



ENTRENAMIENTO MES: **DICIEMBRE 2023**

SEMANA	LUNES	MIÉRCOLES	VIERNES	DOMINGO
DEL 27 AL 3	20'cc + 7x100m rec 30" + estirar	30'cc + abdominales	25'cc + 6 x 400 rec 2' + estirar	45' progresivos + F.G. + estirar
DEL 4 AL 10	20'cc + 8 x 200m rec 1'30" + estirar	20' cc + 5 km progresivos + abdominales	30'cc + 4 x 500 rec 90" + estirar	50' progresivos + F.G. + estirar
DEL 11 AL 17	20' cc + 7 x 100m rec 30" + estirar	40'cc + abdominales	30'cc + 3 x 1km rec 2' + estirar	60' progresivos + F.G. + estirar
DEL 18 AL 24	20'cc + 6 x 300) rec: 1' + estirar	20' cc + 5 km progresivos + abdominales	25'cc + 4 x 400 rec 2' + estirar	50' progresivos + F.G. + estirar
DEL 25 AL 31	30'cc + 5x100m rec 30" + estirar	30'cc + abdominales	30'cc + 5x100m rec 30" + estirar	10 km SAN SILVESTRE

EXPLICACION:

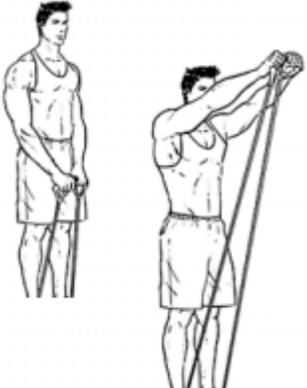
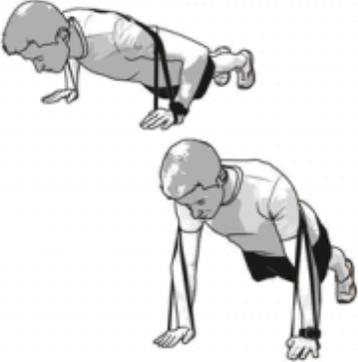
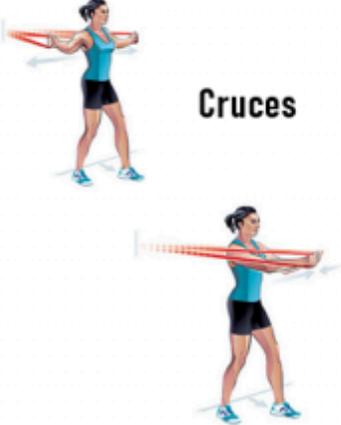
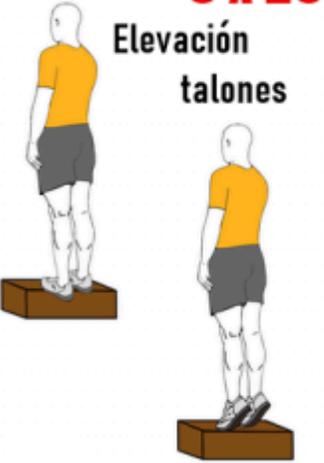
Kilómetros progresivos: la primera mitad del recorrido a un ritmo cómodo y la segunda unos 10" por km más rápido que la primera mitad

Series a 15" mas lento de nuestro ritmo de competición

F.G.: Fuerza general

ENTRENADOR: JOSE ANTONIO DE ARRIBA HERRERO

TABLA F.G.

<p>3 x 15</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>4 x 12</p> <p>Flexiones</p>  <p>The illustration shows a man in a push-up position on his hands and toes, with his body in a straight line. Two figures show the movement from the starting position to the lowest point and back up.</p>	<p>3 x 15</p> <p>Cruces</p>  <p>The illustration shows a woman standing with a resistance band around her feet. She pulls the band across her body from one side to the other, keeping her arms straight.</p>	<p>3 x 15</p> <p>Patada tríceps</p>  <p>The illustration shows a man leaning forward with his back to a horizontal bar. He is pulling a resistance band from the bar back towards his feet, extending his arms straight back.</p>
<p>2 x 20</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>4 x 12/15</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>3 x 15</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>3 x 20</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



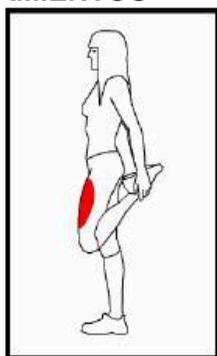
COMPLETO



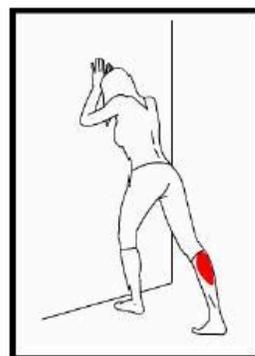
OBLICUOS EXTERNOS

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

ESTIRAMIENTOS



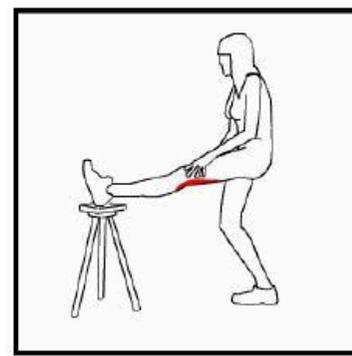
Cuádriceps



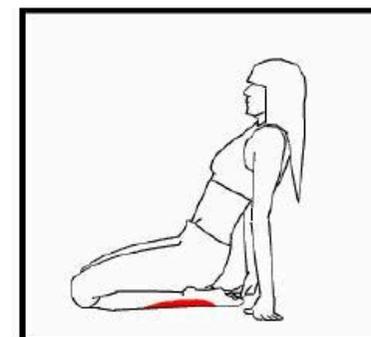
Gemelos



Sóleos



Isquiotibiales Genérico



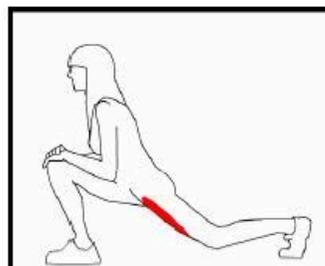
Peroneo



Planta del pié



Isquiotibiales+Abduct.



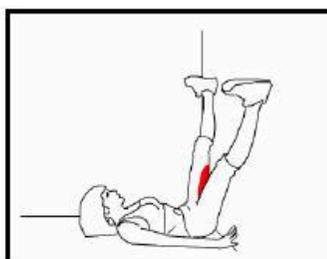
Flexores de la Cadera



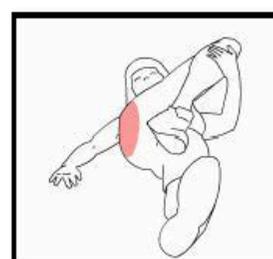
Aductores de sentado



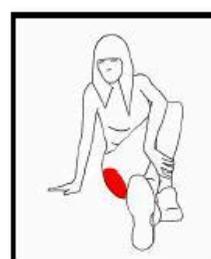
Fascia lata-iliotibial



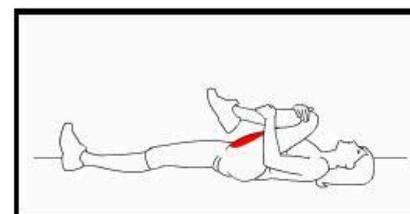
Aductores 2



Piramidal-glúteo



Glúteos



Bíceps 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.