

Planes de entrenamiento Medio





Semana 3

Medio

Día 1

Descanso o
paseo

Día 2

Movilidad articular: 5'
Carrera continua suave:
30'
8 series de 30'' a ritmo
vivo recuperar 1' andando
Estiramientos

Día 3

Movilidad articular: 5'
Carrera continua
suave: 30'
Tabla fortalecimiento
nº 1
Estiramientos

Día 4

Descanso o
paseo

Estiramientos

Día 5

Movilidad articular: 5'
Carrera continua
suave: 50'
6 progresivos de 80 m

Día 6

Movilidad articular: 5'
Carrera continua
suave: 30'
Tabla fortalecimiento
nº 2

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





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/Iliotibial
Biceps Femoris
Sartorius/Iliotibial

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

Secondary

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 up 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 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 distance from bench emphasizes Gluteus Maximus, stepping onto 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 palm down close to shoulders. Feet flat on floor or off floor by extending arms while keeping body 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. **Caution:** Pushing up must be performed by placing palms on the floor, base of palms on floor or elevated horizontal bar, at forearm (same shoulder), or edge of raised bar/bench.

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

Primary Pectoralis Major
Secondary Pectoralis Minor, Deltoides Anterior, Triceps Braquial Longueo, Triceps Braquial Medial

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

EXT CODO

Preparation
Sit upright on bench. Place hands on edge of bench. Use arms to support weight and lean body forward to press. Feet on floor directly in front. Keep legs straight.

Execution
Using arms, lower body until slight stretch is felt or bar/bench touch floor. Return to start.

Comment
Bench height should allow for full range of motion.

Primary Triceps Braquial Longueo, Triceps Braquial Medial
Secondary Deltoides Anterior, Deltoides Posterior, Pectoralis Major

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 Erectores Cervicales, Longissimus Thoracis
Secondary Erectores Cervicales, Erectores Lumbales, Erectores Cervicales, Erectores Cervicales, Erectores Cervicales

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

CORE

Preparation
Lie on the floor, stomach down, align ankles with shoulders, then placing both together and forearm on the ground.

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

Primary Rectus Abdominis
Secondary Erectores Cervicales, Erectores Cervicales, Erectores Cervicales, Erectores Cervicales

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
Secondary Erectores Cervicales, Erectores Cervicales, Erectores Cervicales, Erectores Cervicales

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 to start.

Comment
Hip may move slightly during exercise. Exercise can be performed with added resistance if needed by holding weight above. Caution: knees may touch floor after movement ends. Do not hold breath. May need to keep neck in neutral position with space between their ears and sternum.

Primary Rectus Abdominis
Secondary Erectores Cervicales, Erectores Cervicales, Erectores Cervicales, Erectores Cervicales

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



SQUAT + EXT. TOBILLO

Primary

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

Secondary

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.

Nº SERIES

2/3

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

EXTENSION DE TOBILLO

Primary

- Gastrocnemius Lateral Head
- Gastrocnemius Medial Head
- Fibularis Longus

Secondary

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.

Nº SERIES

2+2 unipodal

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

ADD CADEIRA, BANDA ELAST

Primary

- Adductor Longus
- Adductor Magnus
- Adductor Brevis

Secondary

Preparation
Stand sideways in front of low pulley. Attach cable strap to rear ankle. Step away from cable machine and hold onto support bar. Standing on leg foot above rear leg to be pulled towards low pulley.

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

Comment
Attach cable pulley to use in out of view to left. Exercise in holding on to support bar above opposite ankle pulley, rest in use.

Nº SERIES

2+2 unipodal

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

MEDIA

FLEX RODILLA, BANDA ELAST

Primary

- Flexor Femoris
- Sartorius
- Semimembranosus

Secondary

Preparation
Attach cable 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
Place hip from sagging or from being pulled up. Do not allow of knee flexion. Ankle active throughout. Gastrocnemius assisting it to assist in knee flexion.

Nº SERIES

2+2 unipodal

Nº REP

15

RECUPERACIÓN

1 MIN

CARGA/S.E.*

MEDIA

ESTABILIZACIÓN

Primary

- Gliobus Medialis
- Semimembranosus
- Biceps Femoris
- Semimembranosus

Secondary

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.

Nº SERIES

3

Nº REP

20 (10 x lado)

RECUPERACIÓN

30SEG

CARGA/S.E.*

5kg contralateral

EXT RODILLA, BANCO

Primary

- Gliobus Medialis
- Rectus Femoris
- Vastus Lateralis
- Vastus Medialis

Secondary

Preparation
Stand facing side of bench with dorsiflexed feet at sides.

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 alternate knee from step emphasizes Gliobus Medialis, stepping down to bench emphasizes Quadriceps.

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 push-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 (overmy, 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. Return to starting position.

Primary
-Latissimus Dorsi

Secondary
-Trapezius

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 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
-External Oblique

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

Secondary
-Rectus Femoris
-Vastus Lateralis
-Vastus Medialis

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 keeping your torso. Add lifting your top leg, and return to start position.

Primary
-Gluteus maximus

Secondary
-Gluteus medius

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
-Erector spinae

Secondary
-Longissimus Thoracis
-Multifidus

Nº SERIES
3

Nº REP
20 (10 x lado)

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

6