

Planes de entrenamiento Medio





Semana 4

Medio

Día 1

Descanso o
paseo

Día 2

Movilidad articular: 5'
Carrera continua suave:
30'
6 series de 1' 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: 30'
6 progresivos de 80 m

Día 6

Movilidad articular: 5'
Carrera continua
suave: 60'
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





SQUAT + EXT. TOBILLO

Preparation
Stand straight, feet shoulder width apart.

Ejecución
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.

Ejecución
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. Standing on leg foot above rear leg to be pulled towards low pulley.

Ejecución
Pull attached leg across 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 cable pulley, rest 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 cable strap from low pulley to one ankle. Grab support bar with both hands and step back with other foot. Elbows remain straight to support body. Attached foot is upright or flexed.

Ejecución
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
Pull hip from sagging or from being pulled up. Do not allow of knee flexion. 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.

Ejecución
Maintaining the arch of your spine, lower your heels to the floor by pivoting your feet 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 edge.

Ejecución
Place foot of flexing leg on bench. Step up on bench by extending hip and knee of flexing leg and place heel of second leg on bench. Step down with flexing leg by flexing hip and knee of that leg. Return to original starting position by placing foot of flex 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+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, 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

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 before lowering kettlebells.

Primary
-Latissimus Dorsi

Secondary

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

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
-Rectus Femoris
-Vastus Lateralis
-Vastus Medialis

Secondary

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 holding your breath. Add lifting your top leg, and return to start position.

Primary
-Gluteus maximus

Secondary

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
-Rococialis
-Longissimus Thoracis
-Multifida

Secondary

Nº SERIES
3
Nº REP
20 (10 x lado)
RECUPERACIÓN
30SEG
CARGA/S.E.*
SUB

6



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 machine on floor with lower legs on exercise ball. Extended arms out to sides. Elevate knees and toes raising lower back and hips off floor.

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

Comment
Keep hips straight throughout movement. Several degrees of ankle flexion active (sufficiency of plantarflexion allowing it to assist in knee flexion).

Primary
- Gluteus 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 heel of standing leg on bench. Step on bench by extending hip and knee of standing leg and back foot of second leg on the ground. 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 lower shoulder joint 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

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 tips of 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 above with shoulders. Place straight 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.*