

Planes de entrenamiento Iniciación





Semana 3

Iniciación

Día 1

**Descanso o
paseo**

Día 2

Movilidad articular: 5'

Carrera suave: 10'

Recuperar andando 1' y
repetir de 2 a 3 veces

6 series de 30" a ritmo vivo
recuperar 1' andando

Estiramientos

Día 3

Movilidad articular: 5'

Carrera suave: 10' x 2,
recuperar 1'

Tabla fortalecimiento nº 1

Estiramientos

Día 4

**Descanso o
paseo**

Día 5

Movilidad articular: 5'

Carrera suave: 10'

Recuperar andando 1' y
repetir de 3 a 4 veces

Carrera total: 30' - 40'

Estiramientos

Día 6

Movilidad articular: 5'

Carrera suave: 10' x 2,
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





ESTABILIZACIÓN

Preparation
Stand on one foot.

Ejecución
Maintaining the arch of your spine, lower your hands to the floor by pushing your feet back, 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.*

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.*

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.*

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.*

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 place 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

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 just down closer 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. Repeat.

Comment
Both upper and lower body must be kept straight throughout movement. **Notes:** Resistance can be reduced by performing push-ups with knees bent or placing hands on elevated horizontal bar. In addition, increase difficulty by elevating one or both feet. **Warning:** For greater challenge, elevate feet, have partner hold weight on back, or perform.

Primary
Pectoralis Major

Secondary
Pectoralis Minor

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 hold weight and lean body forward to place hands 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

Secondary

Nº SERIES
2-3
Nº REP
8-12
RECUPERACIÓN
1 MIN
CARGA/S.E.*

SUPERMAN ALTERNÁNDO

Preparation
Lie down flat on your stomach.

Execution
Raise opposite legs and arms.

Primary
Erector Spinae
Longissimus Thoracis

Secondary

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

CORE

Preparation
Lie on the floor, stomach down, with knees bent and feet flat on floor. Place hands together above your head and forearms with your back straight and flat.

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

Primary
Rectus Abdominis

Secondary

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 forearms beneath and perpendicular to your body.

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

Primary
External Abdominal Oblique

Secondary

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. Quadriceps are not lifted under resistance since they 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.*



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 doses of acute reduce 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 flexing leg on bench. Step on bench by extending hip and knee of flexing 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 Rotational 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, chin down with shoulders. Place your hands together. Place your feet up on your toes 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.*

AL TERMINAR HACEMOS 5' DE TROTE + 4 PROGRESIVOS DE 80 MTS RECUPERACIÓN 1'