



## ENTRENAMIENTO MES: **JULIO 2023**

SEMANA	LUNES	MIÉRCOLES	VIERNES	DOMINGO
<b>DEL 3 AL 9</b>	50' cc	40'cc + abdominales	20'cc + 6 x 400 rec 1' + estirar	45' progresivos + F.G. + estirar
<b>DEL 10 AL 16</b>	40' cc	45'cc + abdominales	20'cc + 4 x 300 rec 1' + estirar	50' progresivos + F.G. + estirar
<b>DEL 17 AL 23</b>	50' cc	40'cc + abdominales	20'cc + 3 x 600 rec 2' + estirar	45' progresivos + F.G. + estirar
<b>DEL 24 AL 30</b>	40' cc	45'cc + abdominales	20'cc + 4 x 500 rec 2' + estirar	50' progresivos + F.G. + estirar

### EXPLICACION:

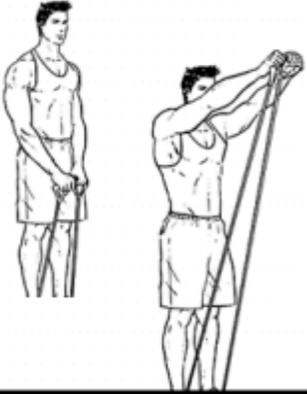
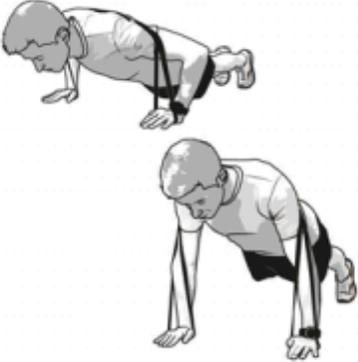
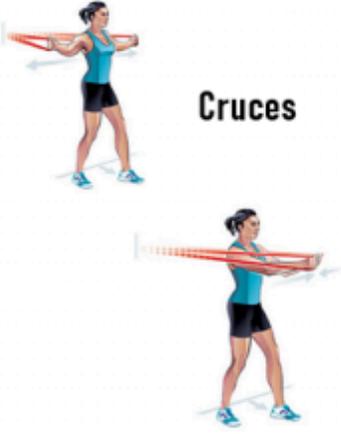
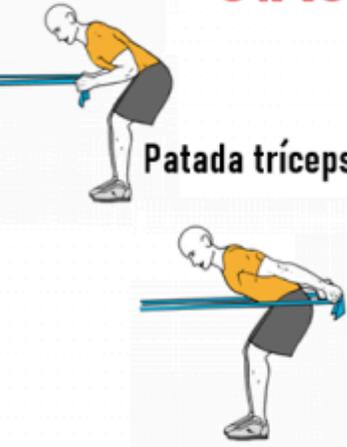
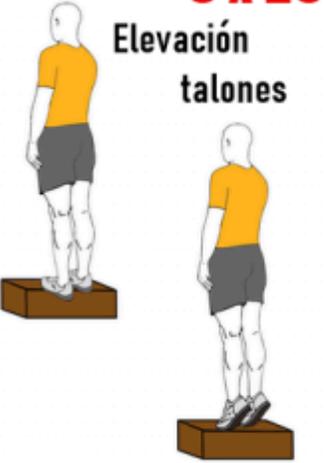
Kilómetros progresivos: la primera mitad del recorrido a un ritmo cómodo y la segunda unos 10" por km más rápido que la primera mitad

Series 30" mas lento de nuestro ritmo de competición

F.G.: Fuerza general

ENTRENADOR: JOSE ANTONIO DE ARRIBA HERRERO

TABLA F.G.

<p><b>3 x 15</b></p> <p>Elevación frontal</p>  <p>The illustration shows a man standing upright with his arms at his sides, and then a second figure showing him lifting a resistance band from his feet up to his shoulders with his arms straight.</p>	<p><b>4 x 12</b></p> <p>Flexiones</p>  <p>The illustration shows a man in a plank position on his hands, with his body straight and head down, performing a push-up.</p>	<p><b>3 x 15</b></p> <p>Cruces</p>  <p>The illustration shows a woman standing with a resistance band around her feet, pulling the ends of the band across her chest from one side to the other.</p>	<p><b>3 x 15</b></p> <p>Patada tríceps</p>  <p>The illustration shows a man leaning forward over a horizontal bar, with his arms extended back and slightly bent at the elbow, performing a triceps kickback.</p>
<p><b>2 x 20</b></p> <p>Sentadillas (peso corporal)</p>  <p>The illustration shows a man standing upright with arms extended forward, and then a second figure showing him in a squat position with his hips below his knees and back straight.</p>	<p><b>4 x 12/15</b></p> <p>Sentadillas (bandas)</p>  <p>The illustration shows a man standing with a resistance band around his feet and shoulders, and then a second figure showing him in a squat position with the band under his feet.</p>	<p><b>3 x 15</b></p> <p>Zancadas</p>  <p>The illustration shows a woman standing upright, and then a second figure showing her in a lunge position with one leg forward and the other back.</p>	<p><b>3 x 20</b></p> <p>Elevación talones</p>  <p>The illustration shows a man standing on a wooden block with his feet on the block, and then a second figure showing him standing on the block with his heels raised.</p>

ABDOMINALES

# EJERCICIOS PARA EL ABDOMEN



**PARTE FRONTAL ALTA**



**PARTE FRONTAL BAJA**



**ABDOMINALES FRONTALES**



**OBLICUOS**



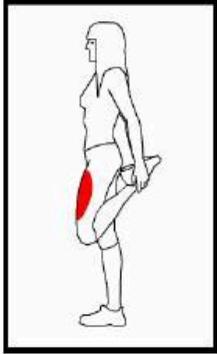
**COMPLETO**



**OBLICUOS EXTERNOS**

<p>10 REP</p> <p><b>ABDOMINAL ESTÁNDAR</b></p>	<p>10 REP</p> <p><b>ABDOMINALES INVERSOS</b></p>	<p>10 REP</p> <p><b>PATADAS DE ALETEO</b></p>	<p>10 REP</p> <p><b>GIROS SENTADO</b></p>	<p>10 REP</p> <p><b>RODILLAS AL CODO</b></p>	<p>10 REP</p> <p><b>LIMPIAPARABRISAS INTERMEDIOS</b></p>
<p>10 REP</p> <p><b>ABDOMINALES ALTOS INCLINADOS</b></p>	<p>10 REP</p> <p><b>TIJERAS</b></p>	<p>15" X 1</p> <p><b>PLANCHA</b></p>	<p>10 REP</p> <p><b>ABDOMINALES CRUZADOS</b></p>	<p>10 REP</p> <p><b>RODILLAS AL CODO SENTADO</b></p>	<p>10 REP</p> <p><b>SUSPENSIÓN CRUZADA DE BRAZOS Y PIERNAS</b></p>
<p>10 REP</p> <p><b>SIT-UPS</b></p>	<p>10 REP</p> <p><b>SUSPENSIÓN DE PIERNAS</b></p>	<p>15" X 1</p> <p><b>ABDOMINALES EN L</b></p>	<p>10 REP</p> <p><b>ABDOMINALES LATERALES</b></p>	<p>10 REP</p> <p><b>BICHO MUERTO</b></p>	<p>10 REP</p> <p><b>LIMPIAPARABRISAS COMPLETOS</b></p>

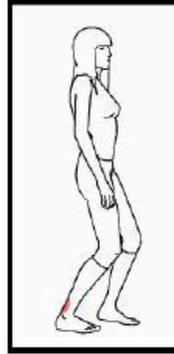
## ESTIRAMIENTOS



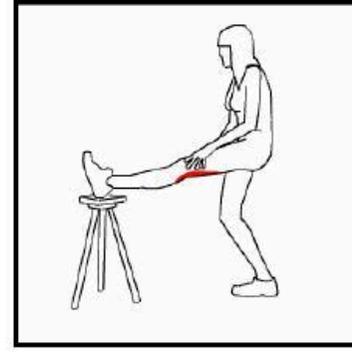
Cuádriceps



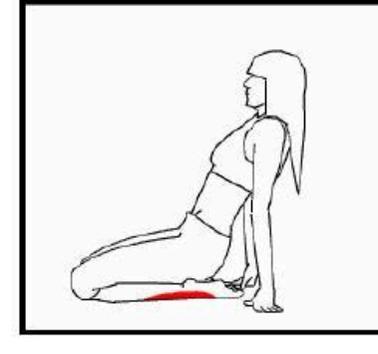
Gemelos



Sóleos



Isquiotibiales Genérico



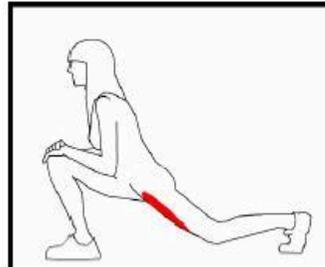
Peroneo



Planta del pié



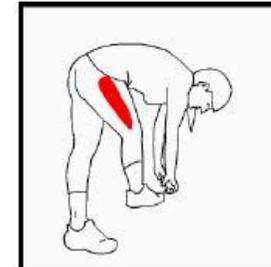
Isquiotibiales+Abduct.



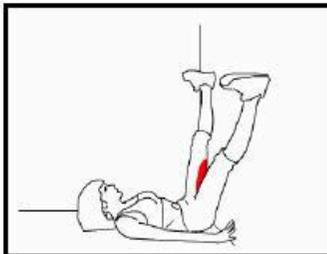
Flexores de la Cadera



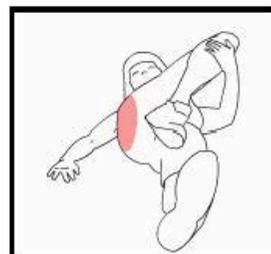
Aductores de sentado



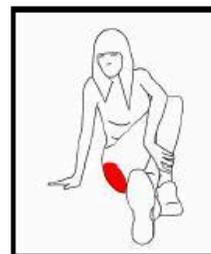
Fascia lata-iliotibial



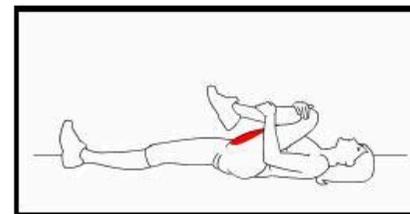
Aductores 2



Piramidal-glúteo



Glúteos



Biceps femoral específico



Isquiotibiales 3

\* **Tiempo mínimo: 20 segundos / máximo: 35 segundos** – Circuito completo 1 ó 2 días en semana – 6 ejerc. x 2 series los demás días (20" rec)  
Sin rebotes, sin dolor, sin excesivas elongaciones. Para iniciados no más de 6 ejercicios. Mayor beneficio cuanto más concentración+respiración.