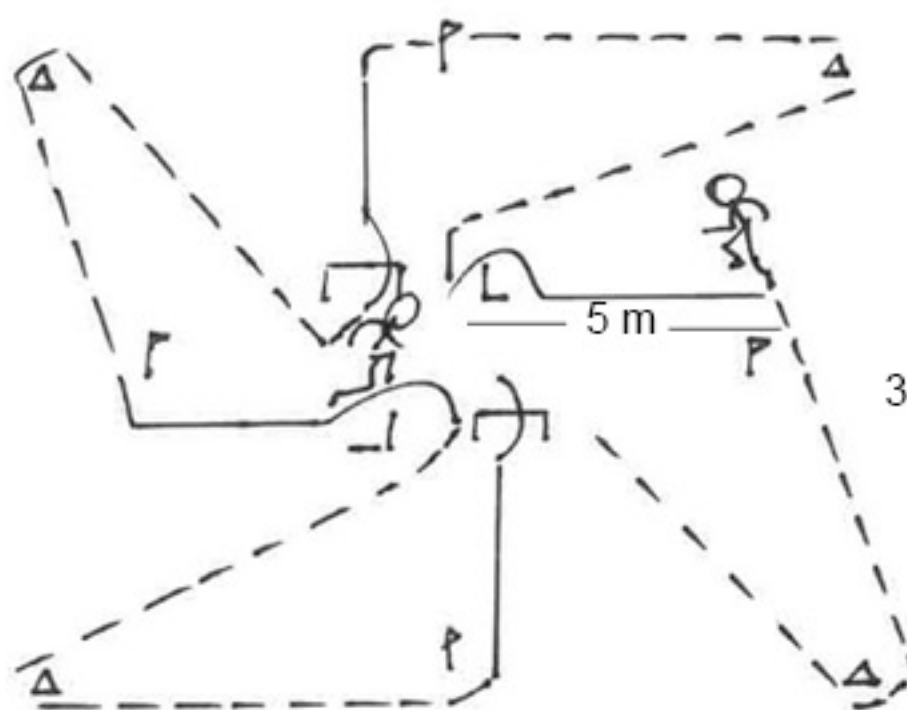
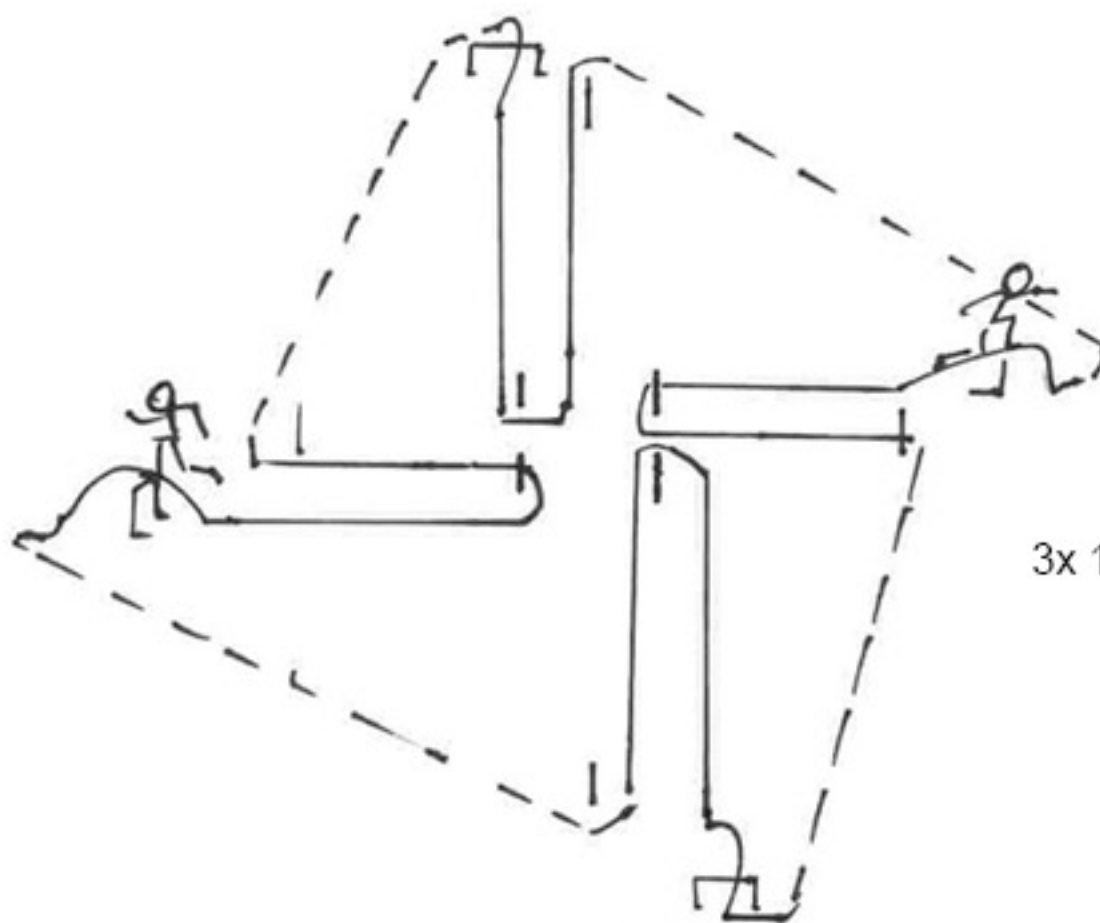


1

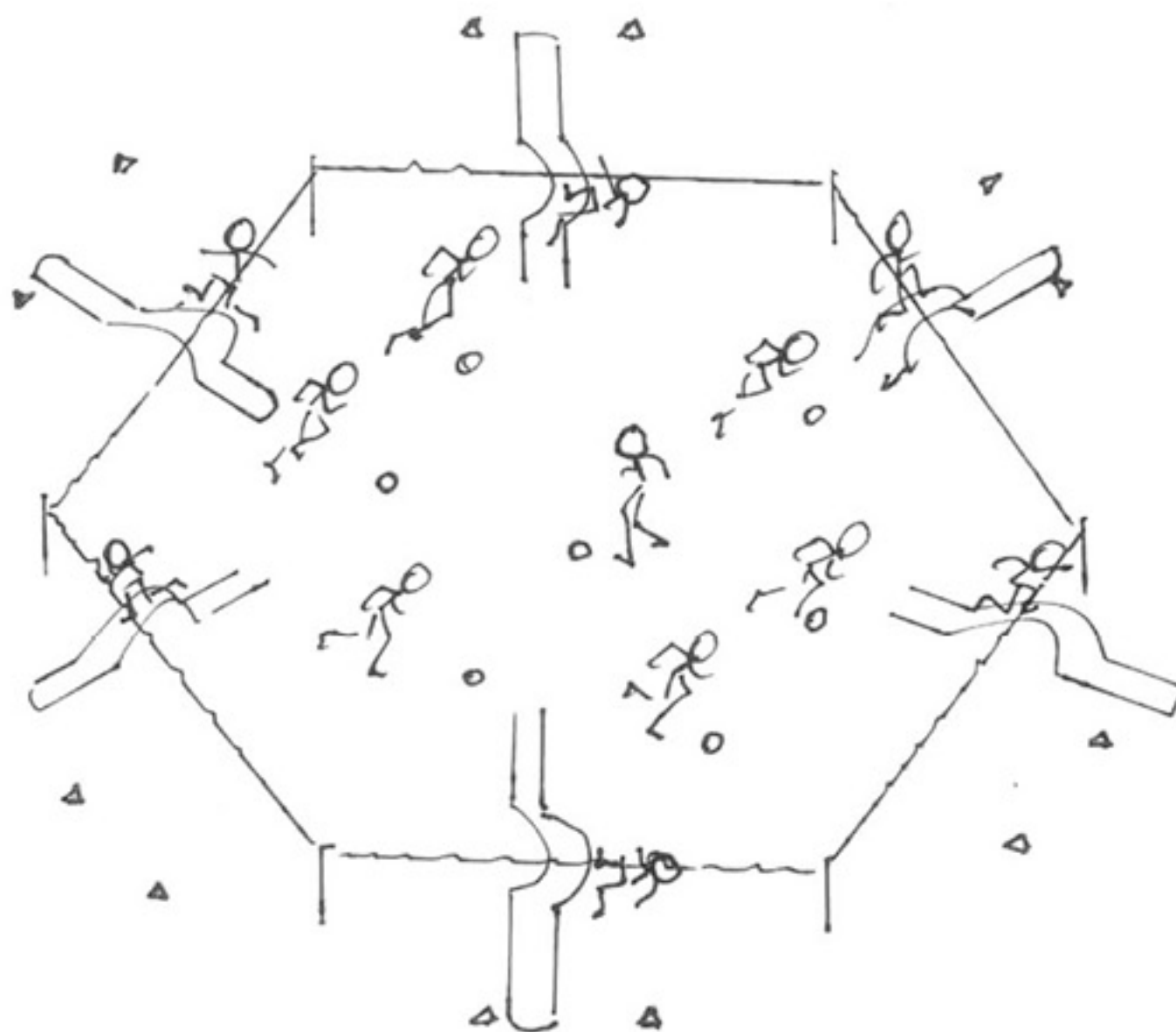


3x 1' / 2' Pausa

2



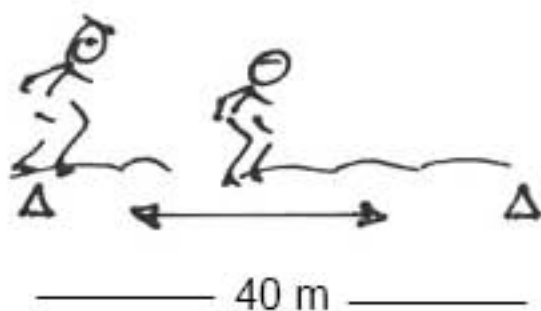
3x 1' / 2' Pausa



### 6' Continuos

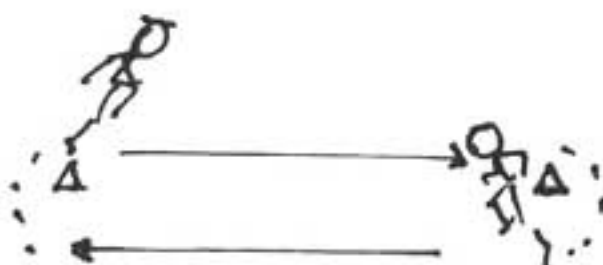
Conducir el balón libremente a un silbatazo, se abandona el balón y se corre ida y vuelta hasta los conos, para seguir conduciendo.

1



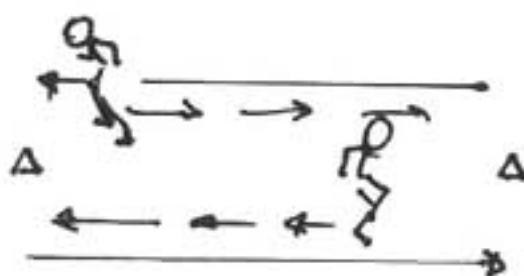
3x20" / Reg. 60"

2



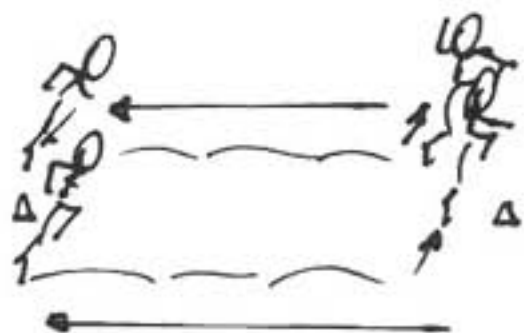
3x20" / Reg. 60"

3

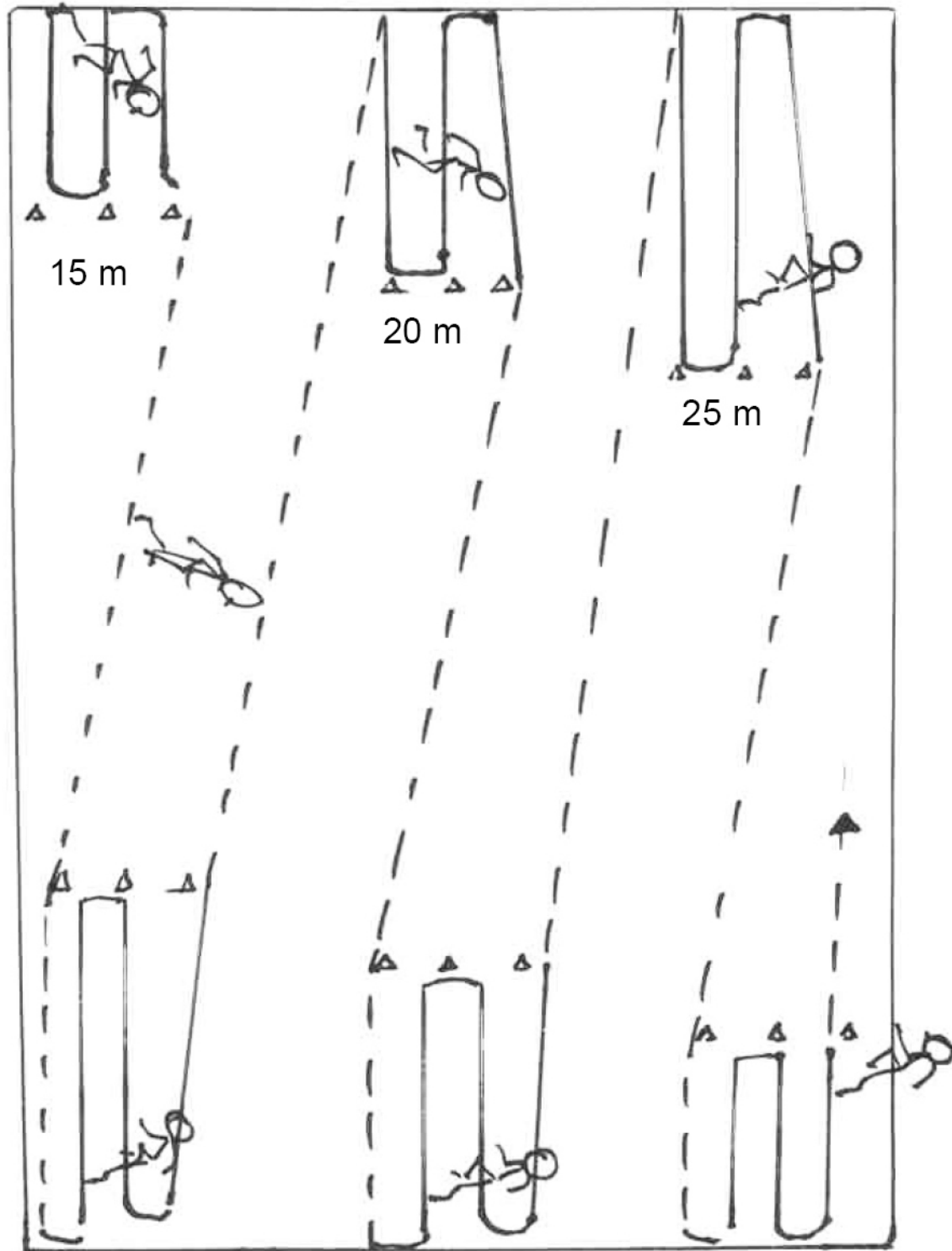


3x20" / Reg. 60"

4

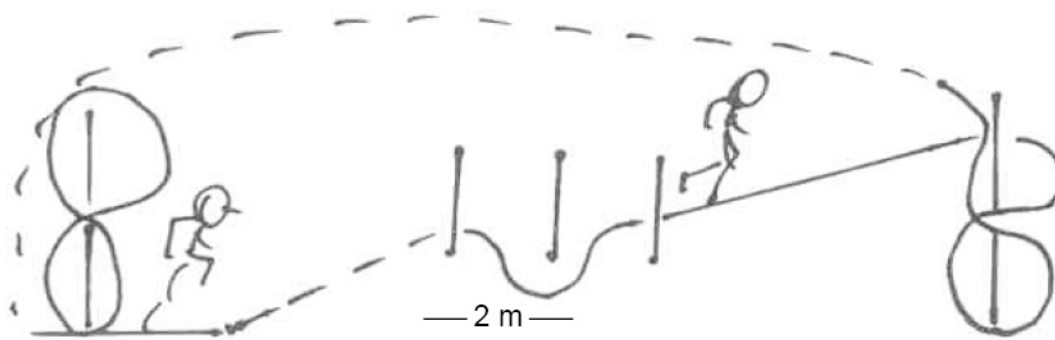


3x20" / Reg. 60"

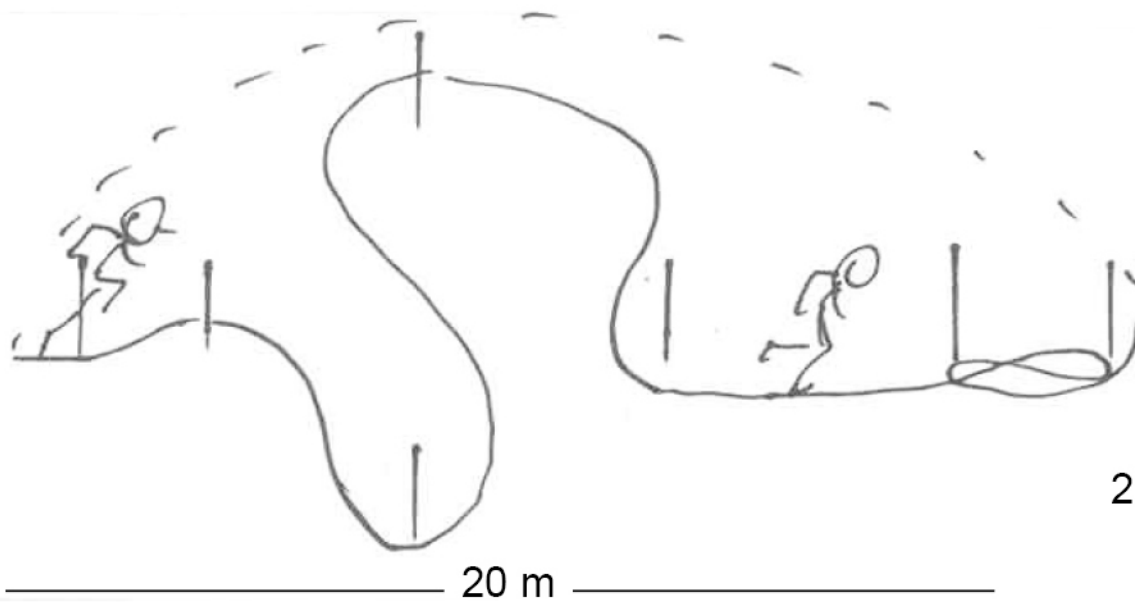




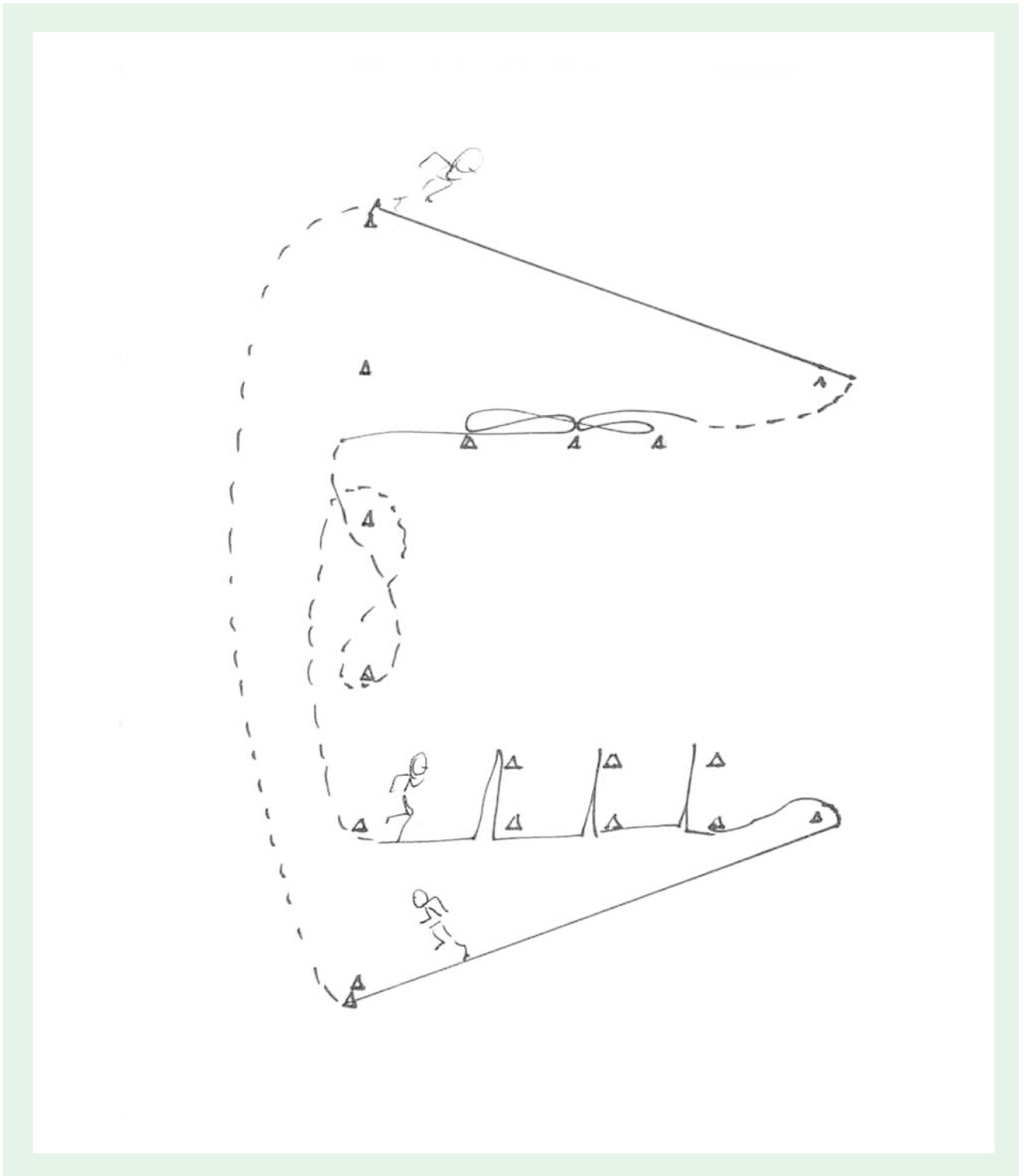
2' Trabajo + 1' Pausa

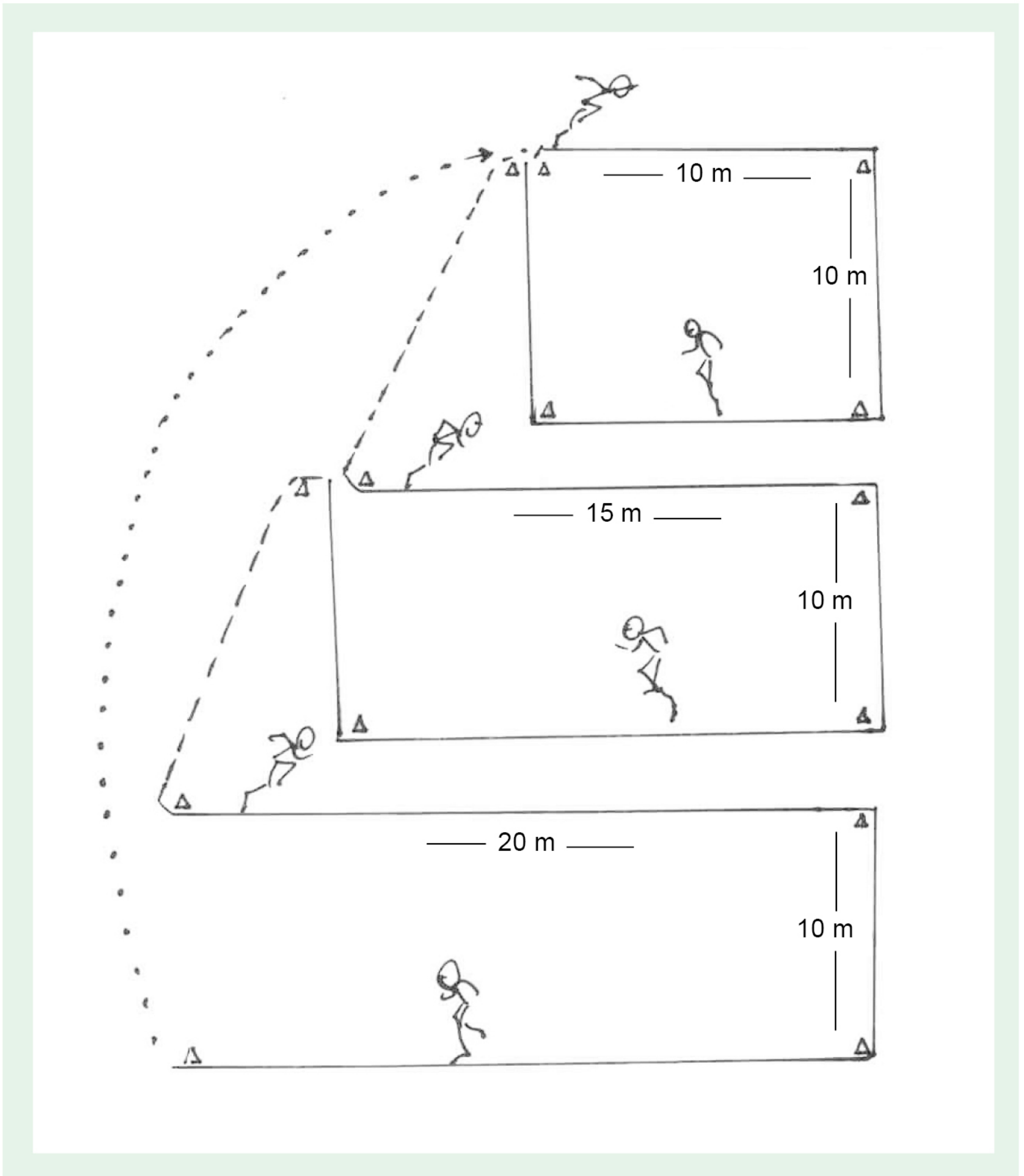


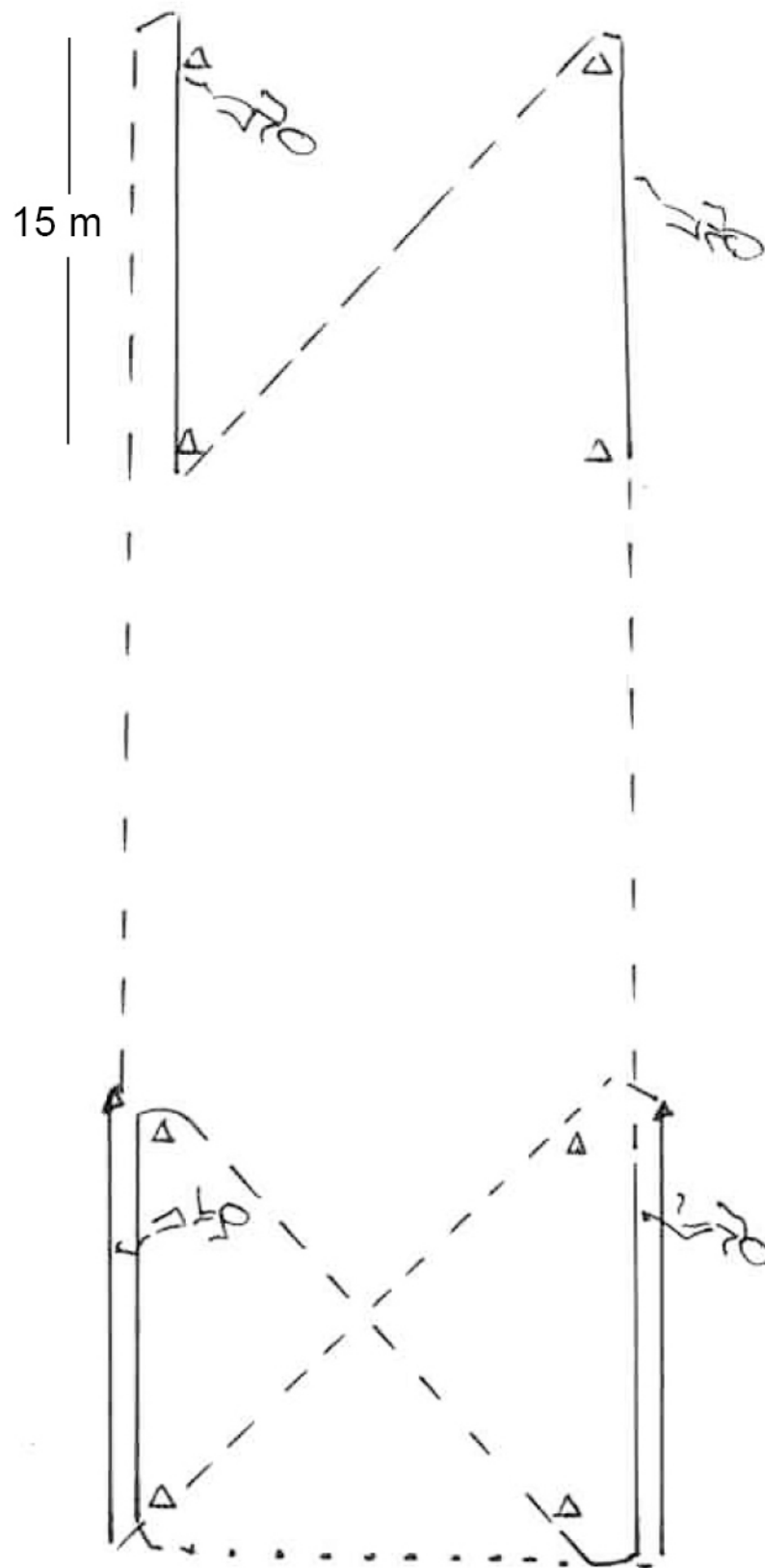
2' Trabajo + 1' Pausa



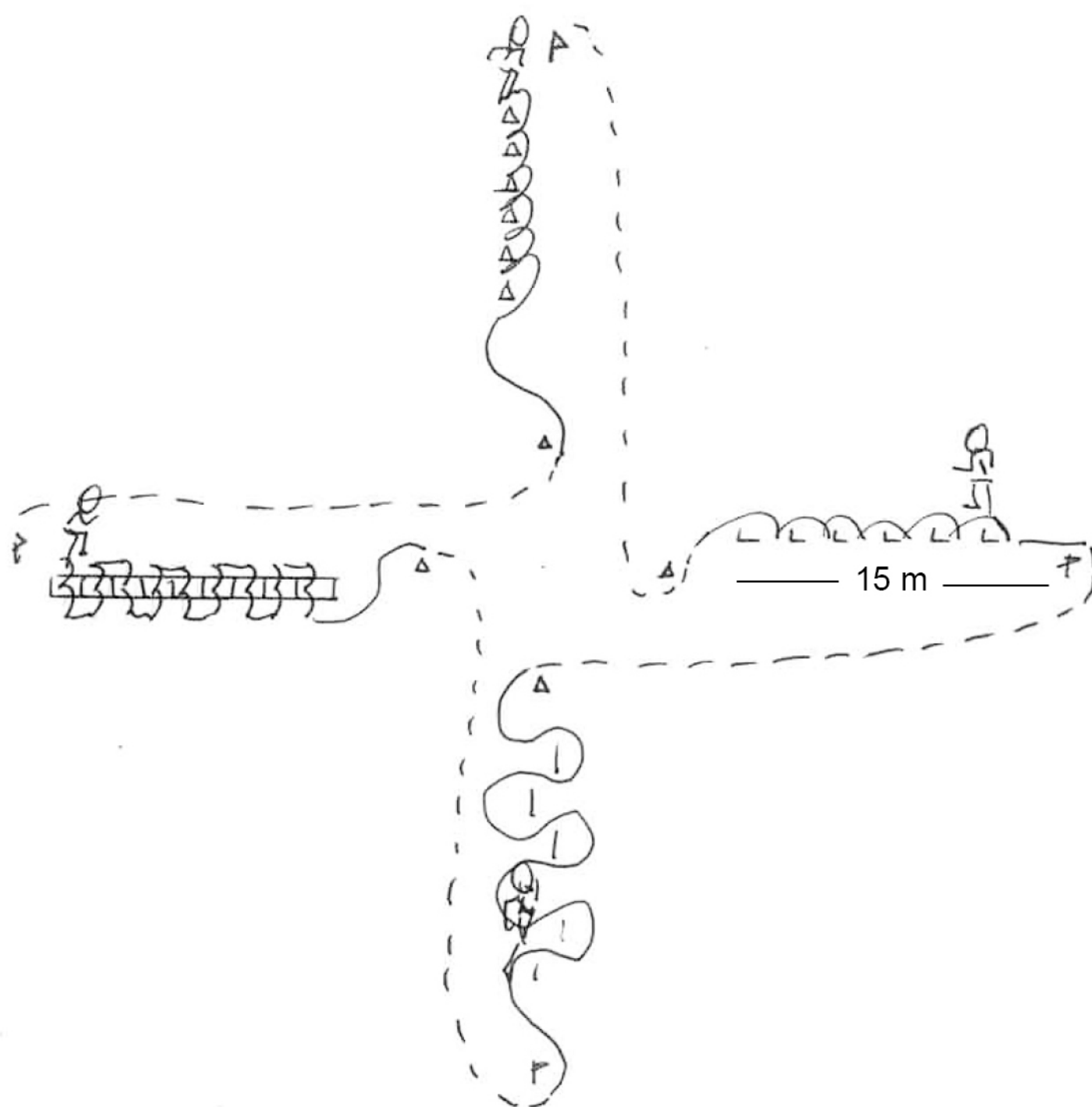
2' Trabajo













3 Rep. /Reg. 1'



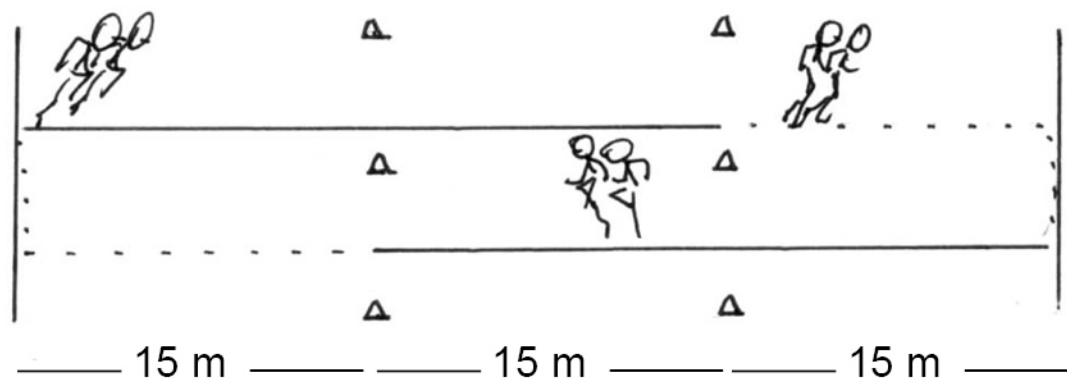
3 Rep. /Reg. 1'



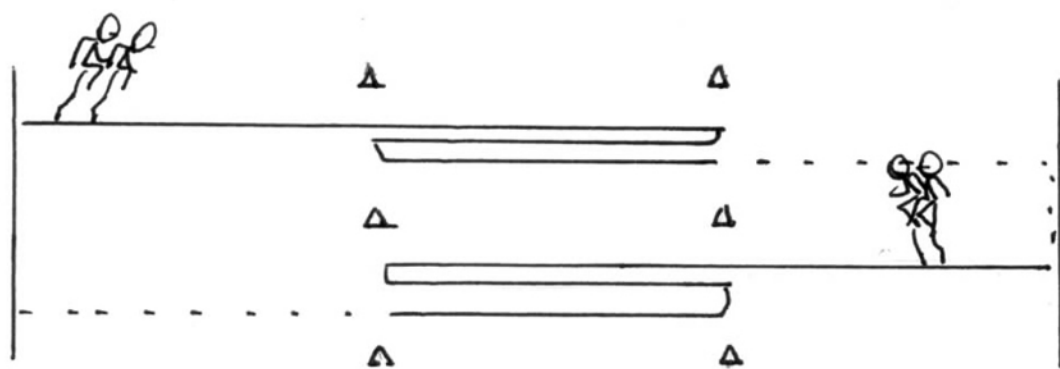
3 Rep. /Reg. 1'



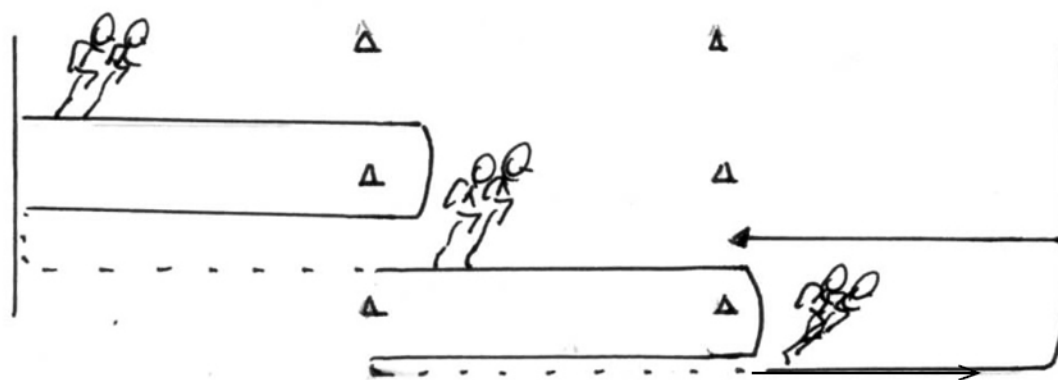
3 Rep. /Reg. 1'



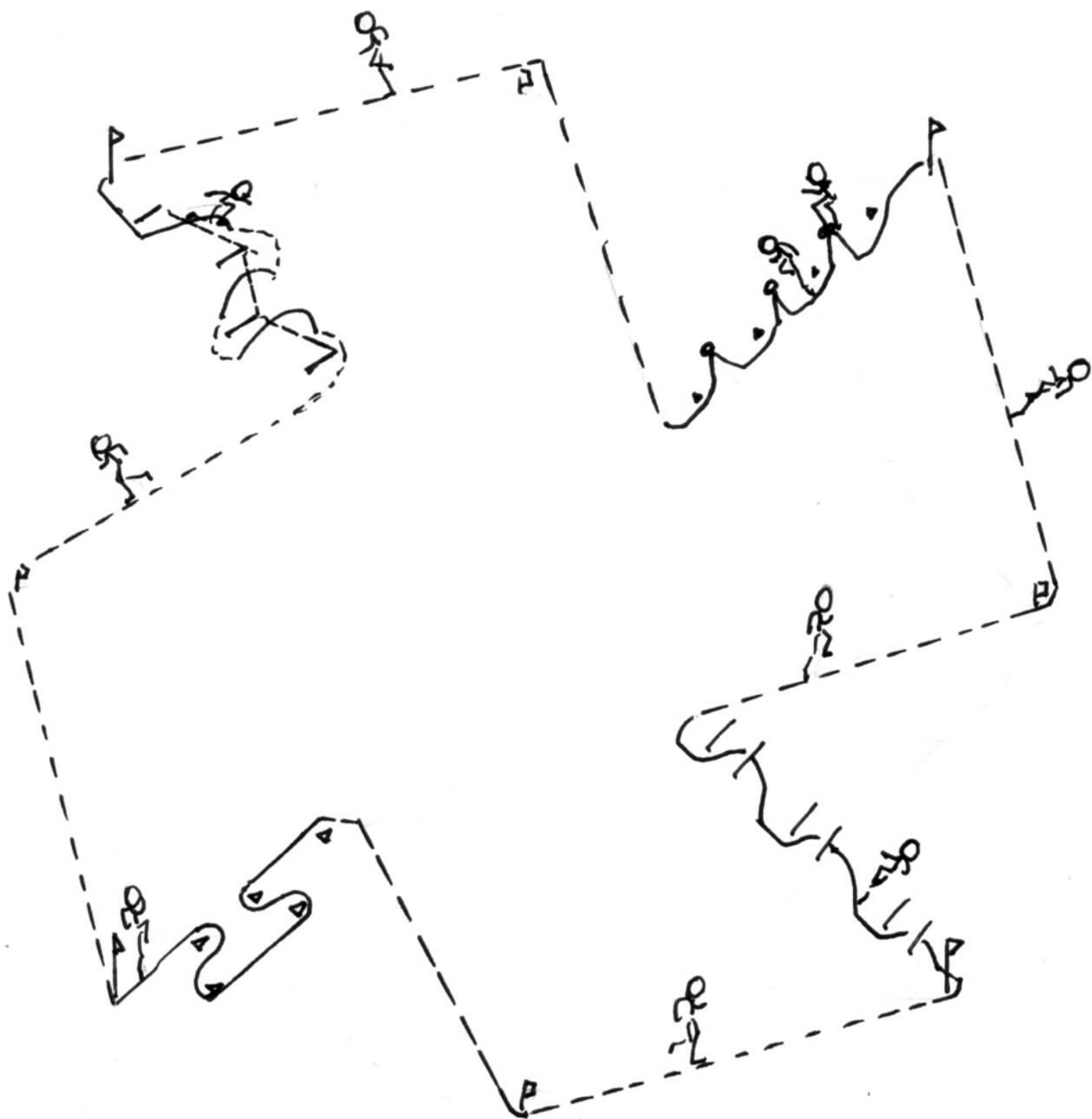
3' Continuos / 1' PE



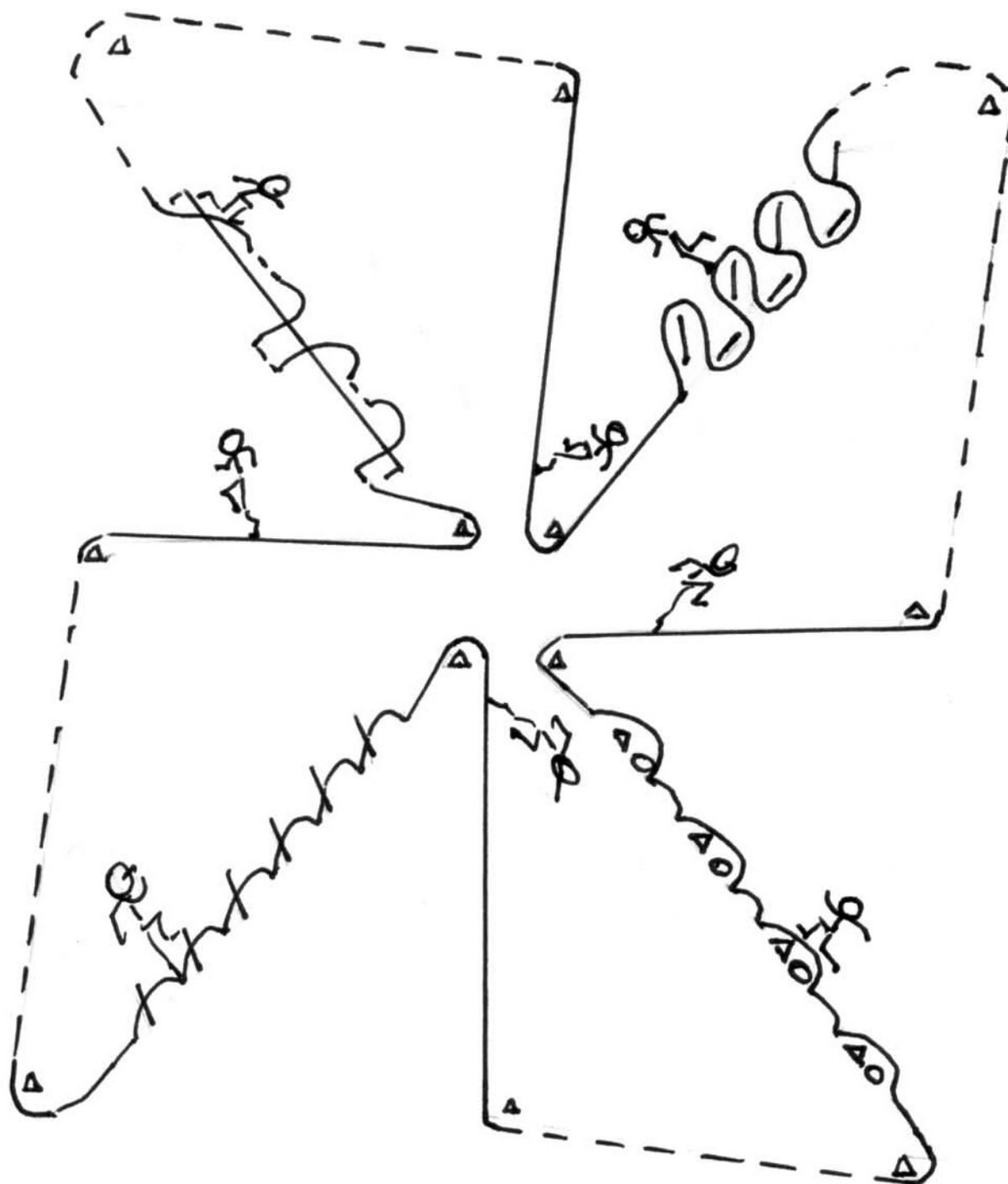
3' Continuos / 1' PE



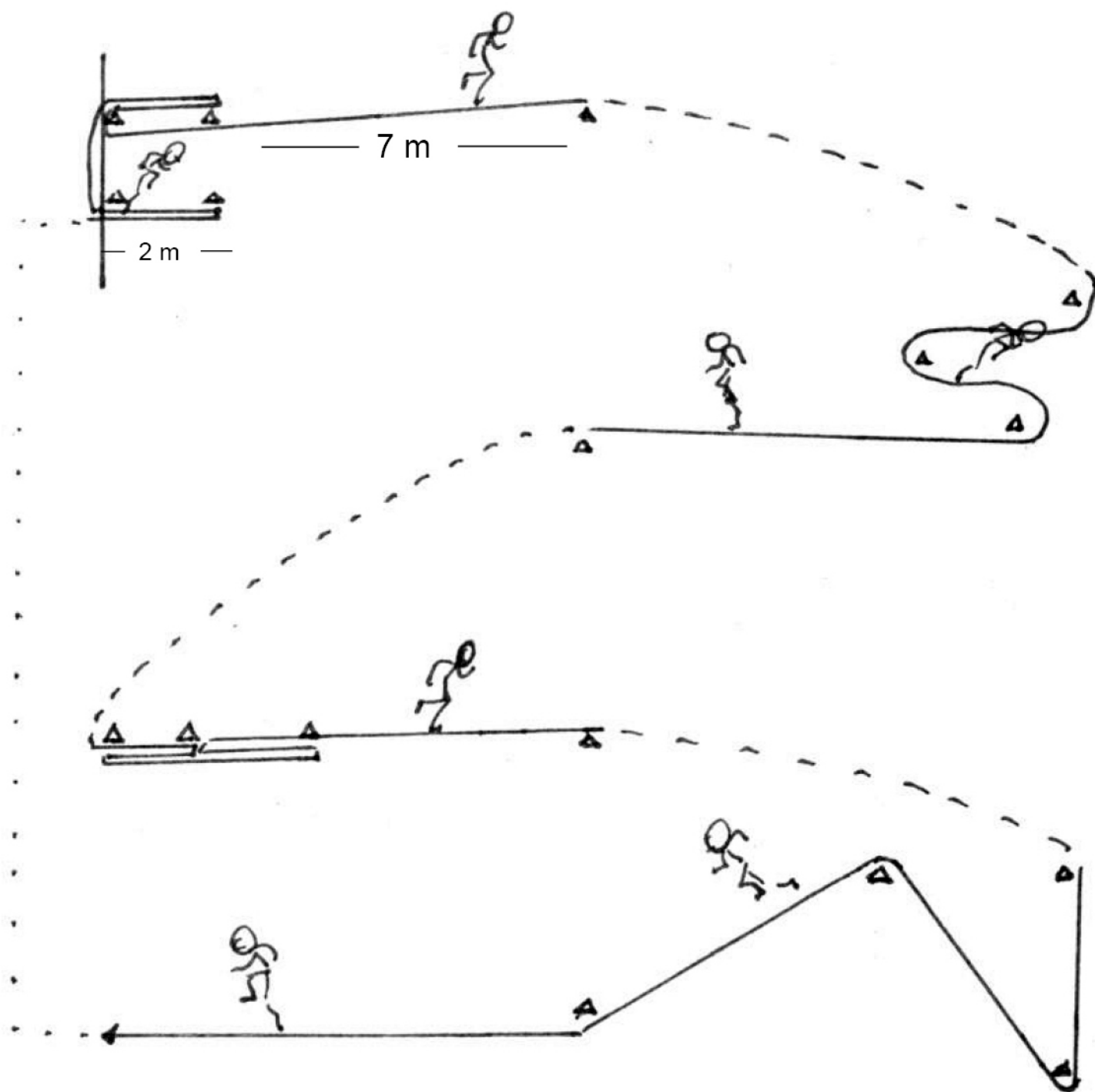
3' Continuos / 1' PE



6 Rondas / Reg. 2'

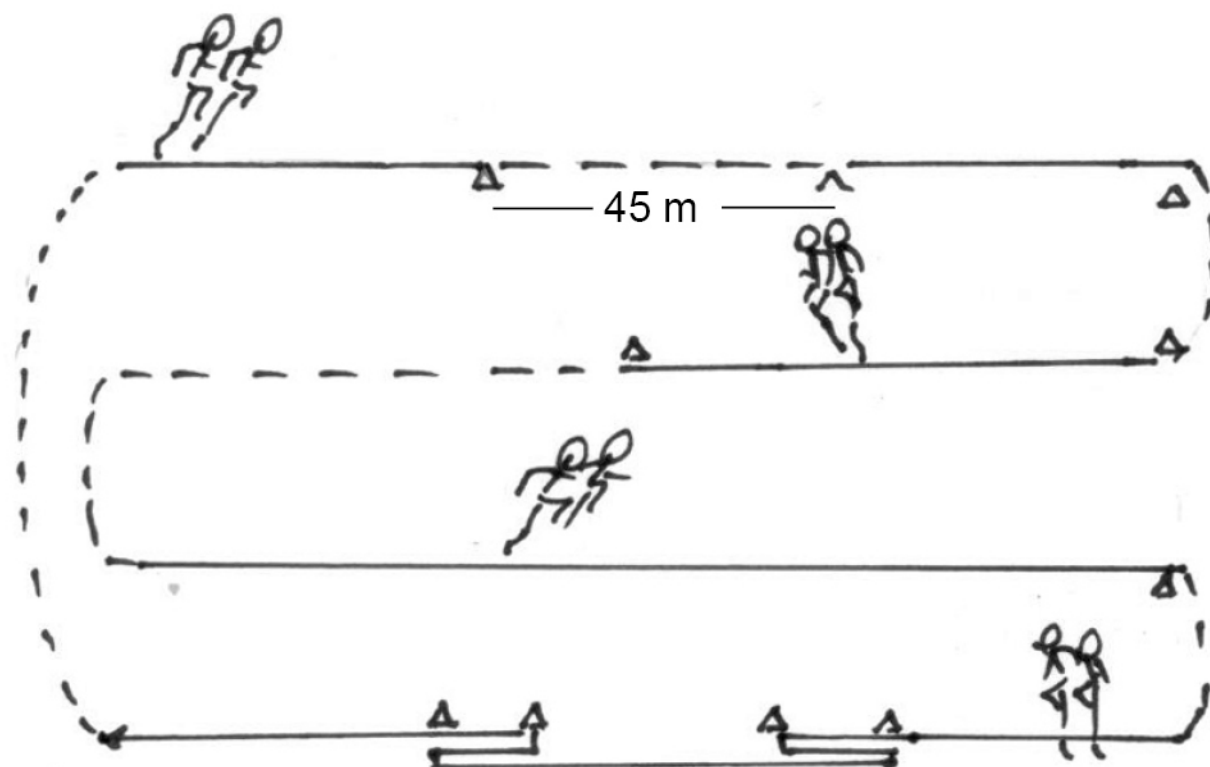


6 Rondas / Reg. 120"



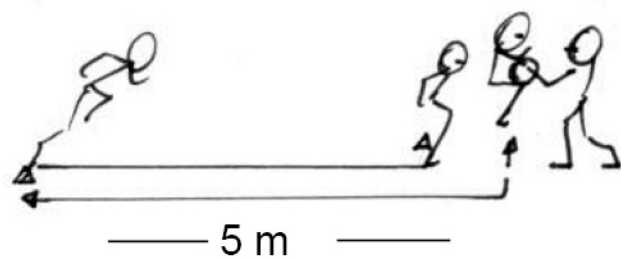
8 Rep. / Reg. 75"



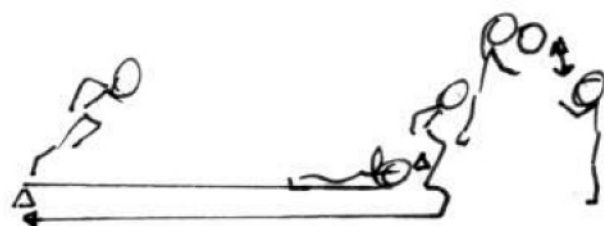


6 Rondas / Reg. 3'

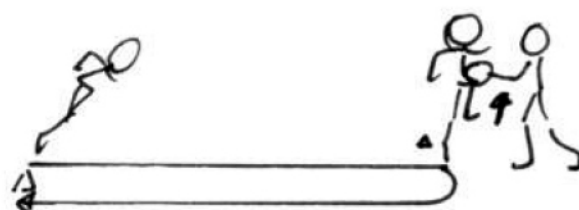




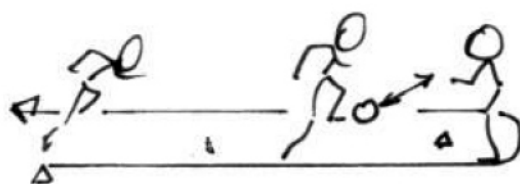
4 x 15" + 30" pausa



4 x 15" + 30" pausa



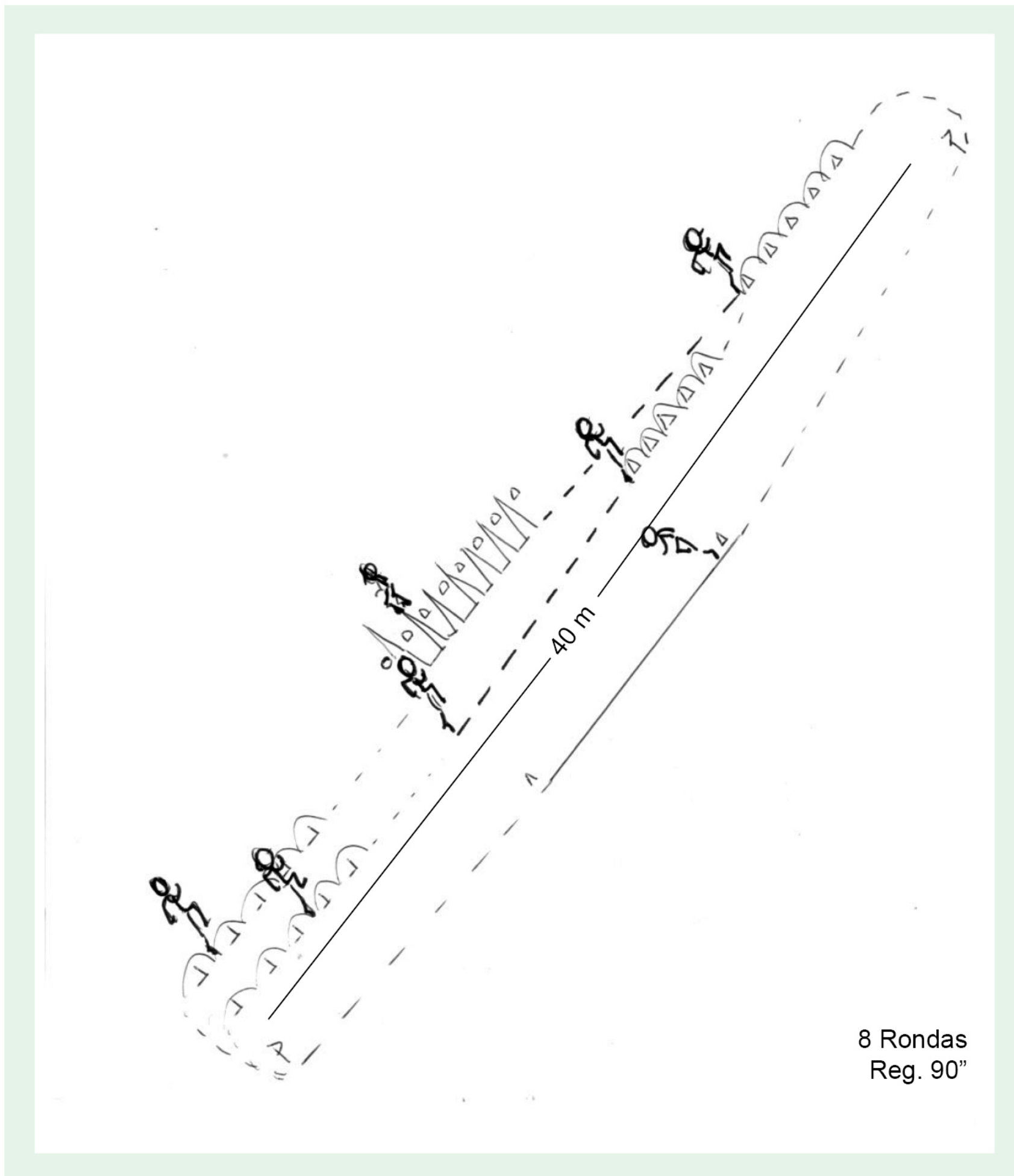
4 x 15" + 30" pausa

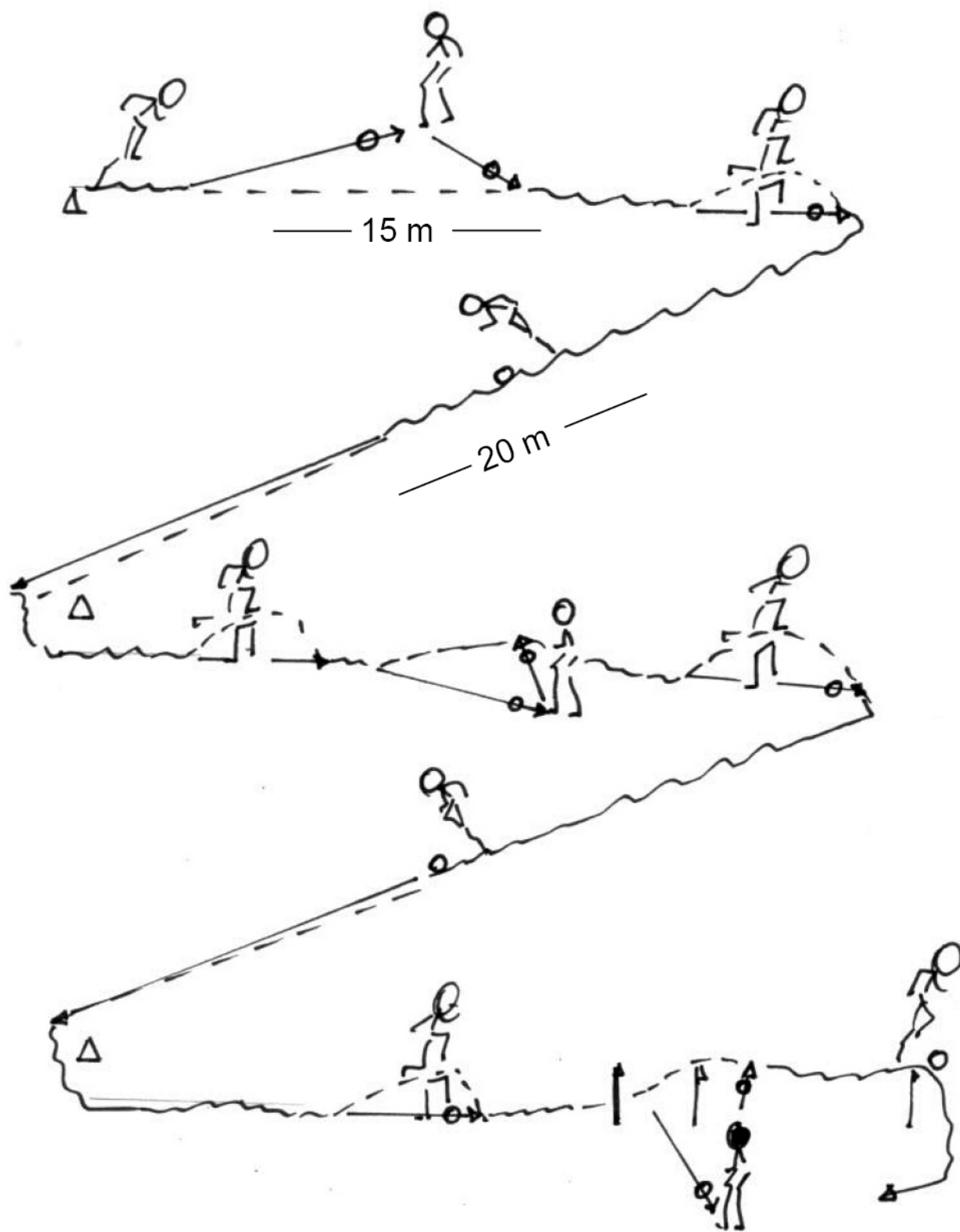


4 x 15" + 30" pausa

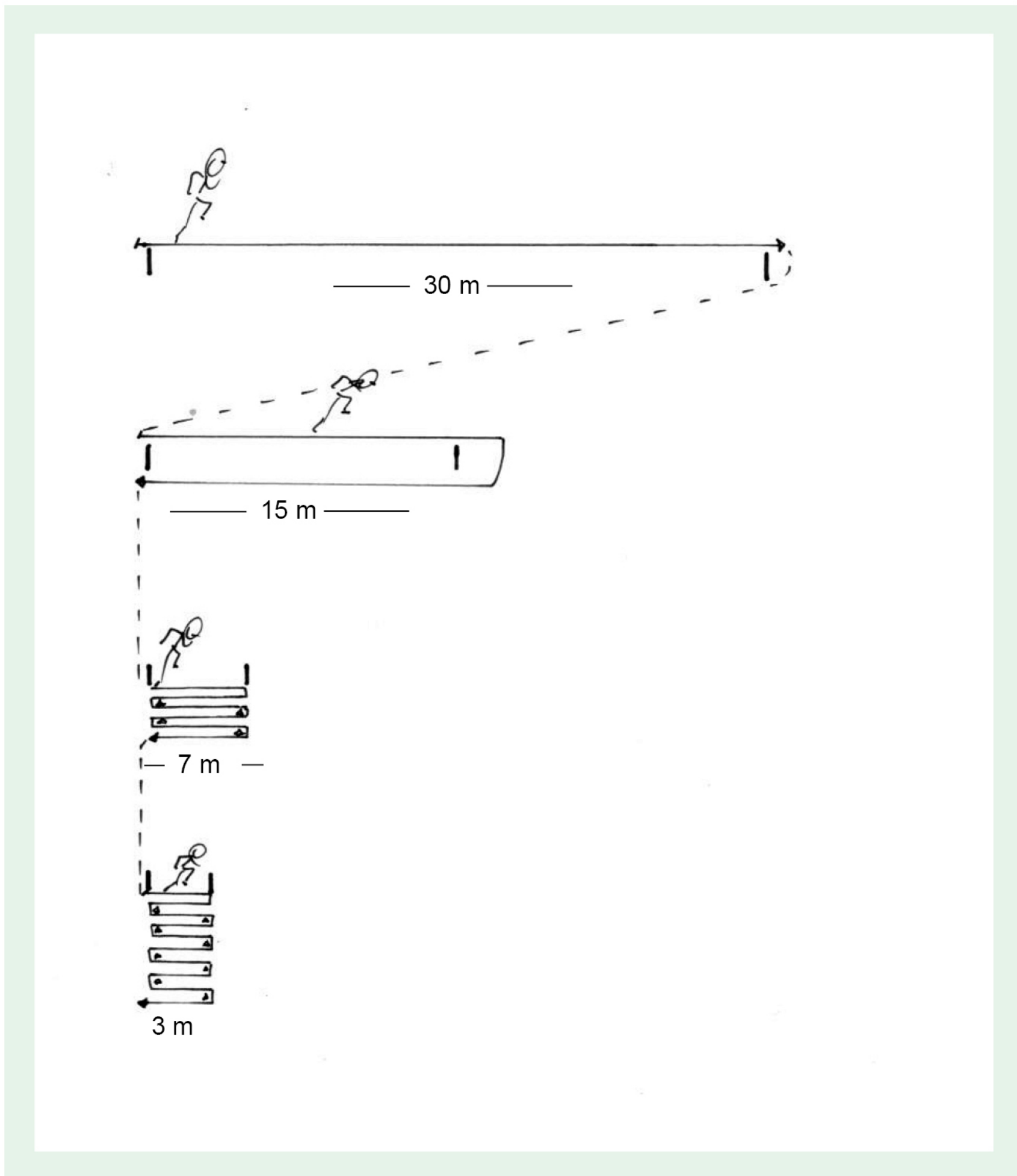


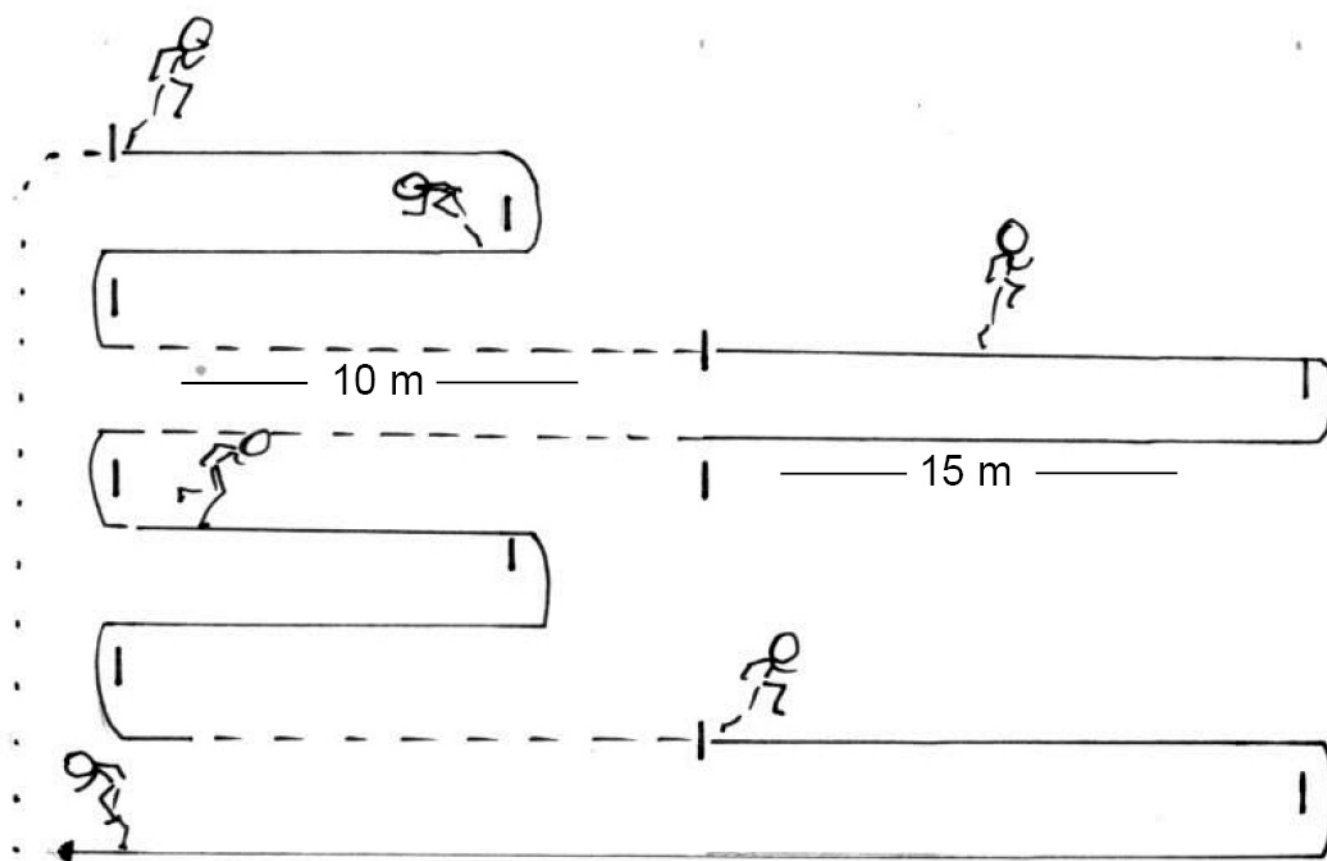






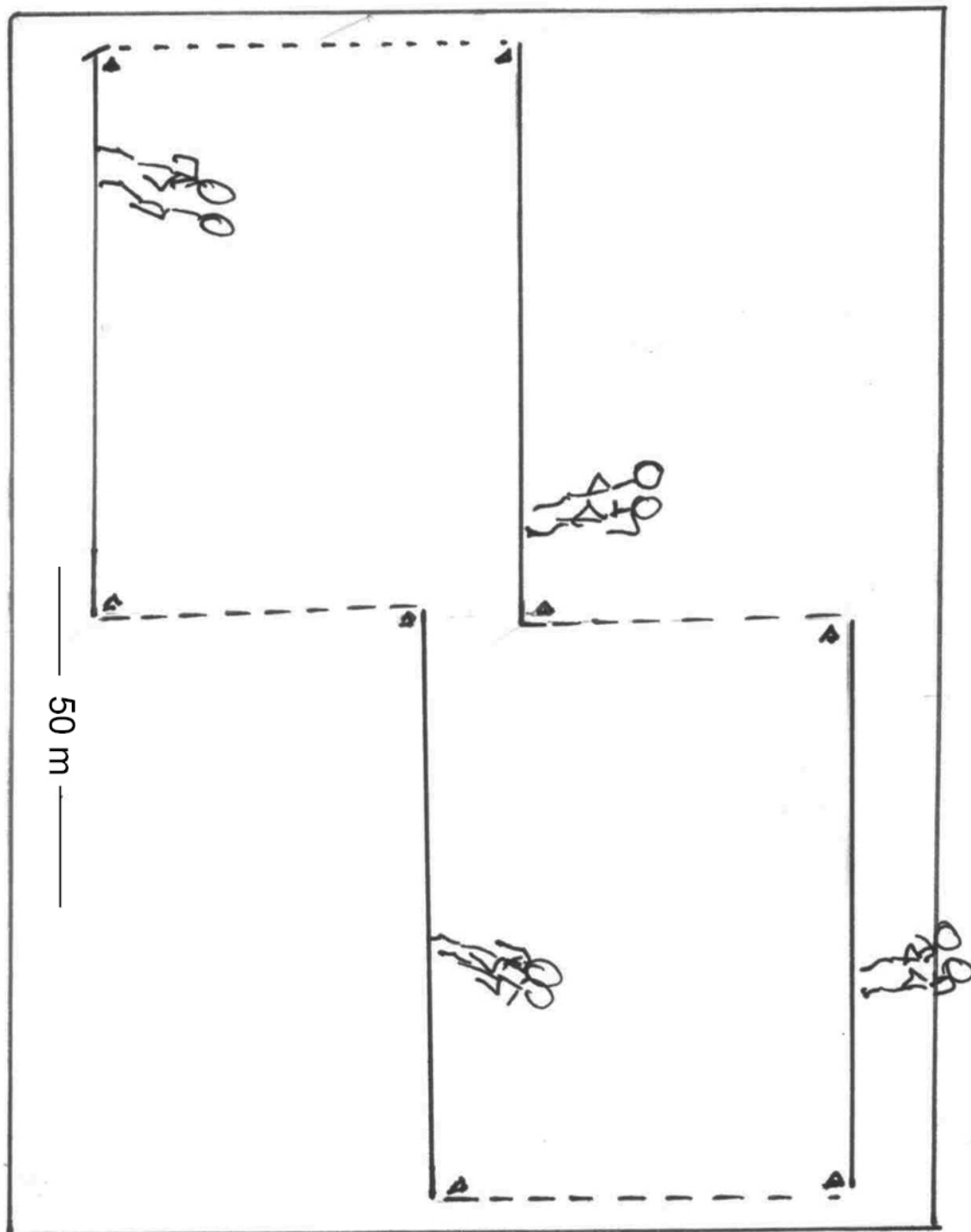
10' Continuos

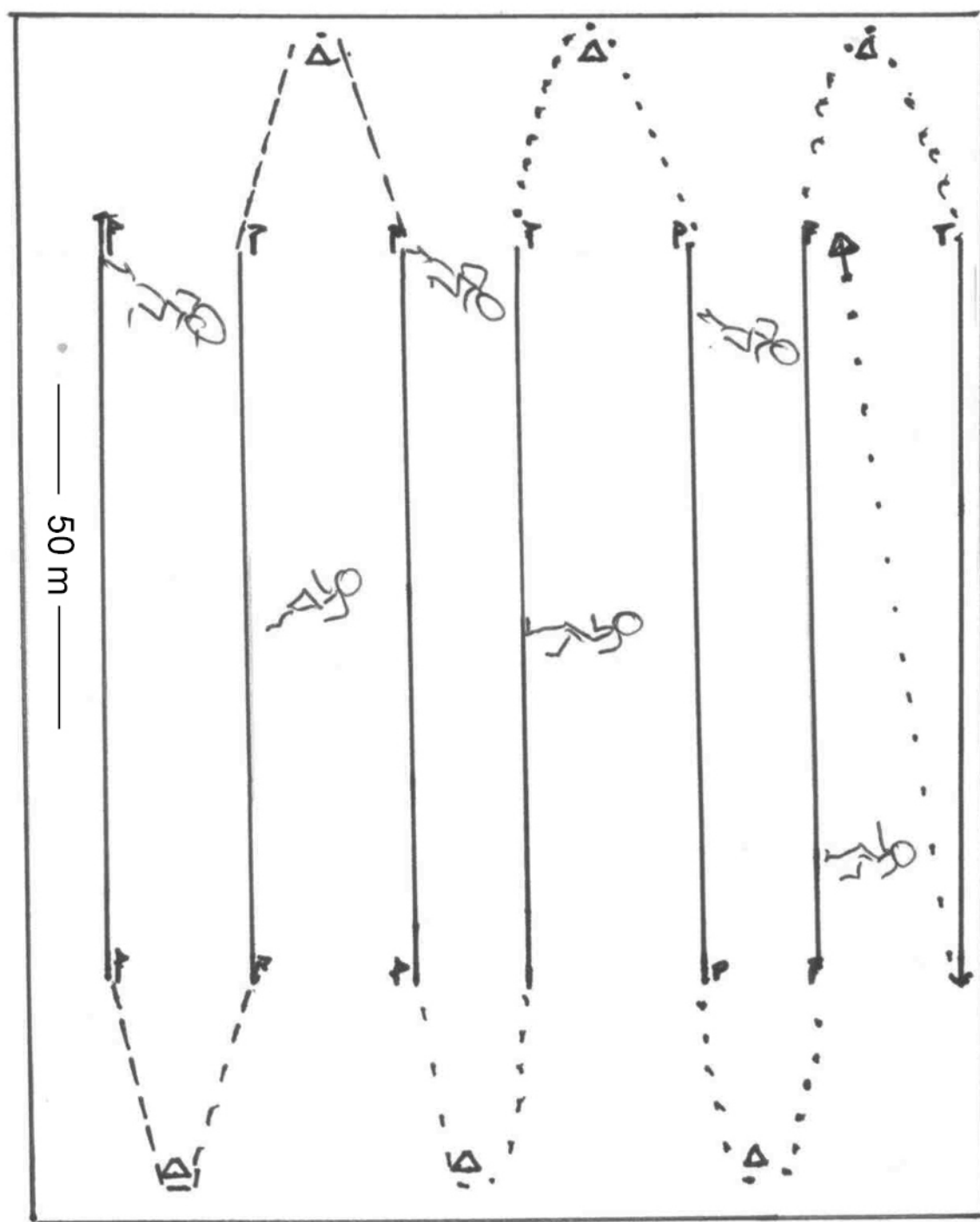


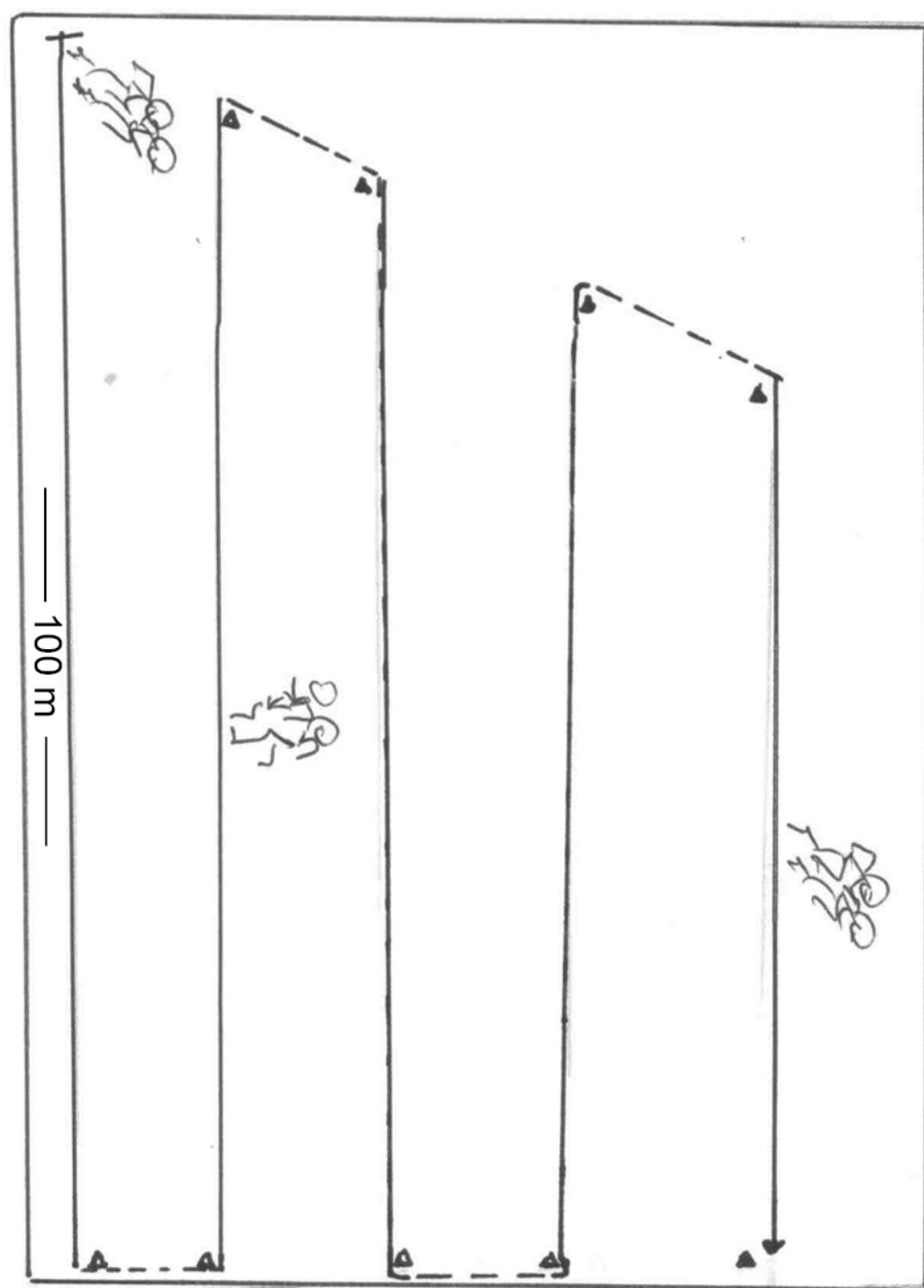


8 Rondas / Reg. 90"









10' continuos

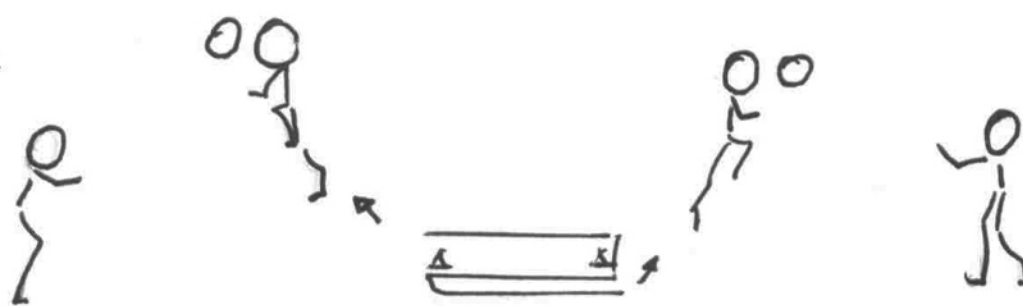




2 x 30"

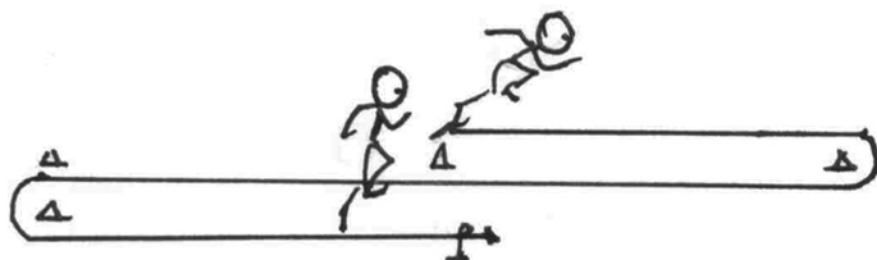


2 x 30"

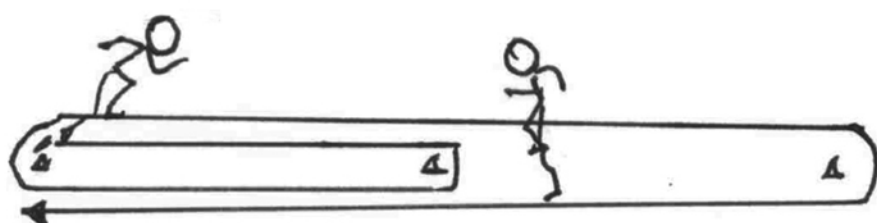


2 x 30"

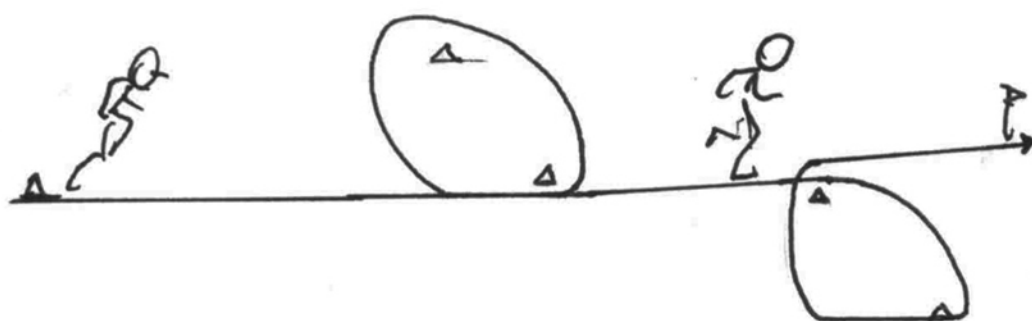




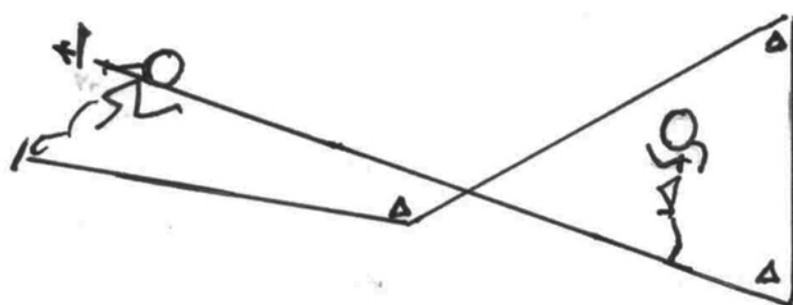
3 Rep. / Reg. 45"



3 Rep. / Reg. 45"

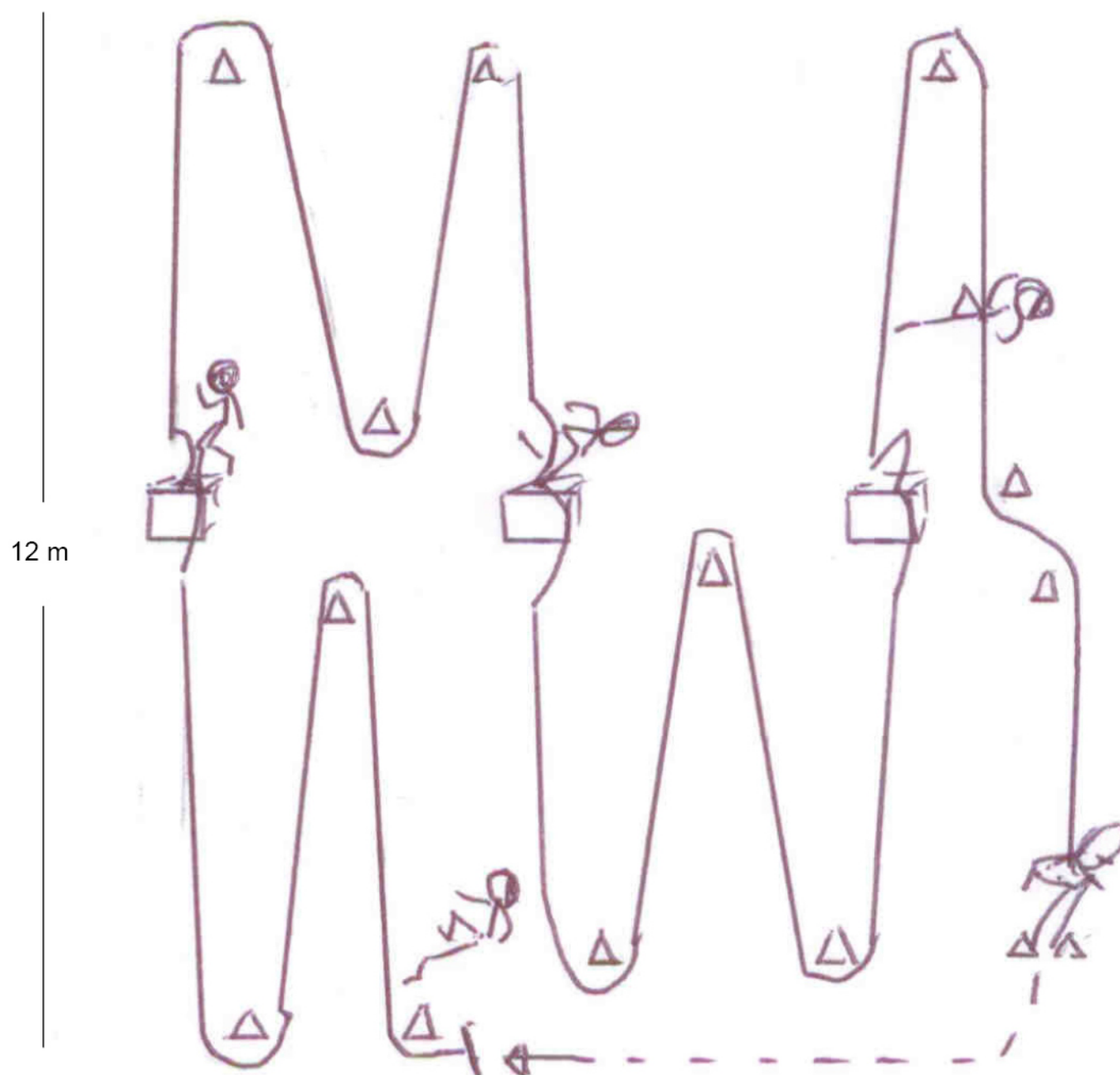


3 Rep. / Reg. 45"



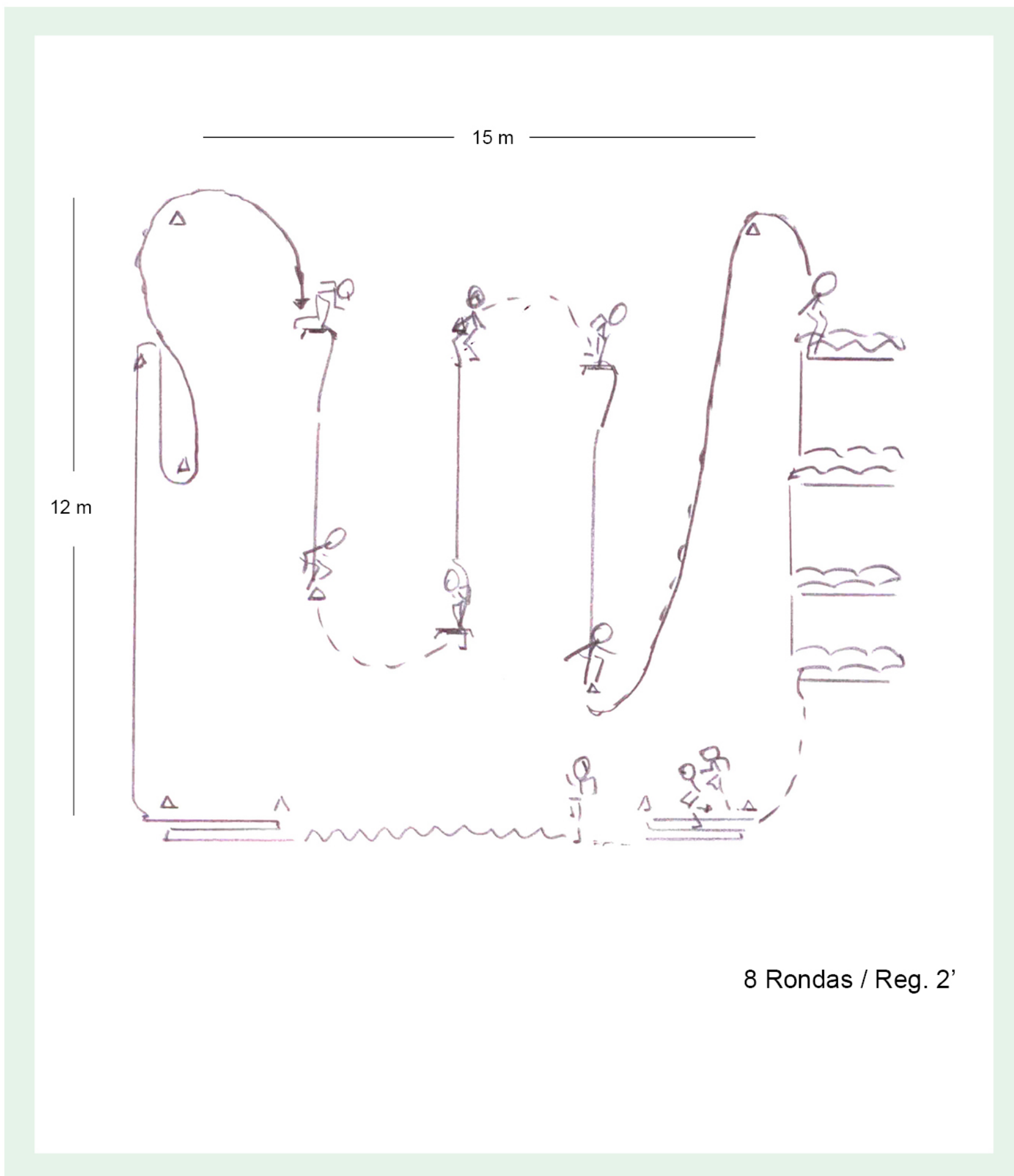
3 Rep. / Reg. 45"

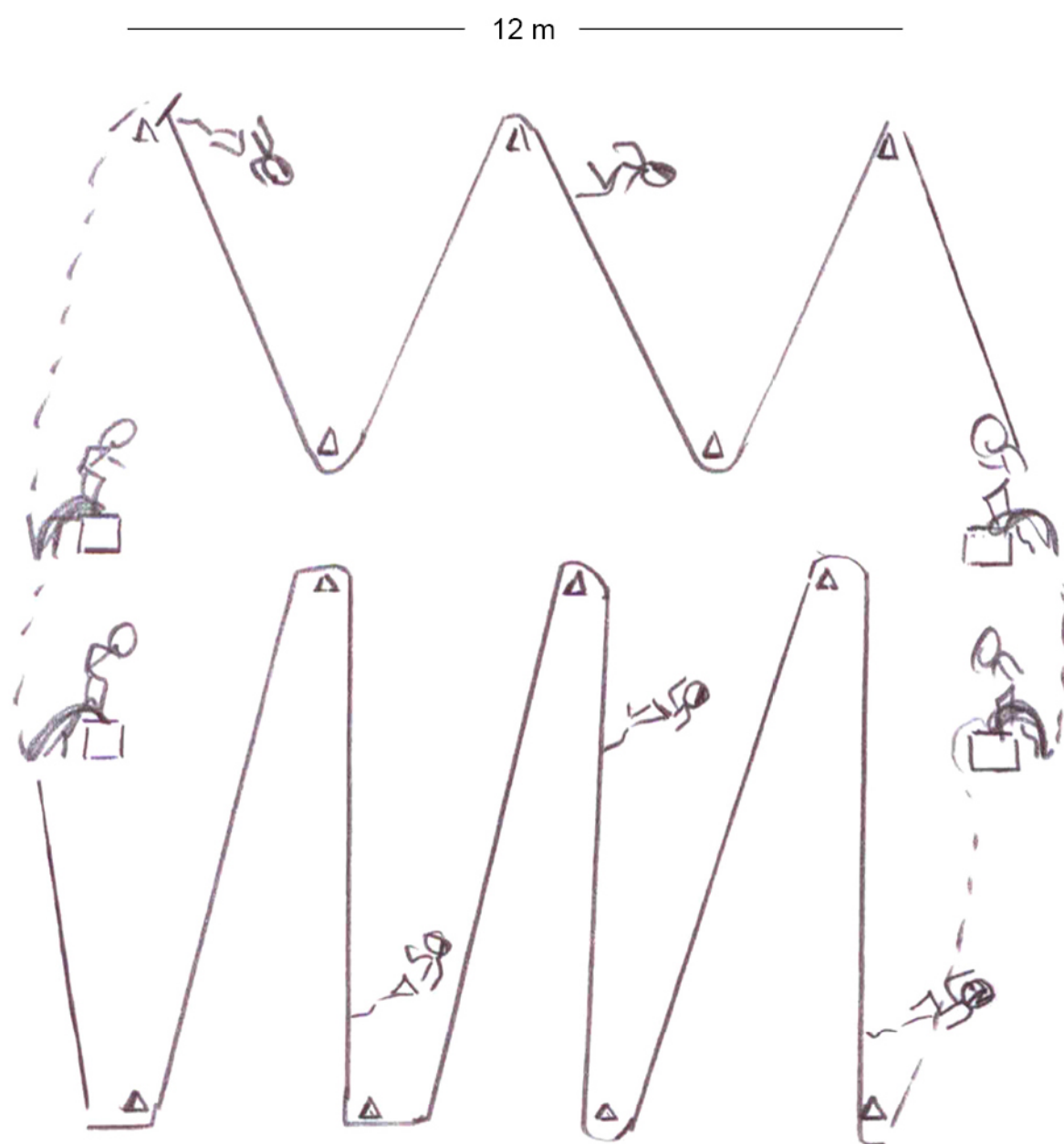




8 Rondas / Reg. 2'



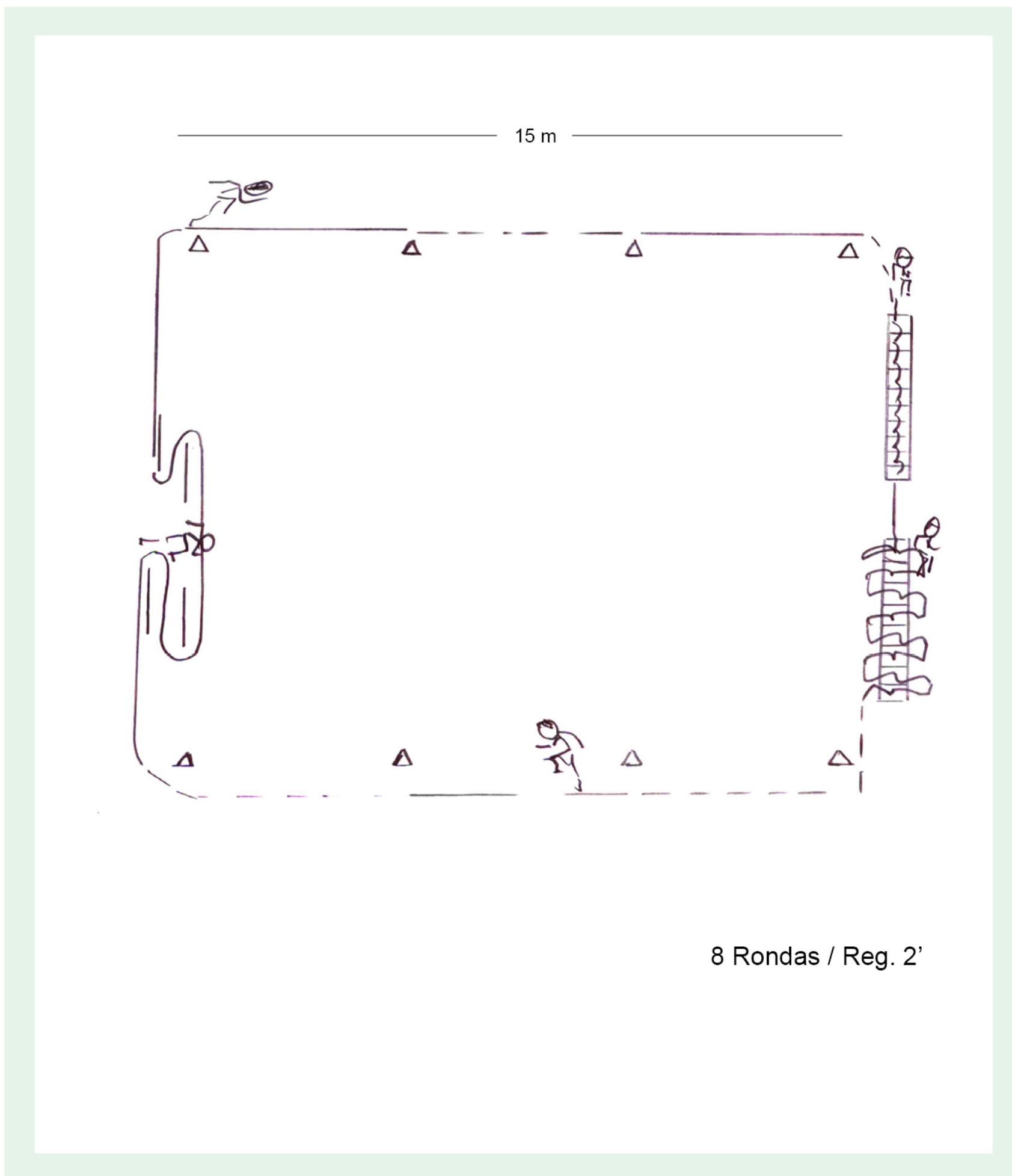


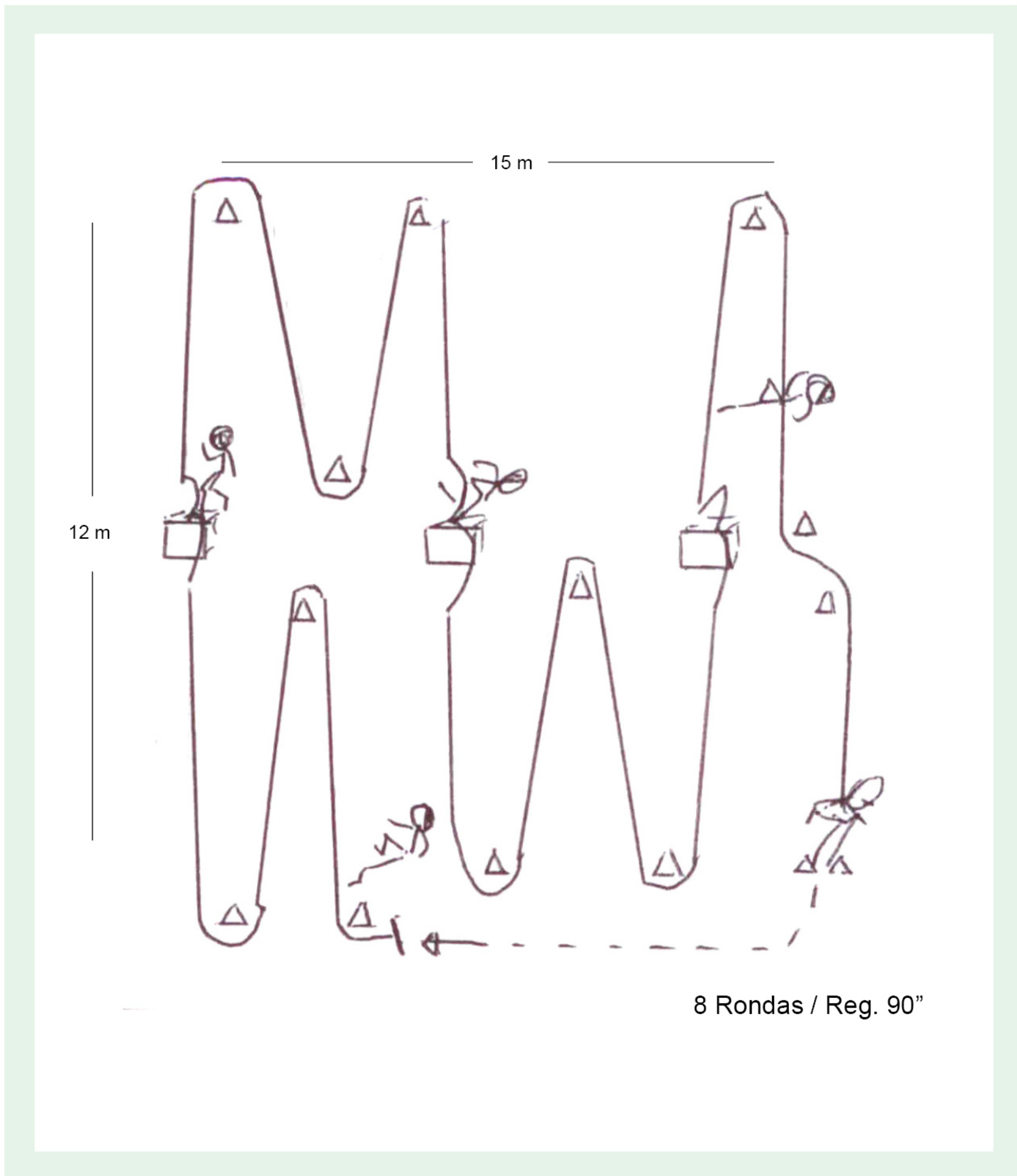


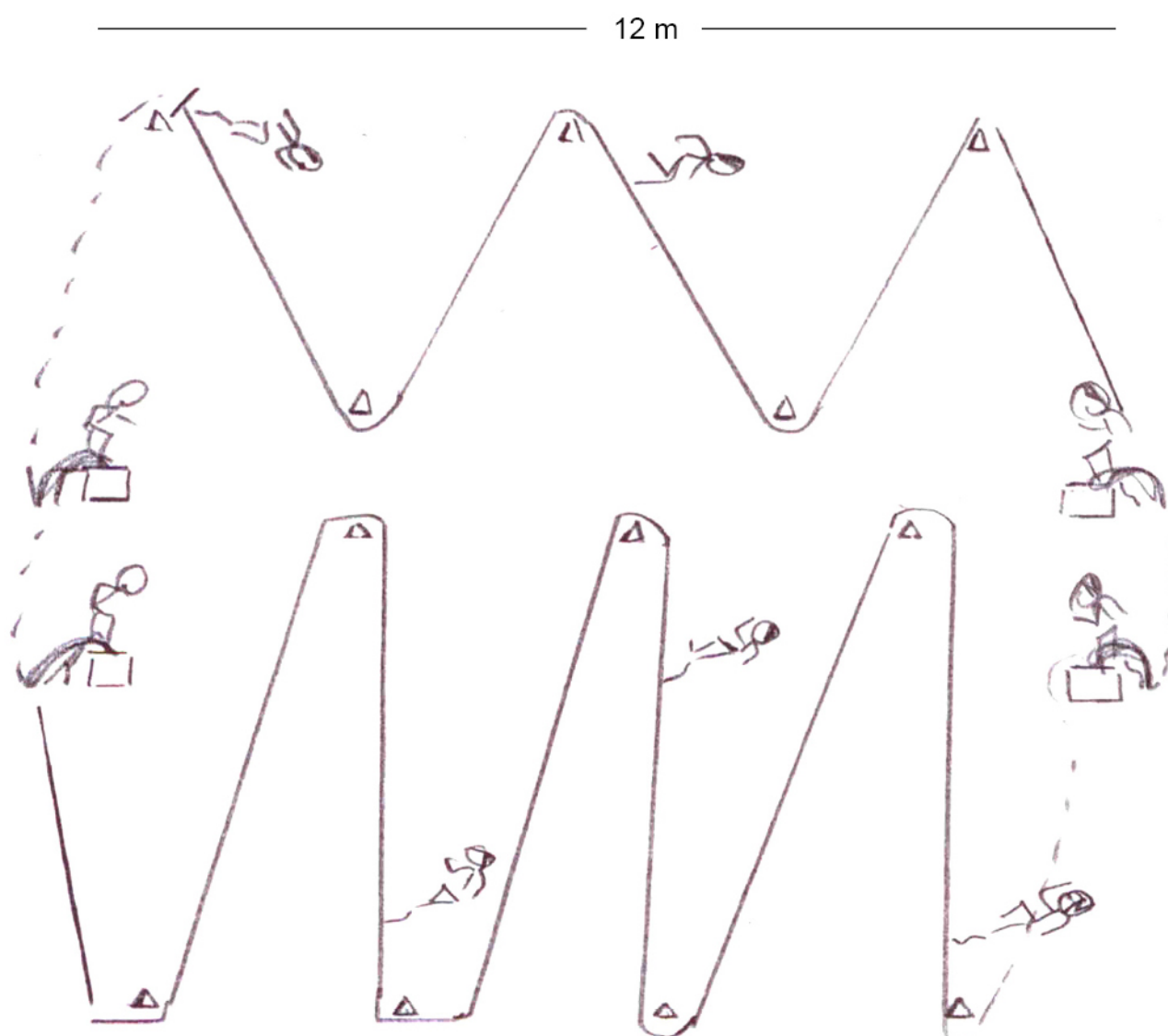
8 Rondas / Reg. 2'







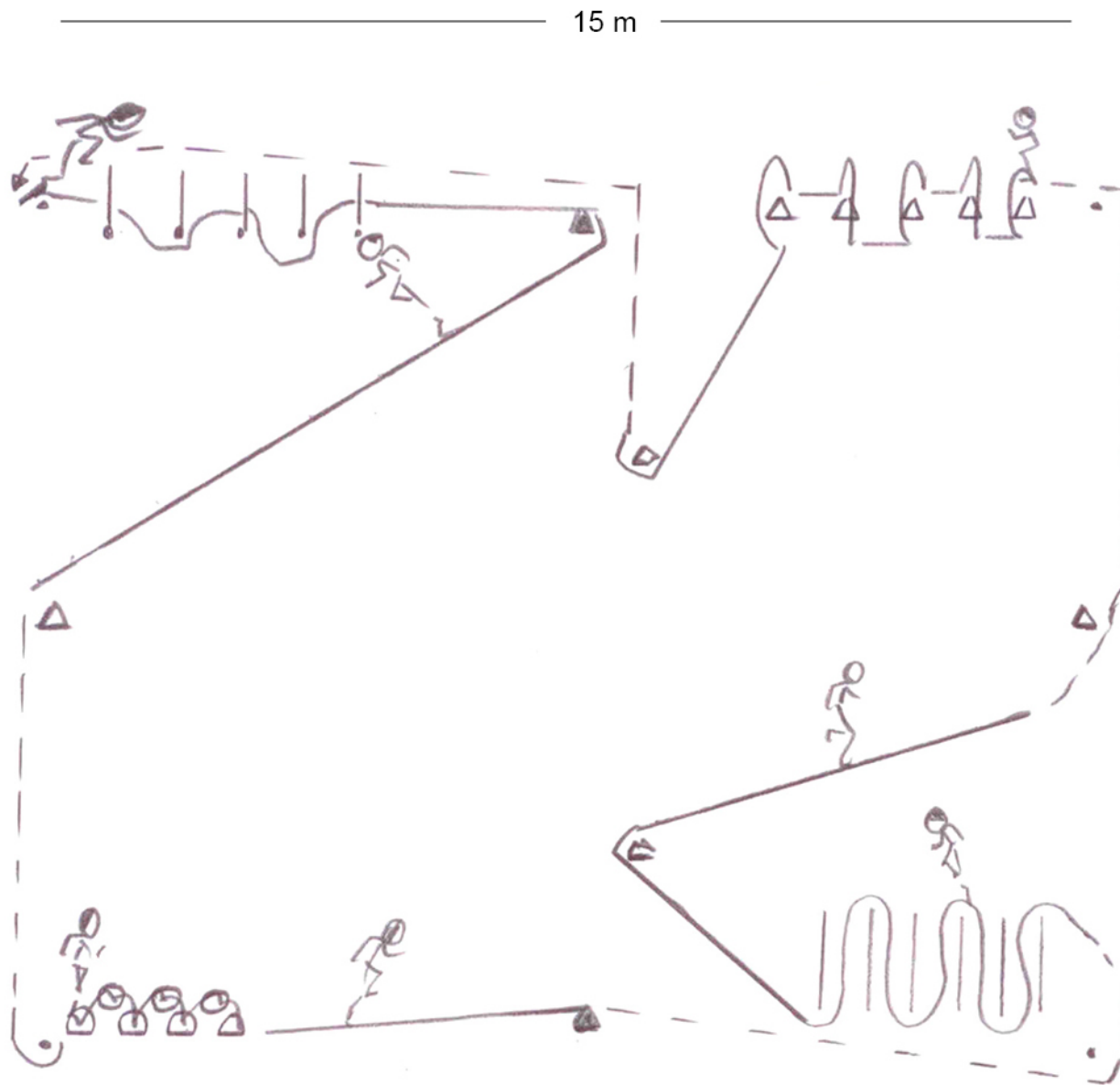




8 Rondas / Reg. 2'

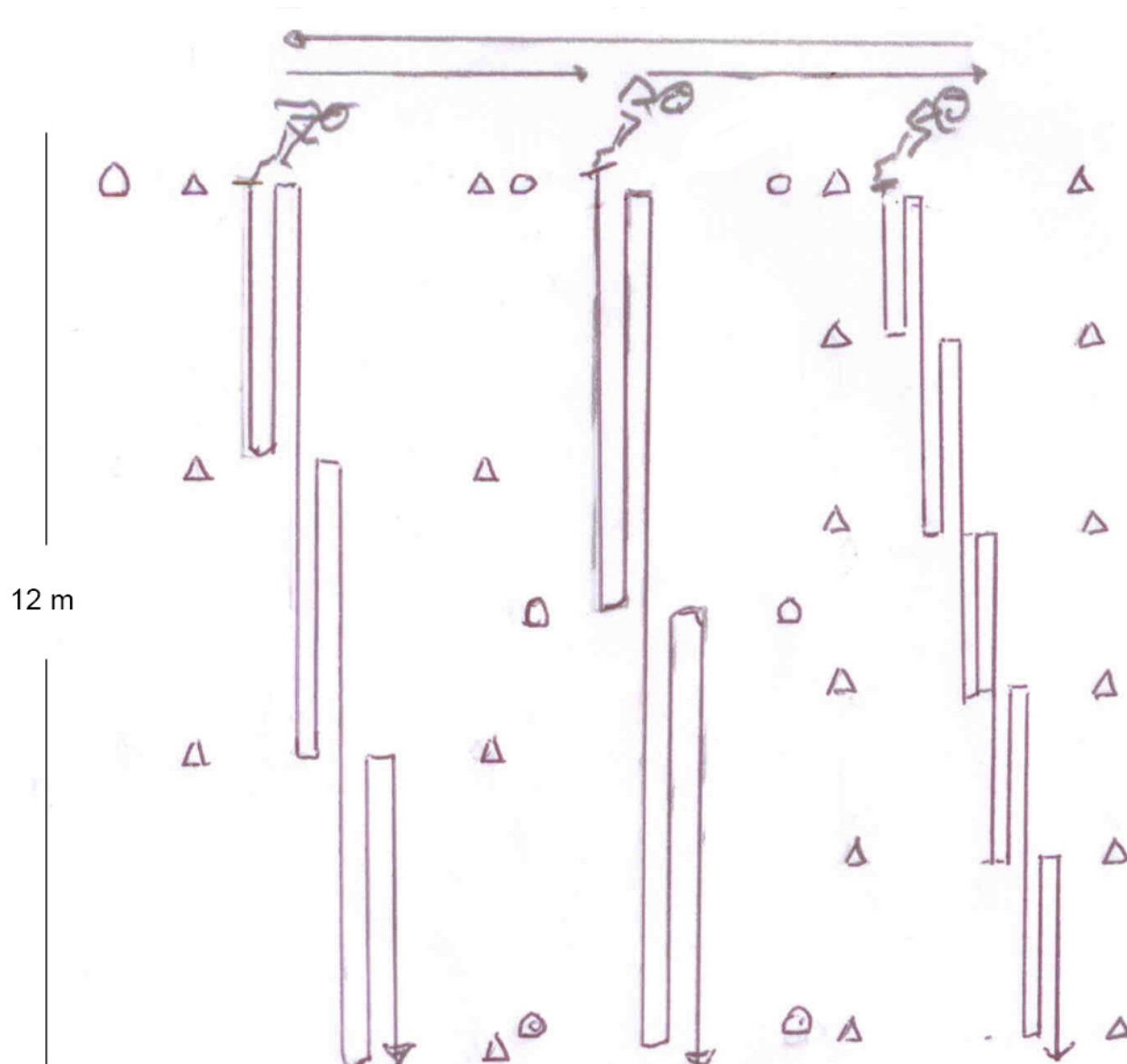






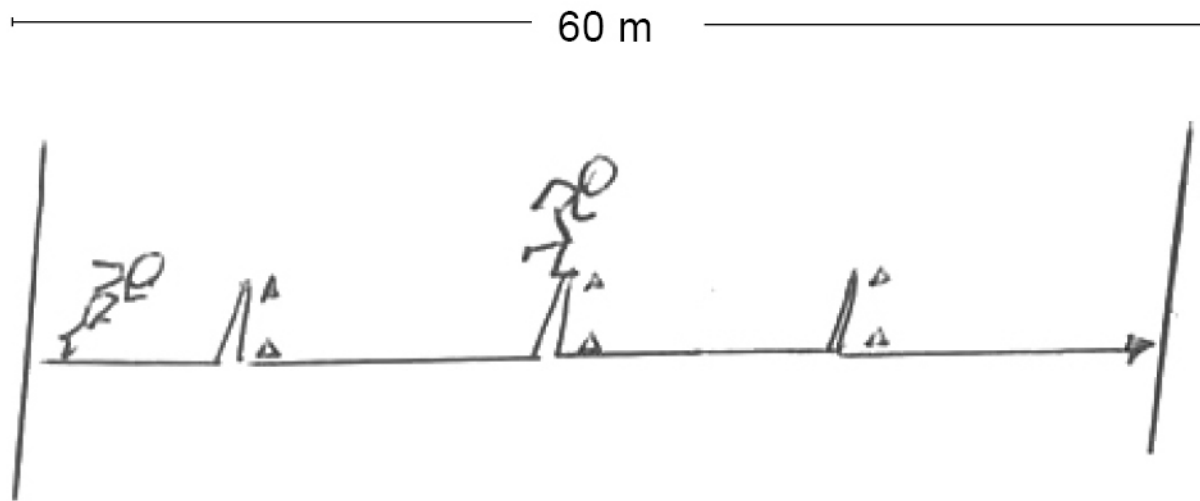
8 Rondas / Reg. 2'



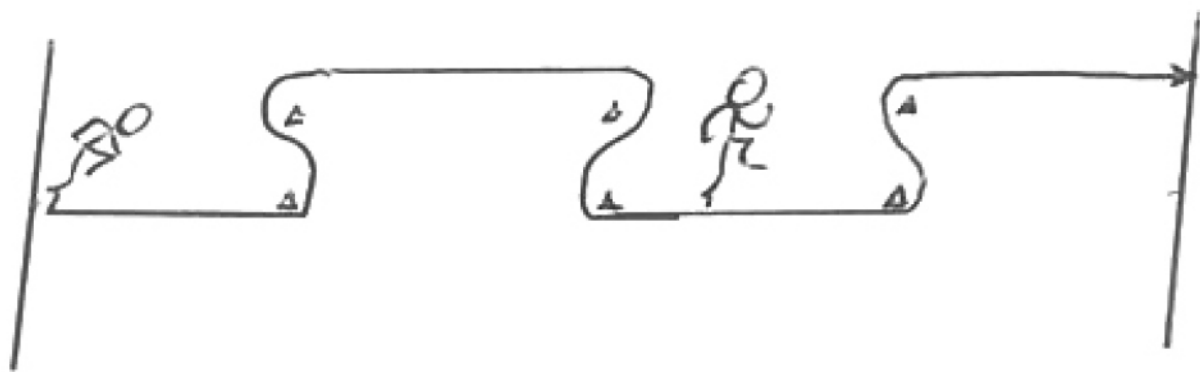


8 Rondas / Reg. 90"

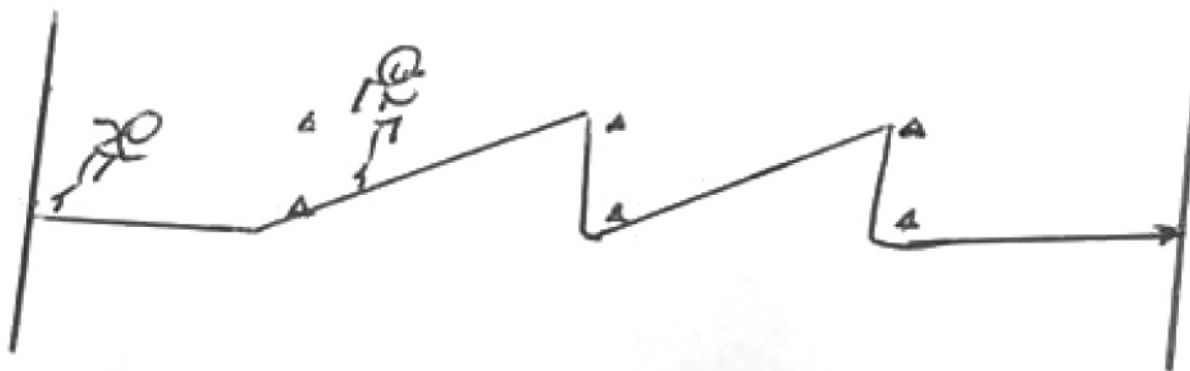




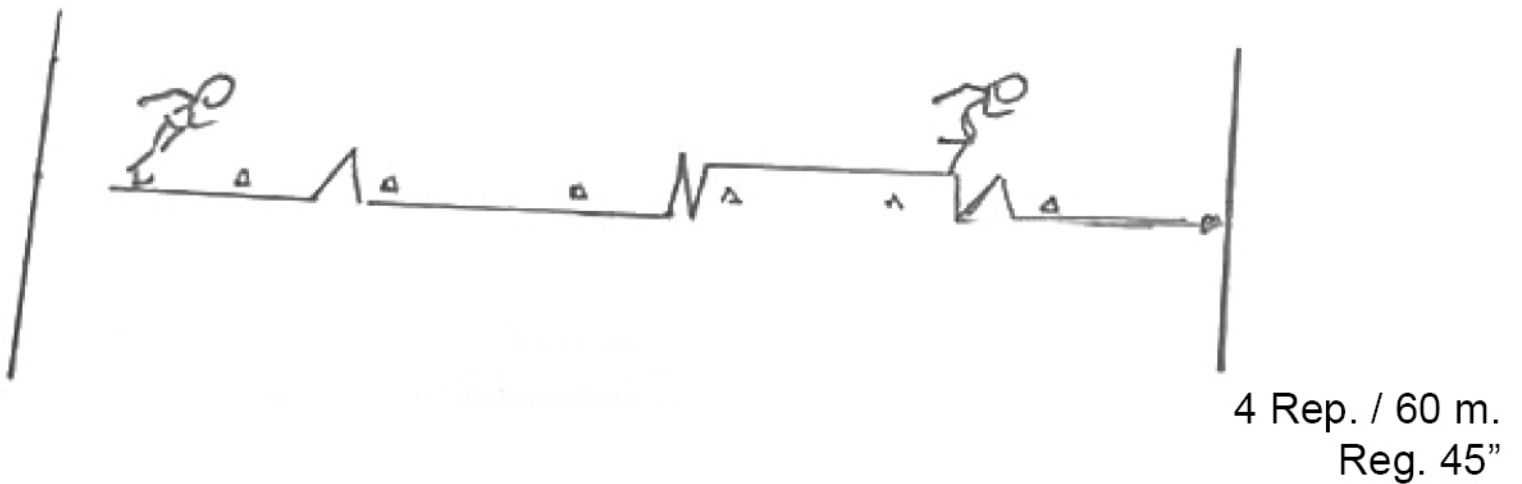
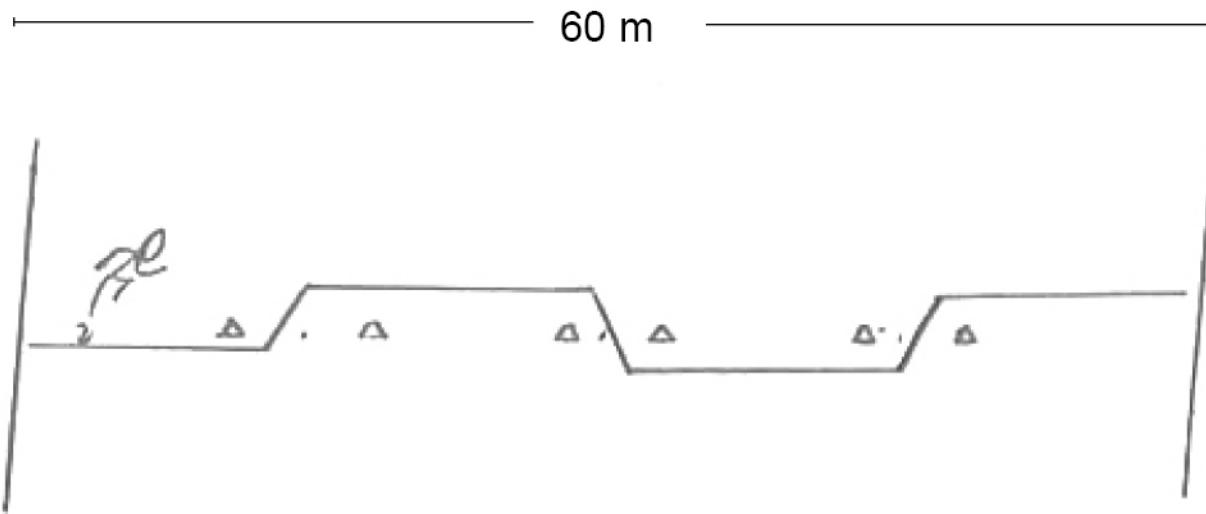
4 Rep. / 60 m.  
Reg. 30"

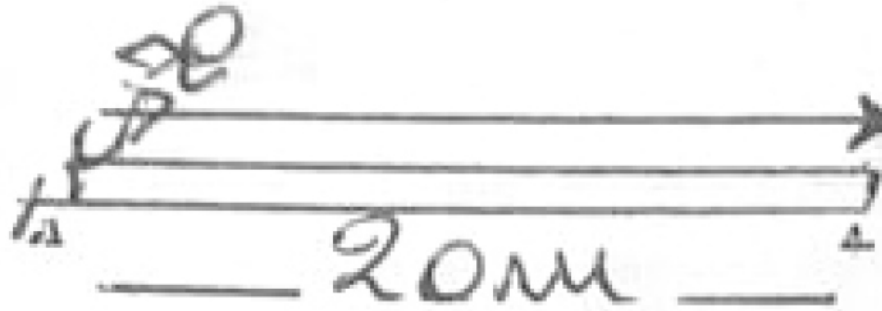


4 Rep. / 60 m.  
Reg. 40"



4 Rep. / 60 m.  
Reg. 45"





4 Rep. / 60m / Reg. 45" / = 240m  
Pausa de serie 2'

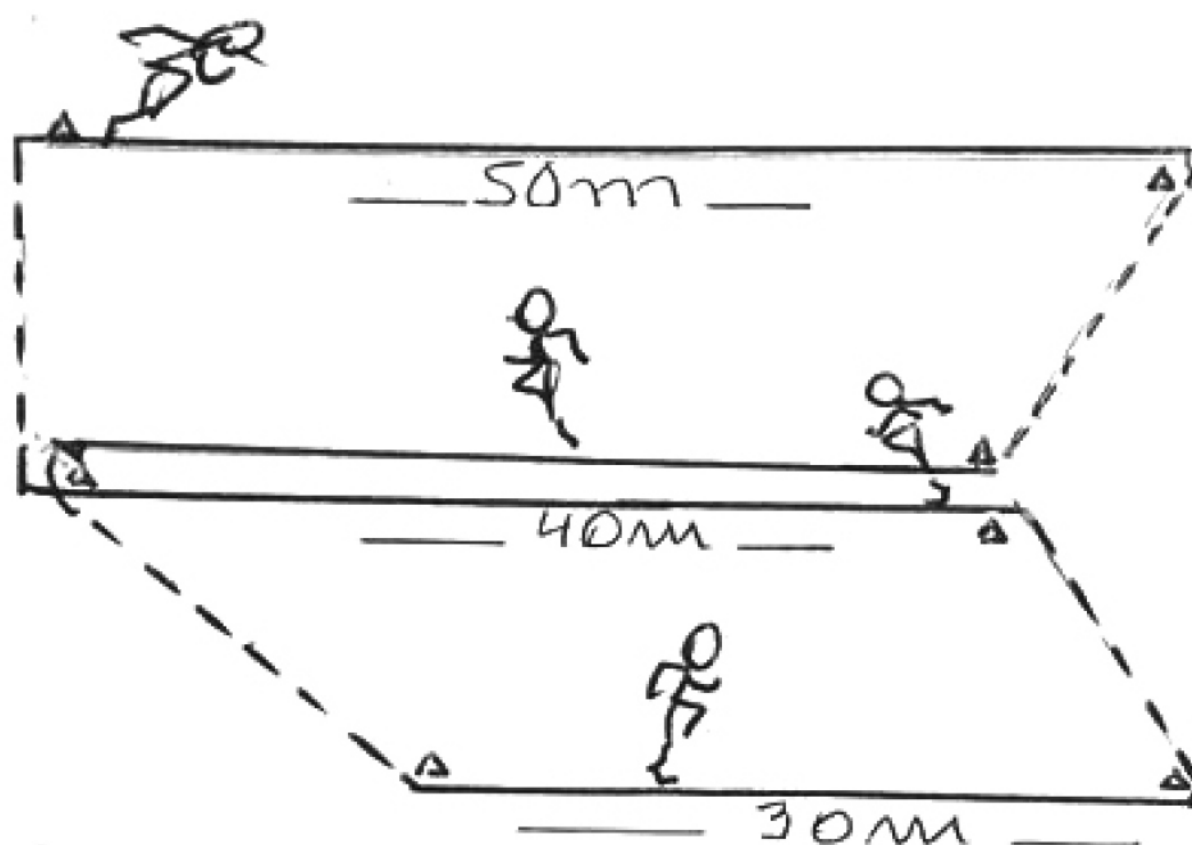


4 Rep. / 60m / Reg. 45" / = 240m  
Pausa de serie 2'



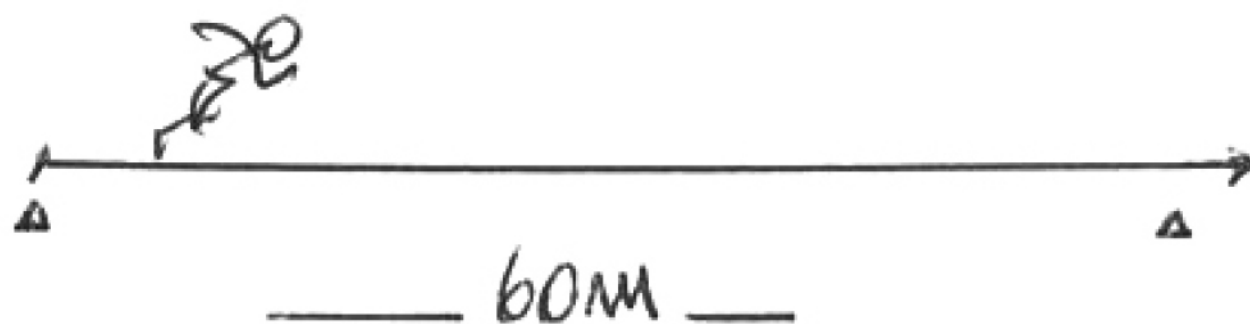
4 Rep. / 60m / Reg. 45" / = 240m



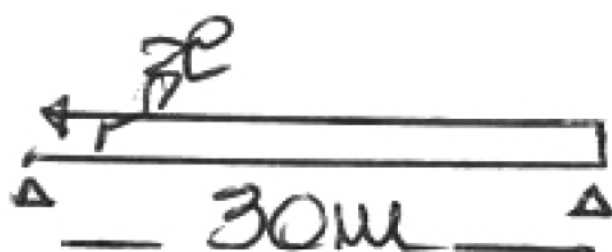


6 Rondas (50 + 40 + 20 + 40m) Reg 2  
Pausa de ronda 1'





4 Rep. / 60m / Reg. 30" / = 240m  
Pausa de serie 2'

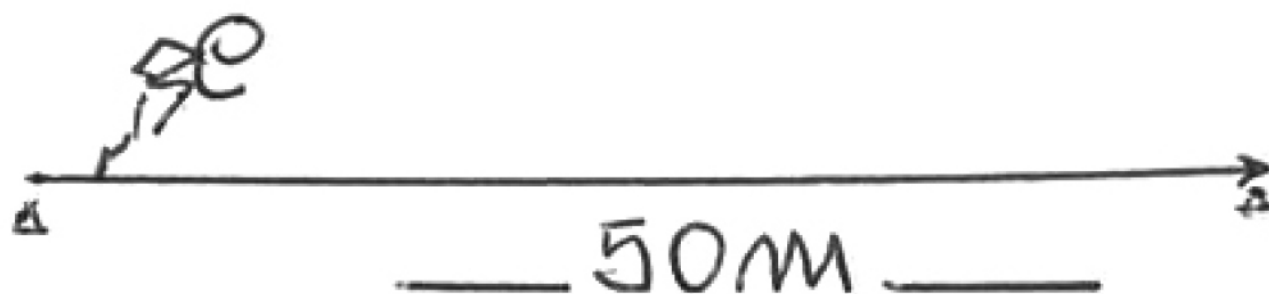


4 Rep. / 60m / Reg. 40" / = 240m  
Pausa de serie 2'



4 Rep. / 60m / Reg. 45" / = 240m

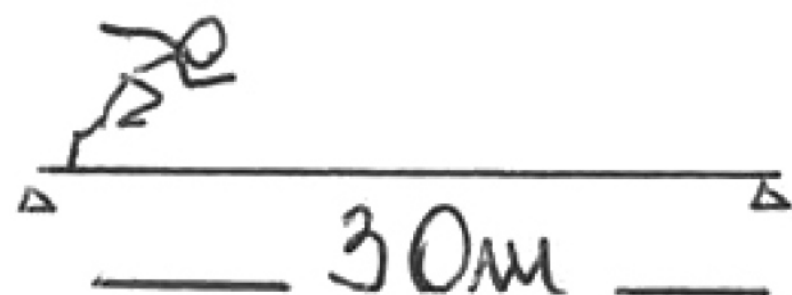




6 Rep. / 50m / Reg. 30" / = 300m  
Pausa de serie 2'



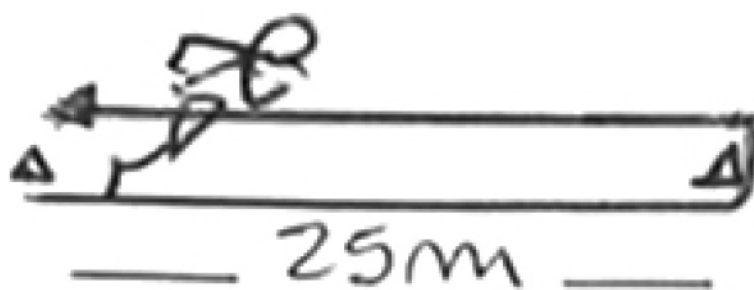
6 Rep. / 40m / Reg. 25" / = 240m  
Pausa de serie 2'



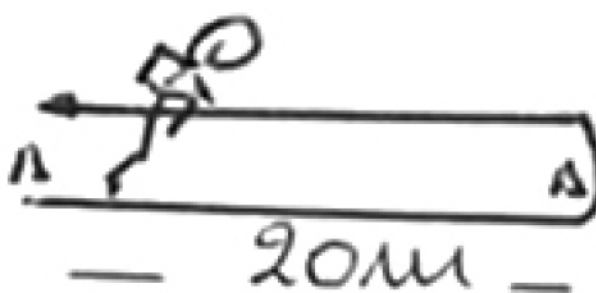
6 Rep. / 30m / Reg. 20" / = 180m



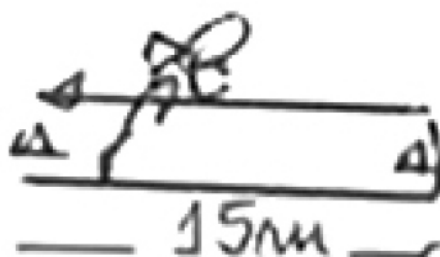




6 Rep. / 50m / Reg. 30" / = 300m  
Pausa de serie 2'



6 Rep. / 40m / Reg. 30" / = 240m  
Pausa de serie 2'



6 Rep. / 30m / Reg. 30" / = 180m

