Gluteus Maximus
Sartorius/Iliacus
Biceps Femoris
Sartorius/Iliacus

Secondary

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

2 SQUAT MONOPODAL

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

Ejecución
Keeping your back straight, lower yourself by landing with the other knee, flexion and repeat.

Primary
- Rectus Femoris
Vastus Lateralis
Vastus Medialis
Vastus Intermedius

Secondary

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

3 EXT CADERA...

Hip extension does not occur in a fully flexed position.

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

Ejecución
Raise body by extending hip of bent leg, keeping extended leg and hip straight. Return to original position slowly. Only with extended leg and hip straight. Repeat and continue with opposite leg.

Comment
Hamstring remains in active insufficiency through movement since knee is approximately 90 degrees and hip does not flex beyond 90 degrees. Adductor Magnus does not assist since hip extension 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.*

4 SQUAT + EXT. TOBILLO

Preparation
Stand straight, fold your arms and keep elbows on the frontal plane, in line with your body.

Ejecución
Tip of the knees, then jump as high as possible, on landing squat once more and repeat.

Primary
- Rectus Femoris
Vastus Lateralis
Vastus Medialis
Vastus Intermedius

Secondary

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

5 EXT RODILLA, BANCO

Preparation
Stand facing side of bench with dominant foot at apex.

Ejecución
Place foot of leading leg on bench. Step left on bench by extending hip and knee of leading leg and plant foot of second leg on bench. Step down with second leg by flexing hip and knee of lead 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. Stepping distance from bench emphasizes Gluteus Maximus, stepping close to bench emphasizes Quadriceps.

Primary
- Gluteus Maximus
Rectus Femoris
Vastus Lateralis
Vastus Medialis

Secondary

Nº SERIES
2-4
Nº REP
(10-20 x lado)
RECUPERACIÓN
1 MIN
CARGA/S.E.*
20-30% peso corp

6 JUMP UNIPODAL

salto unipodal adelante estabilizando 3 segundos

Primary
- Rectus Femoris
Vastus Lateralis
Vastus Medialis
Vastus Intermedius

Secondary

Nº SERIES
2-4
Nº REP
6 der + 6 izq
RECUPERACIÓN
30SEG
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



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 a raised horizontal bar, a barbell (on a rubber mat), or edge of a raised surface.

Notes
For greater challenge, elevate feet, have partner hold weight on back, or perform

MUSCLES
Primary: Pectoralis Major
Secondary: Pectoralis Minor

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

1

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 should be flat, torso kept 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.

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.*

2

SUPERMAN ALTERNANDO

Preparation
Lie down flat on your stomach.

Execution
Raise opposite legs and arms.

Notes
For greater challenge, elevate feet, have partner hold weight on back, or perform

MUSCLES
Primary: Erectores
Secondary: Longissimus Thoracis

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

3

CORE

Preparation
Lie on the floor, stomach down, align neck with shoulders, then placing neck together. Place one hand on back together and forearm with your back and forearm.

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

MUSCLES
Primary: Rectus Abdominis
Secondary: Erectores

Nº SERIES
2-4
Nº REP
10-20
RECUPERACIÓN
30SEG
CARGA/S.E.*

4

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 the position and repeat.

MUSCLES
Primary: External Abdominal Oblique
Secondary: Erectores

Nº SERIES
2-4
Nº REP
(10-20 x lado)
RECUPERACIÓN
30SEG
CARGA/S.E.*

5

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. Quadriceps were not loaded until hip flexion reached the 90-degree mark. Careful instructions may need to keep their neck in neutral position with space between their chin and sternum.

MUSCLES
Primary: Rectus Abdominis
Secondary: Erectores

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

6