

Planes de entrenamiento Iniciación





Semana 4

Iniciación

Día 1

**Descanso o
paseo**

Día 2

Movilidad articular: 5'
Carrera suave: 15'
Recuperar andando 1' y
repetir de 2 a 3 veces
4 series de 1' a ritmo vivo
recuperar 1' andando
Estiramientos

Día 3

Movilidad articular: 5'
Carrera suave: 15' x 2,
recuperar 1'
Tabla fortalecimiento nº 1
Estiramientos

Día 4

**Descanso o
paseo**

Día 5

Movilidad articular: 5'
Carrera suave: 15'
Recuperar andando 2' y
repetir de 3 a 4 veces
Carrera total: 45' - 60'
Estiramientos

Día 6

Movilidad articular: 5'
Carrera suave: 15' 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





SQUAT + EXT. TOBILLO

Primary Secondary

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

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 Secondary

- Gastrocnemius Lateral Head
- Gastrocnemius Medial Head
- Fibularis Longus

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 Secondary

- Adductor Longus
- Adductor Magnus
- Adductor Brevis

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
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 Secondary

- Biceps Femoris
- Semitendinosus
- Semimembranosus

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 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
Place hip from sagging or from being pulled to front sagging or from being pulled to back sagging. Do not allow of muscle relaxation during the flexion of knee. Gastrocnemius abducting it to assist in knee flexion.

Nº SERIES
2+2 unipodal
Nº REP
15
RECUPERACIÓN
1 MIN
CARGA/S.E.*
MEDIA

ESTABILIZACIÓN

Primary Secondary

- Gliobus Medialis
- Semimembranosus
- Biceps Femoris
- Semimembranosus

Preparation
Stand on one foot.

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

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

Preparation
Stand facing side of bench with dumbbells held 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 distance from bench emphasizes Gliobus Medialis, stepping close 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 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

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 lowering kettlebells.

Primary
-Latissimus Dorsi

Secondary
-Trapezius

Nº SERIES
2

Nº REP
15

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

CRUNCH UP

Preparation
Lie prone 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. 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

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 backward, 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

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
-Gluteus medius

Nº SERIES
3

Nº REP
15

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB

SUPERMAN ALTERNANDO

Preparation
Lie down flat on your stomach.

Execution
Raise opposite legs and arms.

Primary
-Rococialis

Secondary
-Longissimus Thoracis
-Multifida

Nº SERIES
3

Nº REP
20 (10 x lado)

RECUPERACIÓN
30SEG

CARGA/S.E.*
SUB



SQUAT MONOPODAL

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

Execution
Keeping your back straight, lower yourself by bending with the other knee. Return and repeat.

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

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

EXT CADERA

Preparation
Lower your body by bending your knees and push your butt back, while keeping your back straight throughout. Place a kettlebell between your feet. Lower yourself until you are able to reach the kettlebell.

Execution
Raise the kettlebell to shoulder level by reaching through your legs and feet. Rotate your wrist until lifting the kettlebell so your palms are facing forward. Return to the starting position.

Primary
-Sartorius
-Biceps Femoris
-Sartorius

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

ADD CADERA, BALL

Preparation
Place medicine ball between your legs while sitting down.

Execution
Sitting straight squeeze the medicine ball which is placed between your legs and release it.

Primary
-Abductor Longus

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

EXT CODO

Preparation
Sit down on bench. Place hands on edge of bench. Use arms to support weight and lean body forward to place feet 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

Nº SERIES
2-4
Nº REP
8-12
RECUPERACIÓN
1 MIN
CARGA/S.E.*

EXT CADERA ...

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

Execution
Raise body by extending hip of bent leg keeping extended leg and hip straight. Return to original position lowering body with extended leg and hip straight. Repeat and continue with opposite leg.

Comment
Hamstring remains in active insufficiency through movement since lower is significantly flexed and hip does not flex beyond 90 degrees. Abductor Magnus often has slight active 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.*

CORE + REMO

Preparation
Place two kettlebells about shoulder width apart on the floor. Position yourself in a pushing position by placing your hands on the kettlebells and placed so use your toes. Place your feet slightly apart to support also use the kettlebell handles to support your upper body. Keep your back straight throughout the movement.

Execution
Place your weight on one of the kettlebells, leaning slightly to other. Use your elbow to flex hip movement. Reach to starting position and repeat with opposite arm.

Primary
-Latissimus Dorsi

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

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VELOCIDAD MÁXIMA CONTROLADA EN LA FASE CONCÉNTRICA