

Planes de entrenamiento Pro





Semana 4

Pro

Día 1

Descanso o
paseo

Día 2

Carrera continua
suave: 40'

Tabla fortalecimiento
CORE

Día 3

Carrera continua
suave: 30'

Tabla fortalecimiento
nº 1

Estiramientos

Día 4

Descanso o
paseo

Estiramientos

Día 5

Carrera continua suave:
20'

1 series de 2000 m
2 series de 1000 m
recuperando 2'

5' suaves de enfriamiento

Día 6

Carrera continua
suave: 30'

Tabla fortalecimiento
nº 2

Día 7

Carrera continua
suave a moderado:
40'

Estiramientos

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

Tabla Fortalecimiento





1

Preparation
Lie on the floor, stomach down, align elbows with shoulders, feet straight. Hands together. Raise yourself up on your forearms and forearms with your back straight/hands.

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

Primary Secondary
- Rectus Abdominis

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

2

SUPERMAN ALTERNANDO

Preparation
Lie down flat on your stomach.

Execution
Raise opposite legs and arms.

Primary Secondary
- Erector Spinae
- Longissimus Thoracicus
- Multifidus

Nº SERIES
2-4
Nº REP
20-40
RECUPERACIÓN
30 SEG
CARGA/S.E.*

3

Preparation
Lie on your side with legs extended, one on top of the other. Place your forearm beneath 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 Secondary
- External Abdominal Oblique

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

4

CRUNCH UP

Preparation
Lie lying on floor or mat with both legs and arms pointed upwards.

Execution
Flex waist to raise upper torso from floor. Return and repeat.

Comment
This may move slightly during exercise. Exercise will be performed with added resistance if needed by holding weight above. Caution: never rest lower limbs on floor. Individuals with low back pain should avoid this exercise. Certain individuals may need to keep their knees in flexed position with contact between their chin and stomach.

Primary Secondary
- Rectus Abdominis

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

5

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 Secondary
- Transversus Abdominis
- Rectus Femoris
- Vastus Lateralis
- Vastus Medialis

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

6

BODYWEIGHT TWIST

Preparation
Lie down on your back, keep feet and thighs together and raise your legs 90° in the air. Extend arms sideways either side to perpendicularity.

Execution
Twist to one side, return to start position, and then repeat on the other side.

Primary Secondary
- External Abdominal Oblique
- Internal Abdominal Oblique

Nº SERIES
2-4
Nº REP
(5-15 x lado)
RECUPERACIÓN
30 SEG
CARGA/S.E.*

NOTA IMPORTANTE

VELOCIDAD MÁXIMA CONTROLADA EN LA FASE CONCÉNTRICA



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

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.

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

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.

Execution
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.

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
Pulling leg from sagging or from being pulled up. Do not allow of knee flexion while active pulling of cable. 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.

Execution
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 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 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.

Tip: 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 width of your approach. The exercise involves pulling back your shoulder blades and flexing the elbows. Keep back straight before releasing kettlebells.

Primary: Latissimus Dorsi
Secondary: Trapezius, Deltoid

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: 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: Transversus 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, Gluteus minimus

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



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 should be performed by placing palms with the base of fingers flat on elevated horizontal bar, if bar has same slanting, or edge of raised barbell.

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

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

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 floor directly in front. Keep legs straight.

Execution
Using arms, lower body until slight stretch is felt or bar touches touch floor. Return and repeat.

Comment
Bench height should allow for full range of motion.

Primary Triceps Braquial Lateral, Triceps Braquial Longueo, Triceps Braquial Medial
Secondary Deltoides Anterior, Deltoides Posterior

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.

Primary Erectores, Longissimus Thoracis
Secondary Músculos de la espalda

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 place hands together. Place feet flat on floor and forearms with your back and ground.

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

Primary Rectus Abdominis
Secondary Erectores, Longissimus Thoracis

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 flexed 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.

Primary External Abdominal Oblique
Secondary Erectores, Longissimus Thoracis

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 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. Caution: arms not used until abdominal strength has increased. Caution: individuals may need to keep their neck in neutral position with space between their ears and sternum.

Primary Rectus Abdominis
Secondary Erectores, Longissimus Thoracis

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

6