

————— 20 m —————



15" Trabajo

3 m

4 Rondas
Reg. 75"



4 Rondas
Reg. 75"



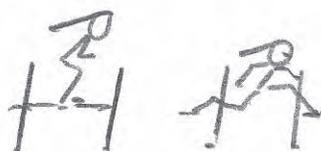
4 Rondas
Reg. 75"



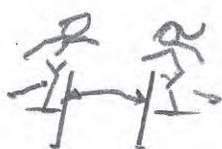
3 x 20" Trabajo
40" Pausa



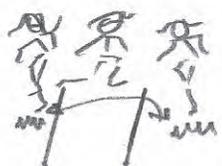
3 x 20" Trabajo
40" Pausa



3 x 20" Trabajo
40" Pausa

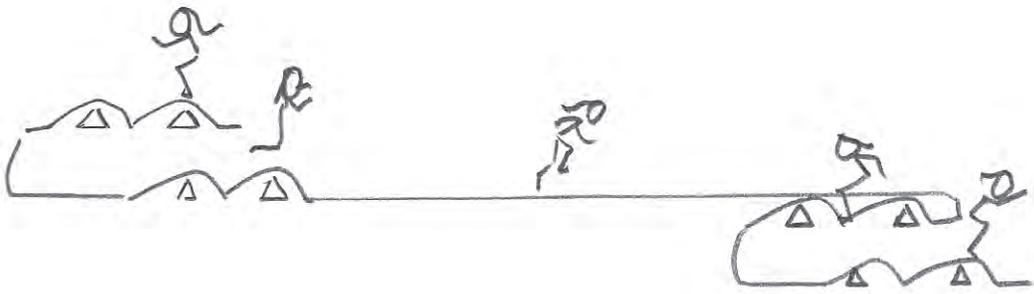


3 x 20" Trabajo
40" Pausa

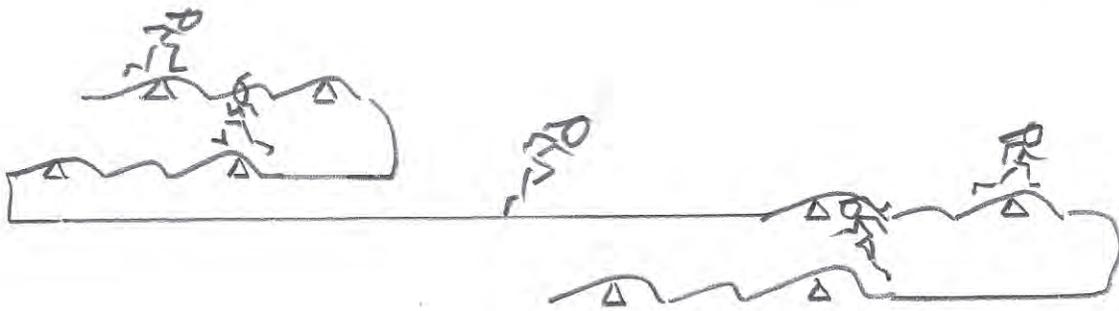


3 x 20" Trabajo
40" Pausa

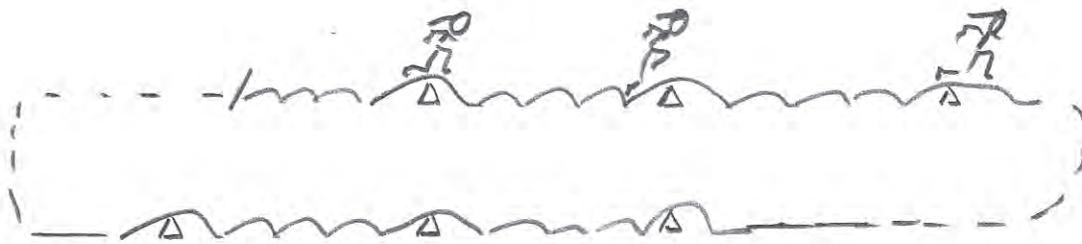
15 m



4 Rep.
Reg. 75"

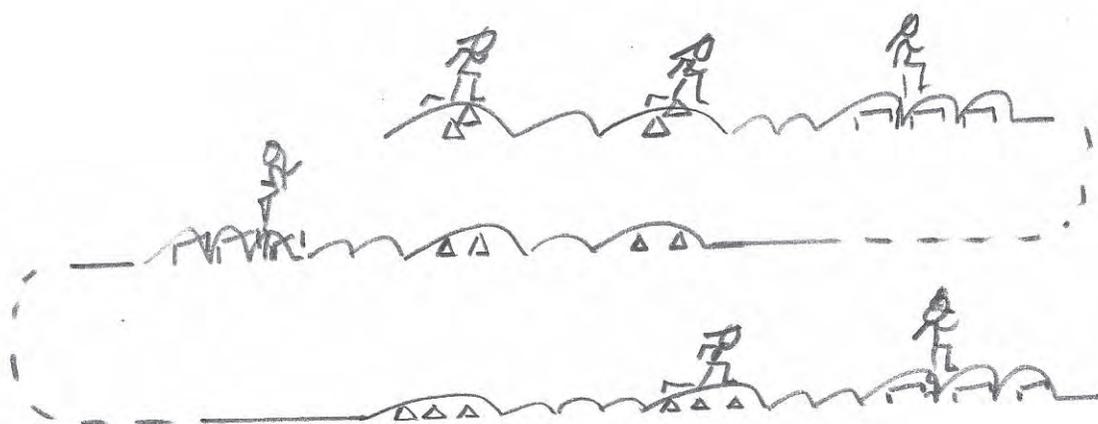


4 Rep.
Reg. 75"

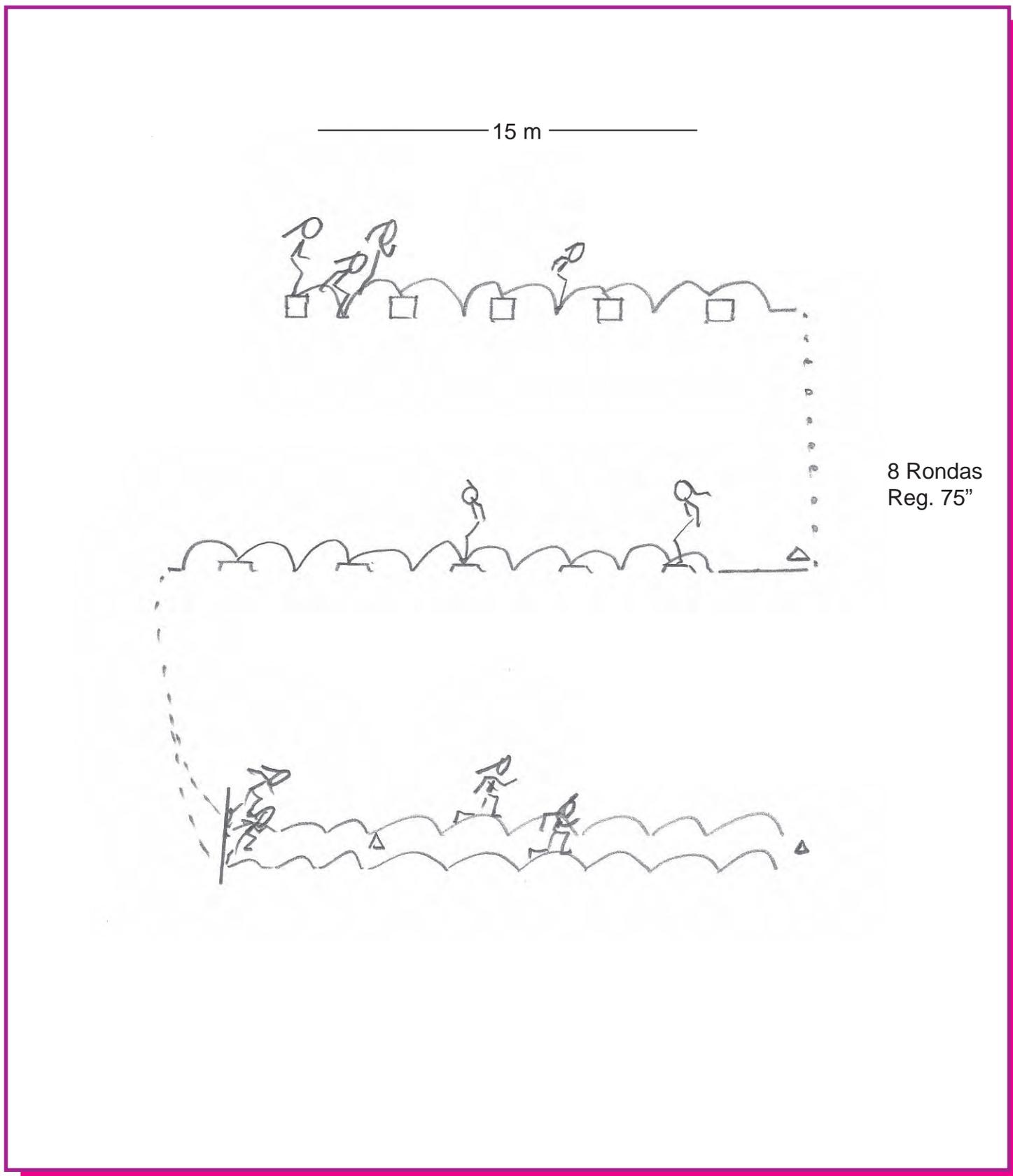


4 Rep.
Reg. 75"

————— 15 m —————

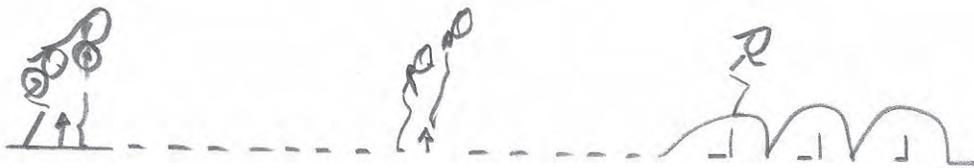


8 Rep.
Reg. 75"

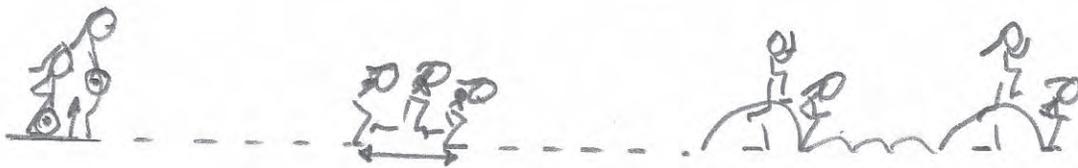


8 Rondas
Reg. 75''

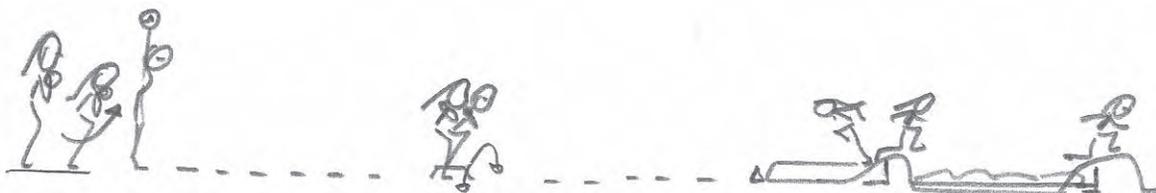
————— 20 m —————



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

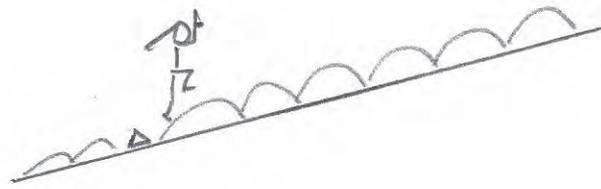


4 Rep.
Reg. 1'

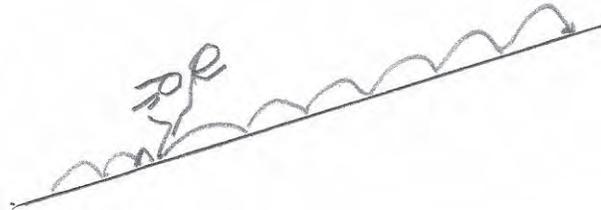
————— 15 m —————



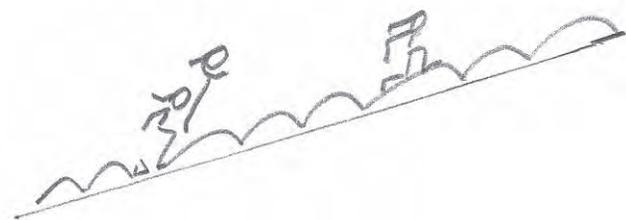
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

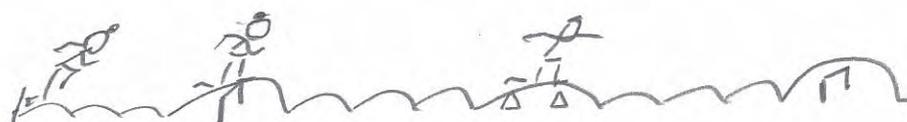


4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

————— 20 m —————



4 Rep.
Reg. 1'



5 Rep.
Reg. 1'



4 Rep.
Reg. 1'

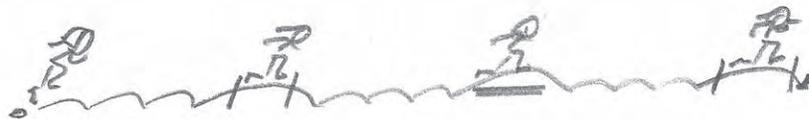
————— 20 m —————



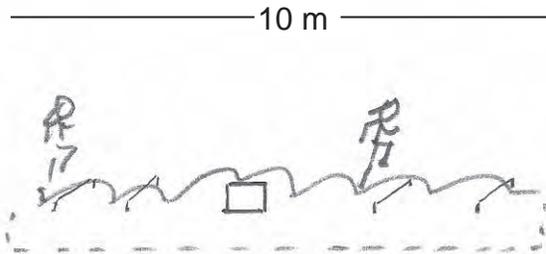
4 Rep.
Reg. 1'



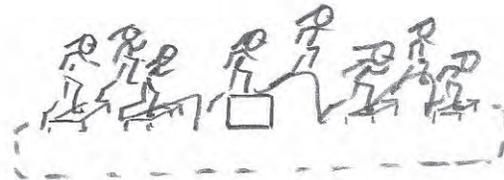
4 Rep.
Reg. 1'



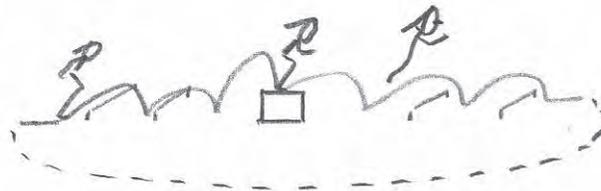
4 Rep.
Reg. 1'



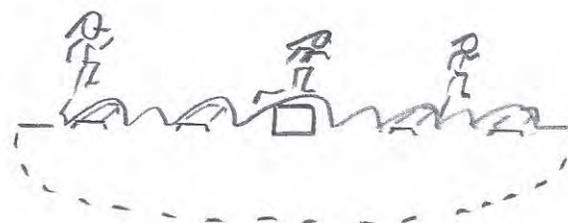
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

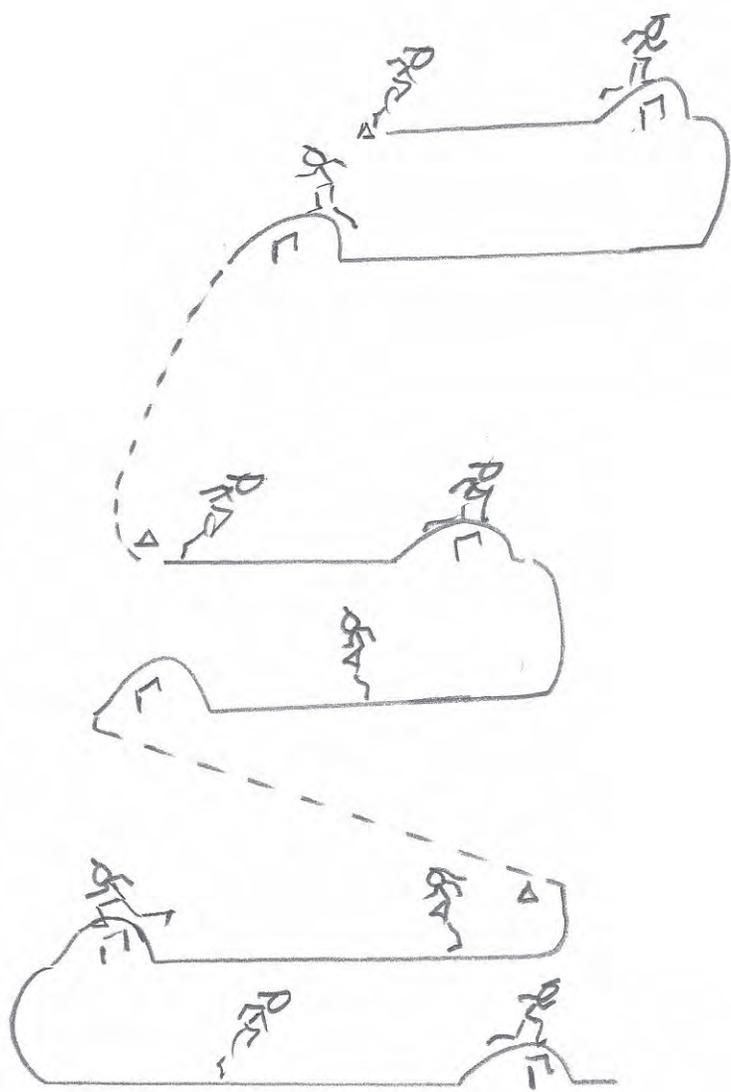


4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

5 m



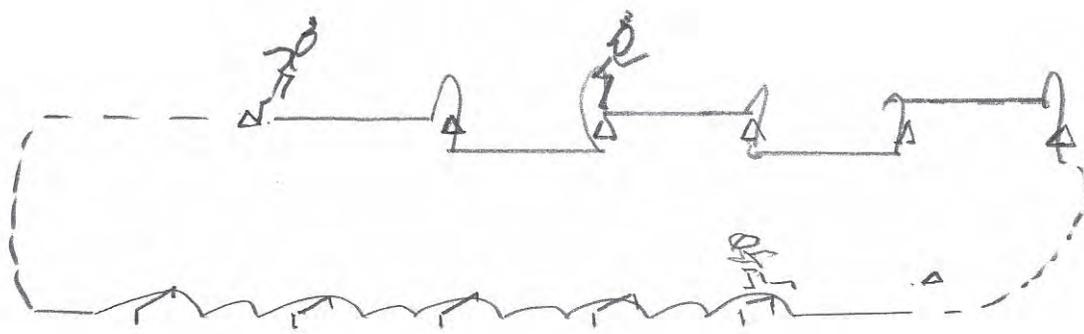
4 Rep.
Reg. 90"

25 m

E1



E2



4 Rondas x E1 - E2
Reg. 1'
2' Pausa de Ejercicio

————— 20 m —————



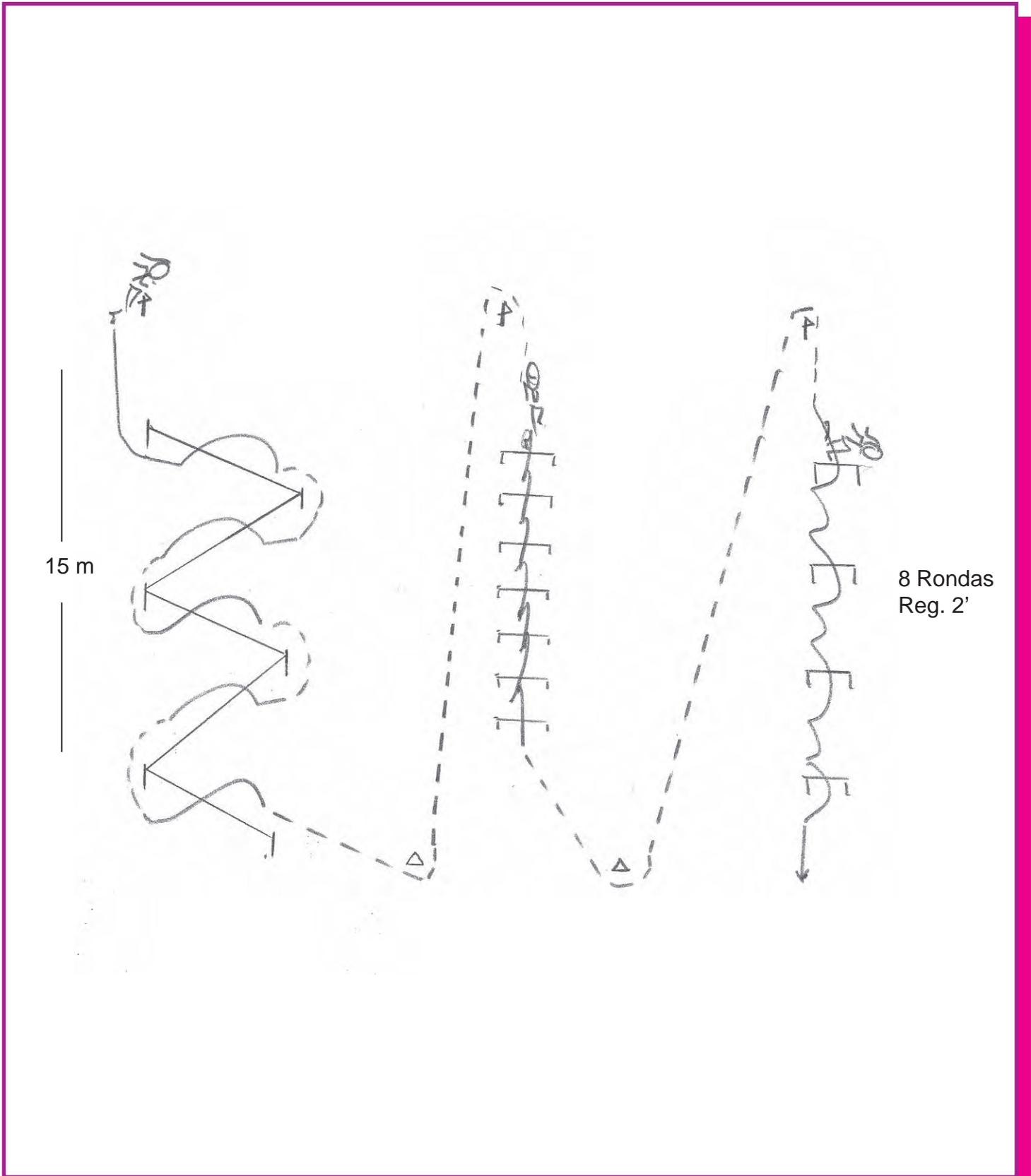
4 Rep.
Reg. 75"



4 Rep.
Reg. 75"



4 Rep.
Reg. 75"



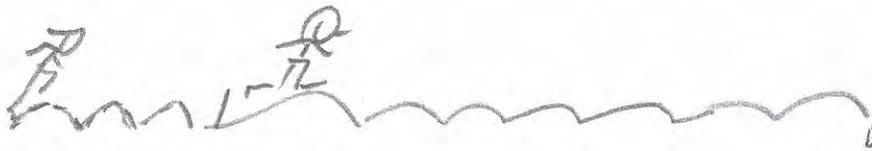
————— 20 m —————

Steps



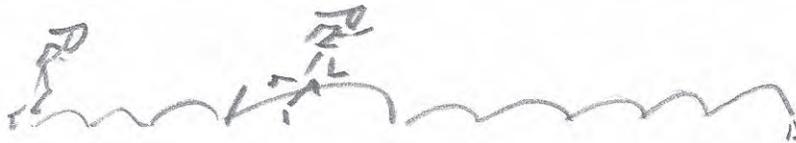
2 Rep.
Reg. 1'

Steps



2 Rep.
Reg. 1'

Steps



2 Rep.
Reg. 1'

Steps

Hops



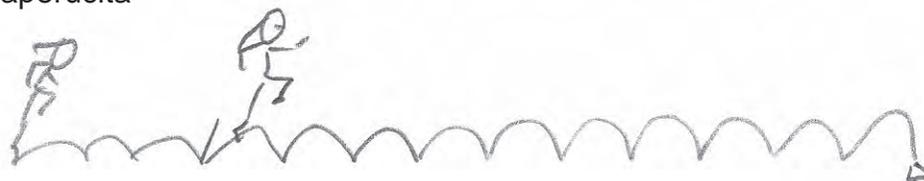
2 Rep.
Reg. 1'

Steps



2 Rep.
Reg. 1'

Caperucita



2 Rep.
Reg. 1'

15 m



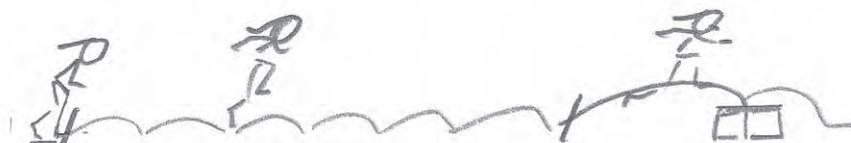
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

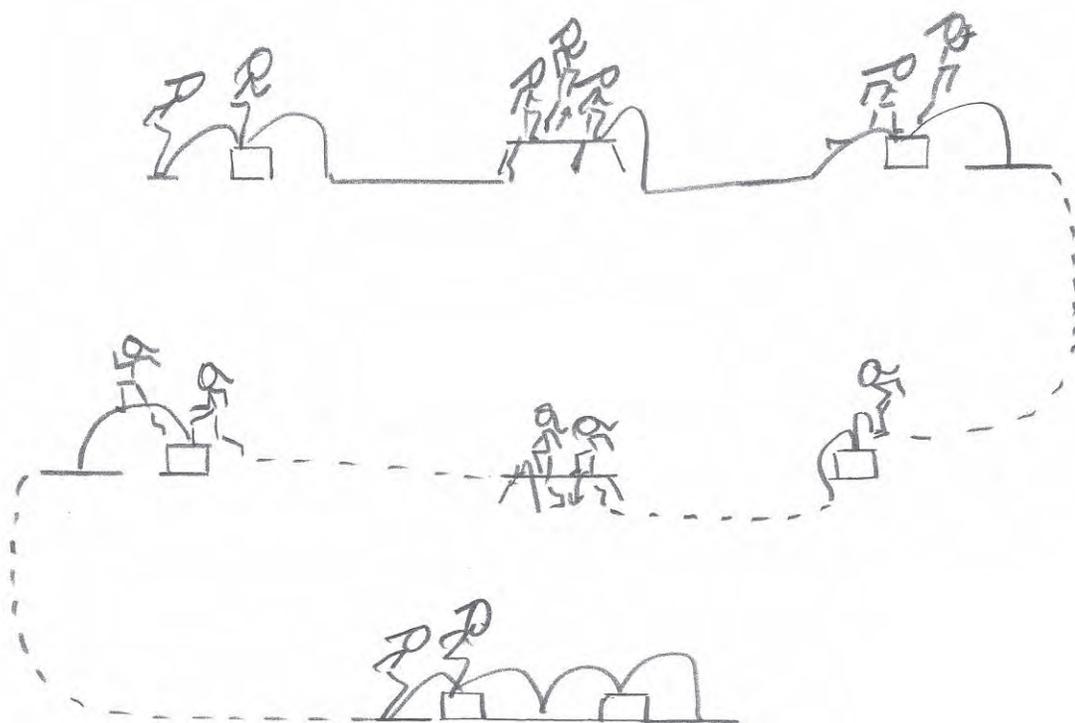


4 Rep.
Reg. 45"



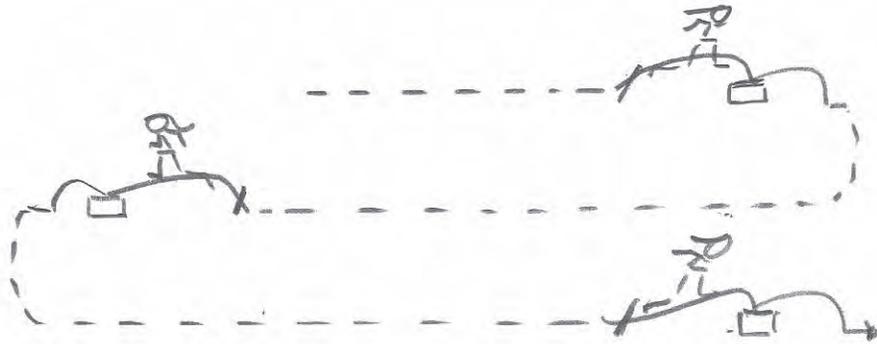
4 Rep.
Reg. 45"

15 m

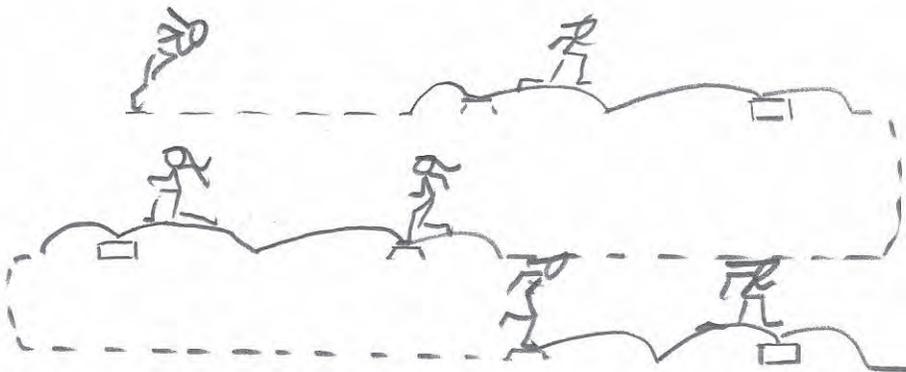


8 Rondas
Reg. 90"

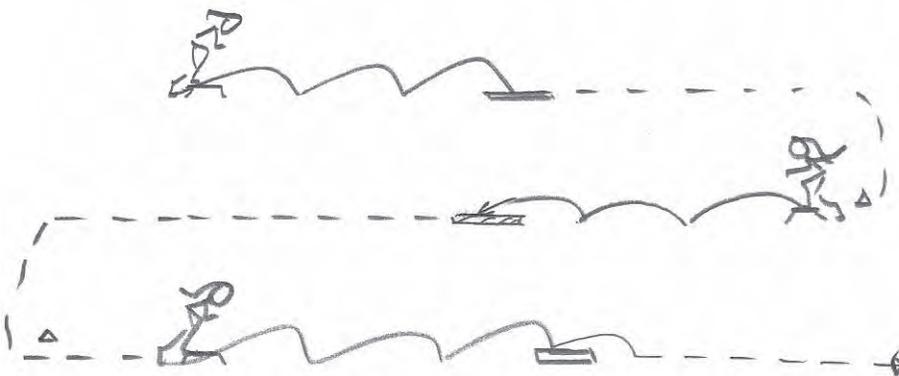
15 m



3 Rondas
Reg. 90"



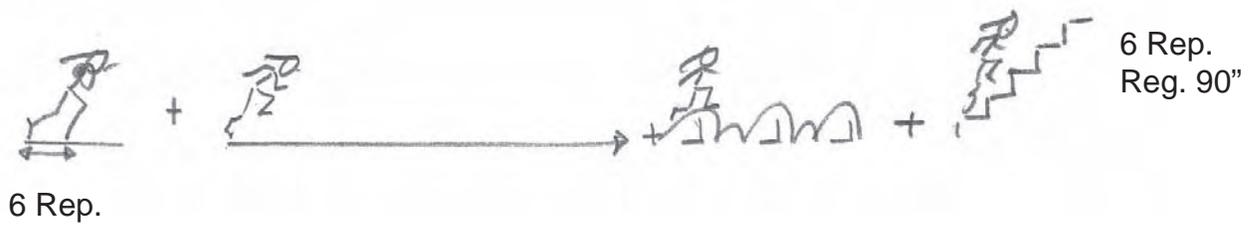
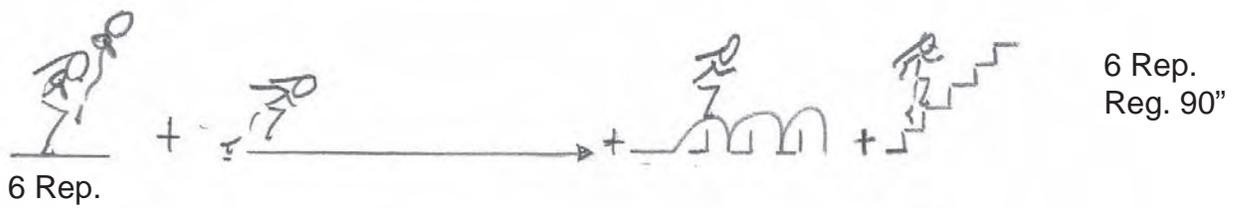
3 Rondas
Reg. 90"



3 Rondas
Reg. 90"

Bolsa de arena 7 a 10 kg

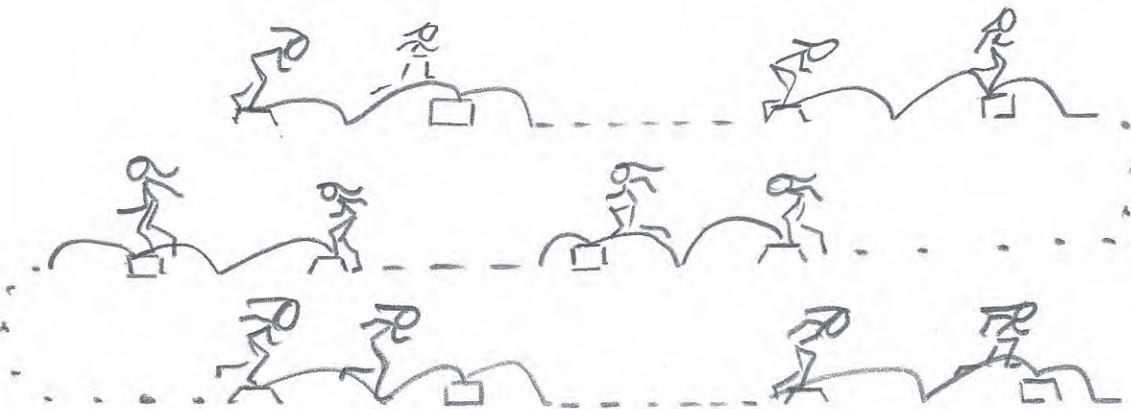
15 m 6 m



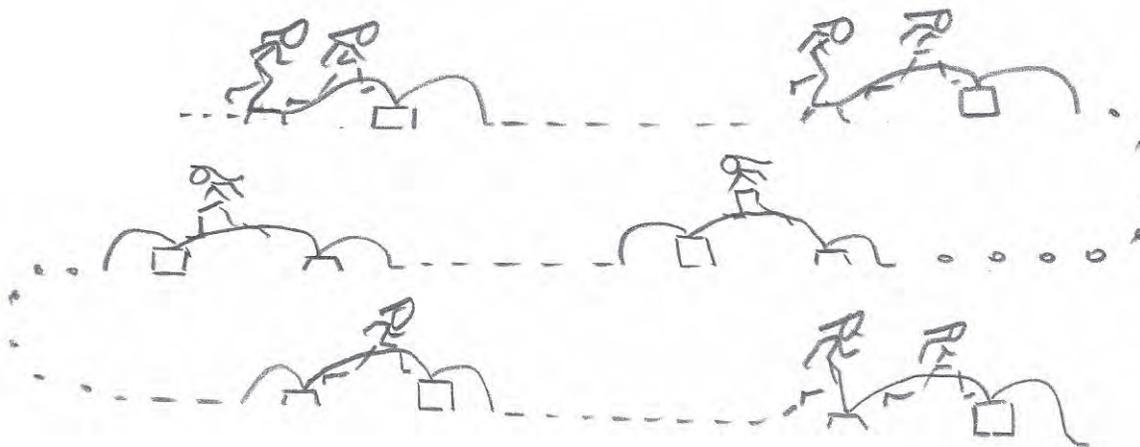
15 m



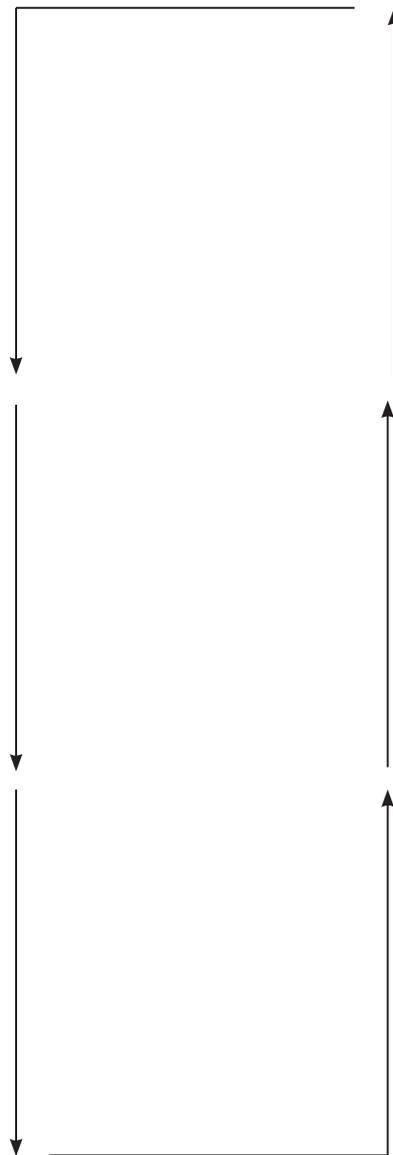
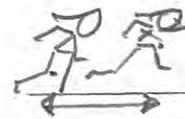
4 Rep.
Reg. 75"



4 Rep.
Reg. 75"



4 Rep.
Reg. 75"



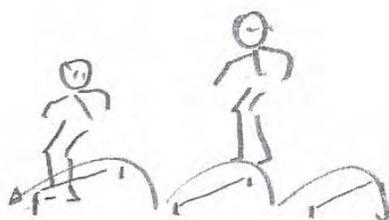
8 Rondas
15" Trabajo
15" Pausa

Steps laterales



3 x 15"
Reg. 1'

Jumps



3 x 15"
Reg. 1'

Hops



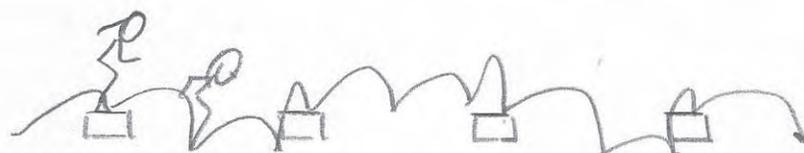
3 x 15"
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



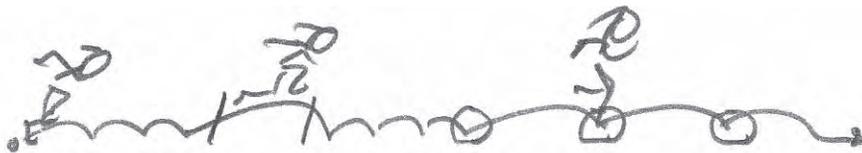
4 Rep.
Reg. 1'



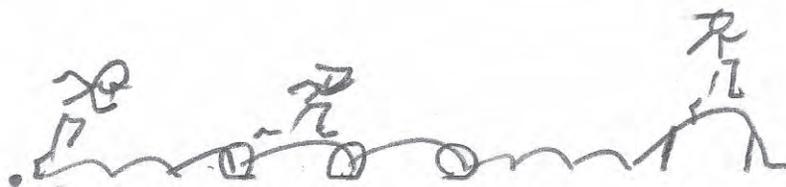
3 Rep.
Reg. 45"



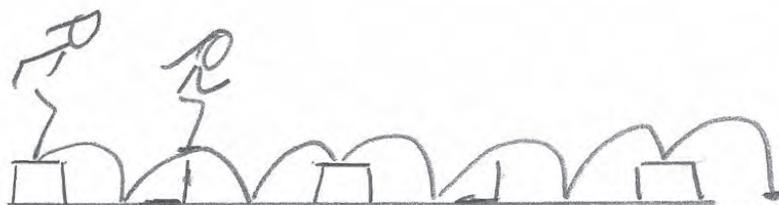
3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



5 Rep.
Reg. 1'



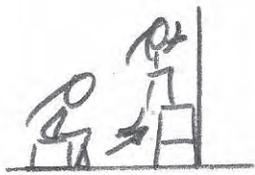
4 Rep.
Reg. 1'



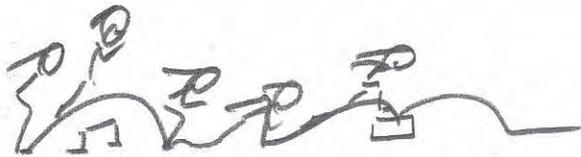
3 Rep.
Reg. 1'



6 Rep.
Reg. 30"



3x6 Rep.
Reg. 45"



6 Rep.
Reg. 30"



6 Rep.
Reg. 60"



5 Rep.
Reg. 45"



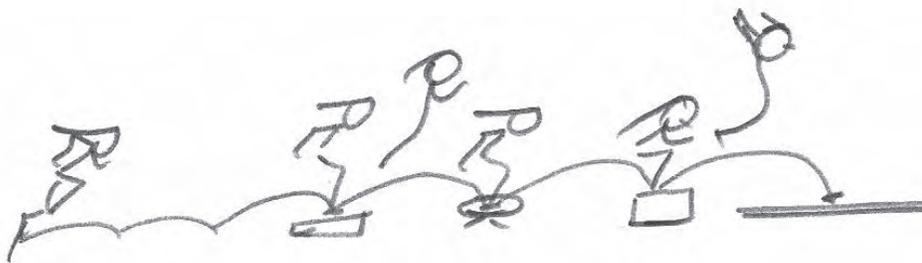
5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"

1



4



2



5



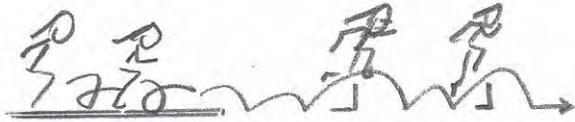
3



6



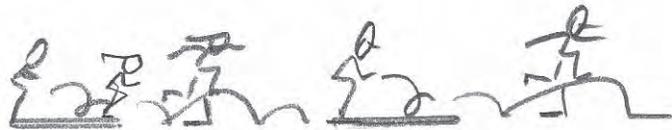
3 Rondas (1 - 2 - 3 - 4 - 5- 6)
20" Trabajo - 40" Pausa



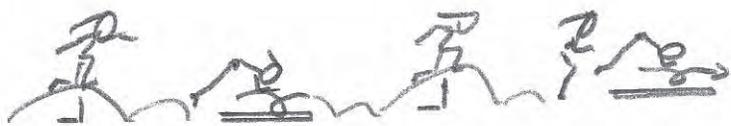
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



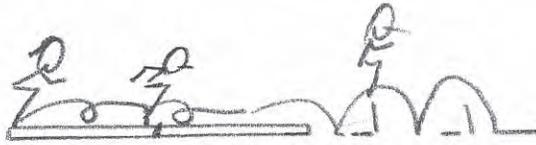
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



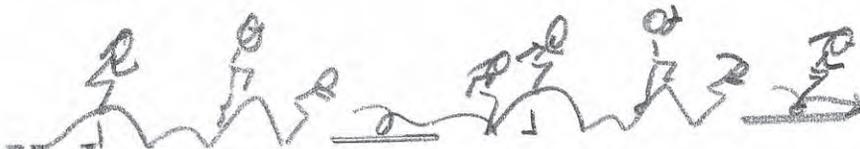
4 Rep.
Reg. 45"



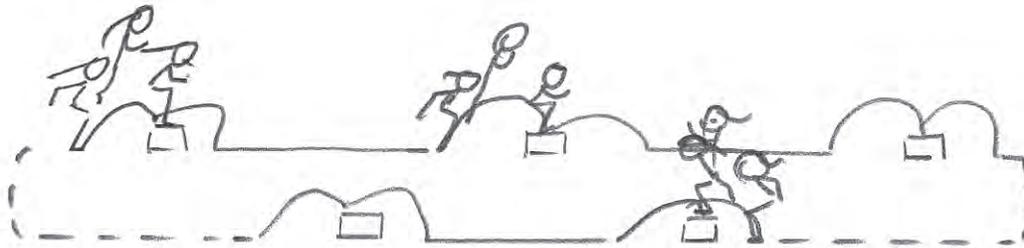
4 Rep.
Reg. 45"



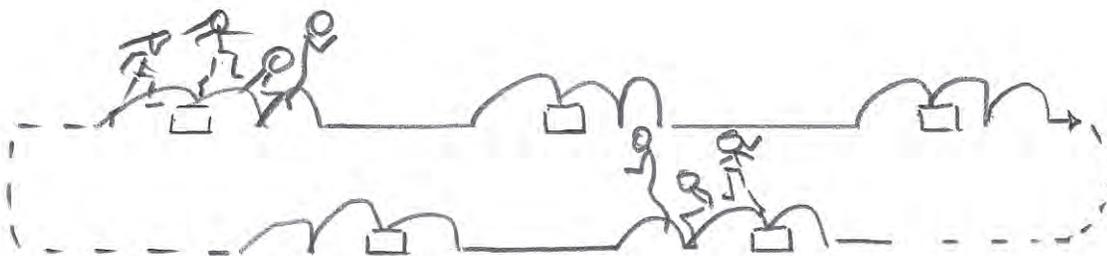
4 Rep.
Reg. 45"



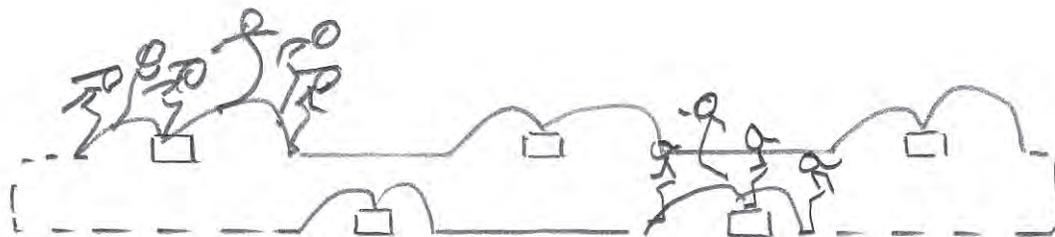
4 Rep.
Reg. 45"



4 Rondas
Reg.1'



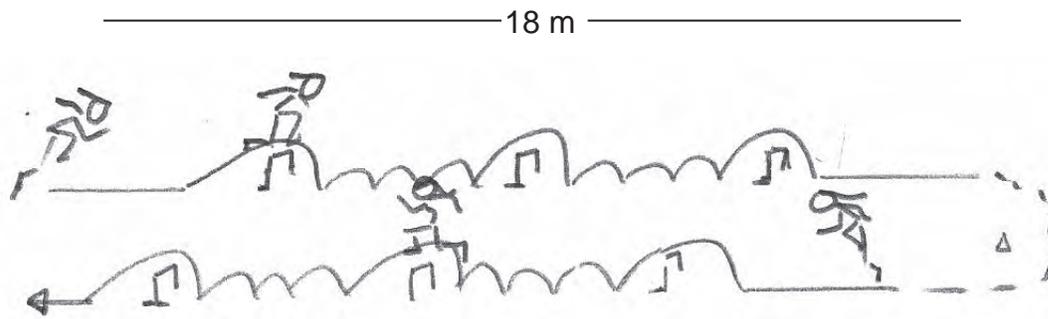
4 Rondas
Reg.1'



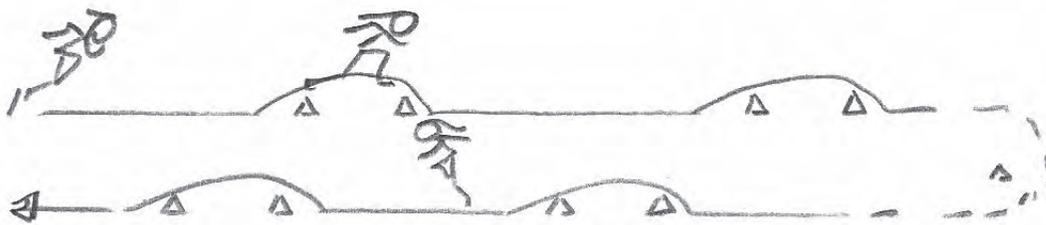
4 Rondas
Reg.1'



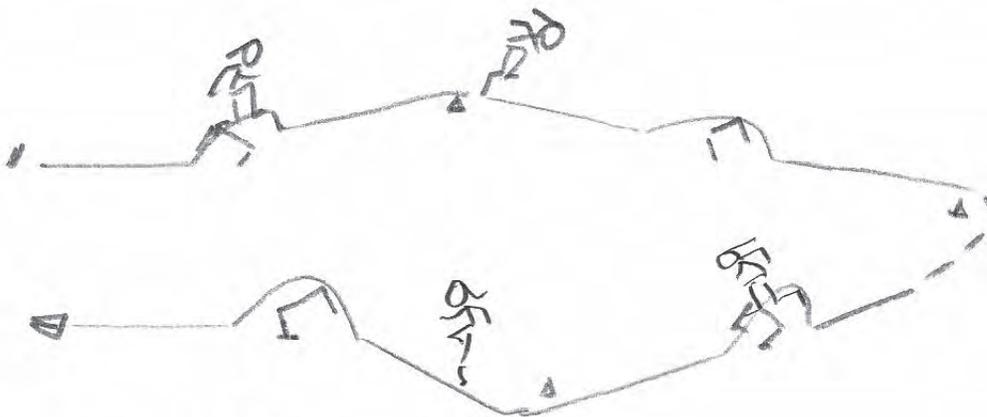
4 Rondas
Reg.1'



3 Rep.
Reg. 75"



3 Rep.
Reg. 75"



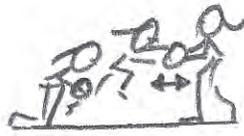
3 Rep.
Reg. 75"



3 Rep.
Reg. 75"



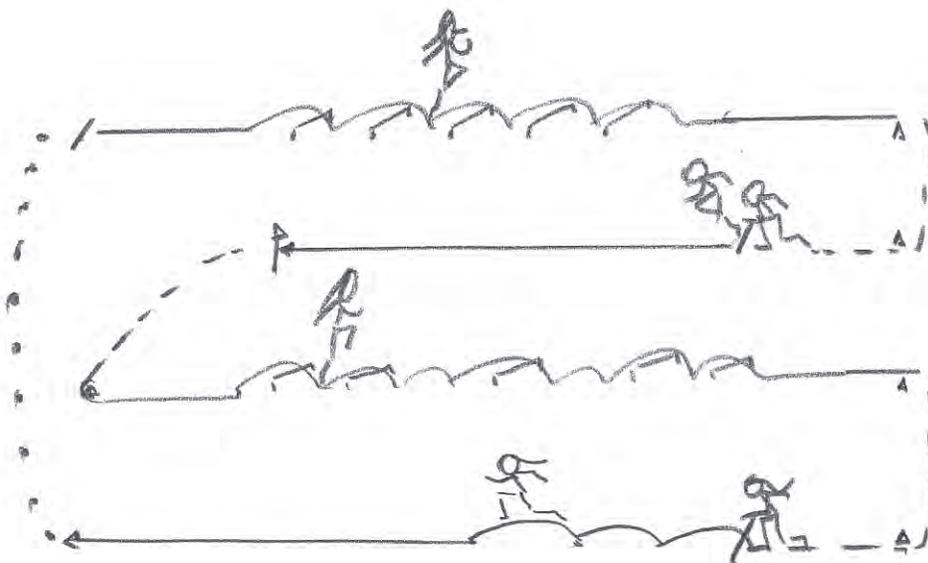
10 Rep.



3 x10 Rep.



10 Rep.
1' de pausa
entre rondas

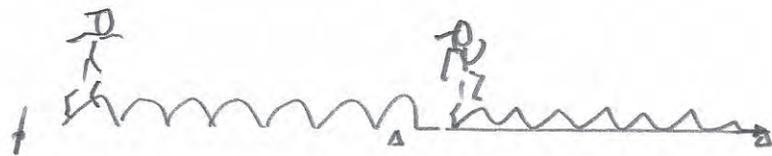


7' Continuos

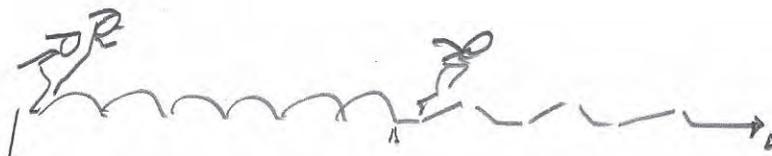
20 m



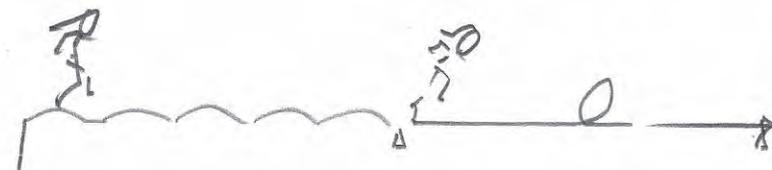
3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

15 m

Carrera Zig Zag



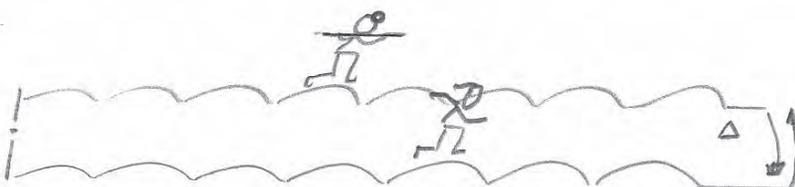
3 Rep.
Reg. 1'

Caperucita



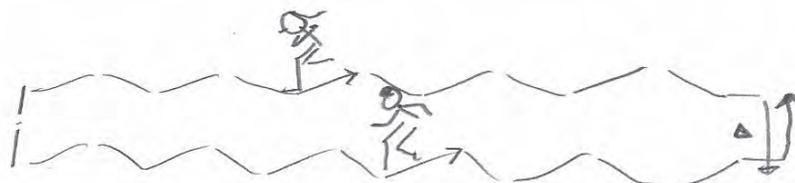
3 Rep.
Reg. 1'

Steps



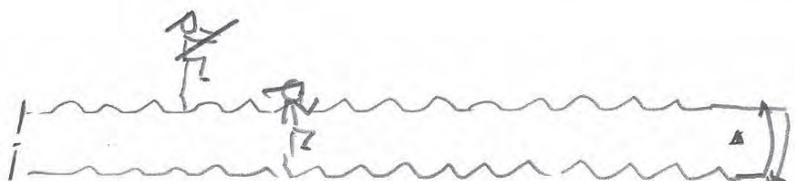
3 Rep.
Reg. 1'

Carrera Perfilada



3 Rep.
Reg. 1'

Skipping

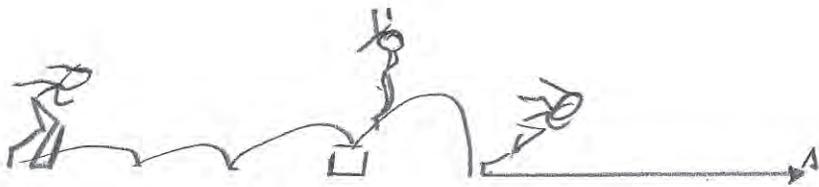


3 Rep.
Reg. 1'

15 m



5 Rep.
Reg. 45"

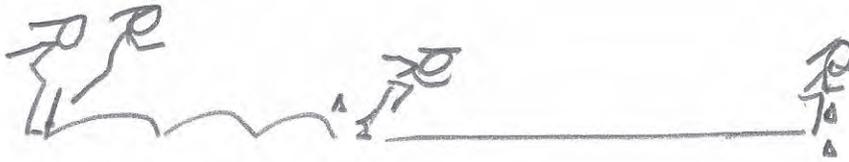


5 Rep.
Reg. 45"

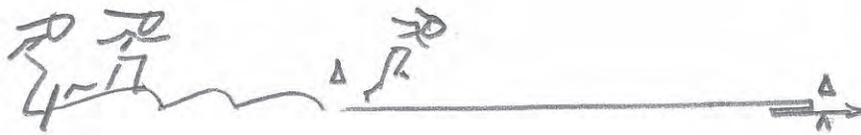


5 Rep.
Reg. 60"

15 m



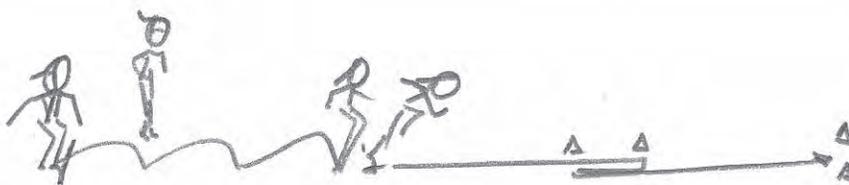
3 Rep.
Reg. 30"



3 Rep.
Reg. 30"



3 Rep.
Reg. 30"



3 Rep.
Reg. 45"

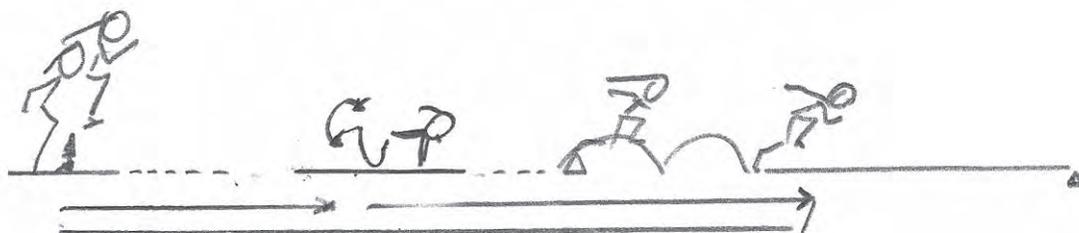


3 Rep.
Reg. 45"

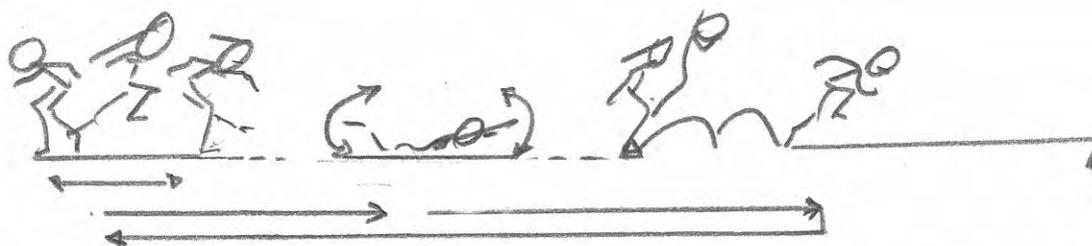
10 Rep.

10 Rep.

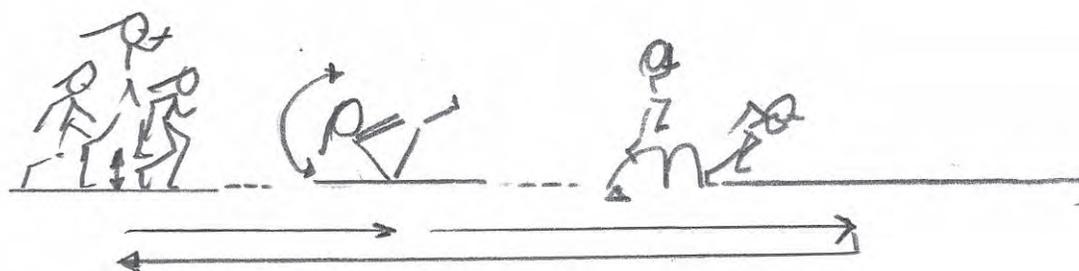
15 m



3 Rondas
Reg. 2'



3 Rondas
Reg. 2'



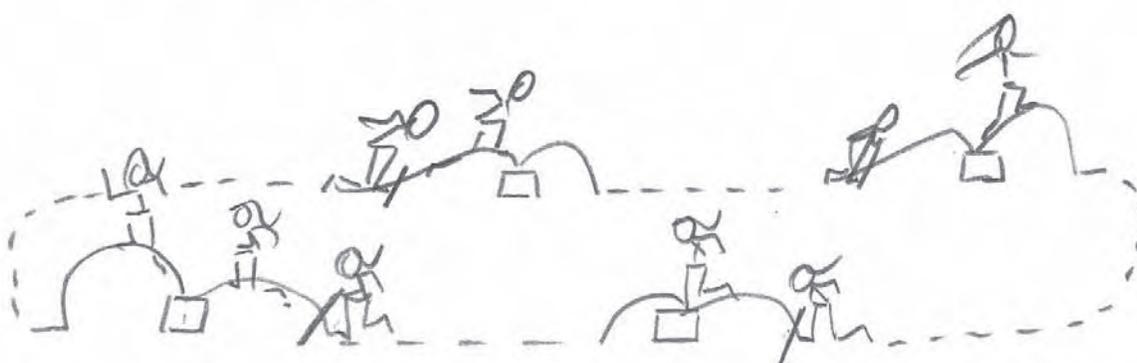
3 Rondas
Reg. 2'



4 Rondas
Reg. 60"



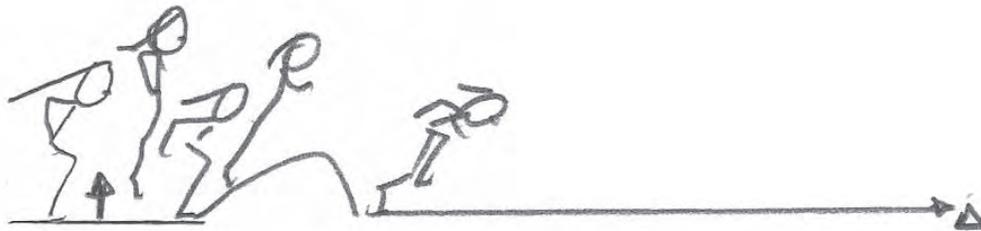
4 Rondas
Reg. 60"



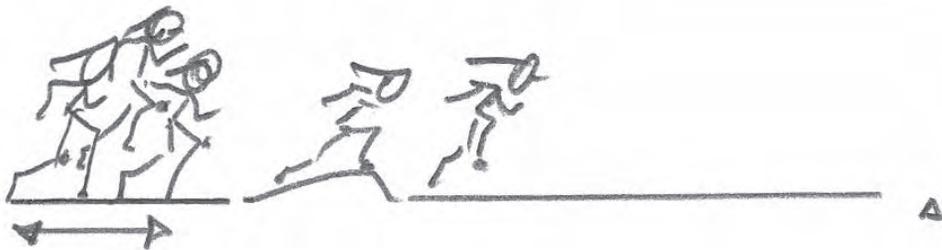
4 Rondas
Reg. 75"

10"

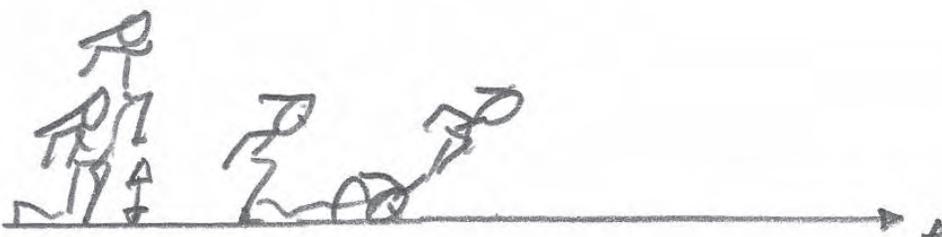
12 m



4 Rep.
Reg. 60"



4 Rep.
Reg. 75"

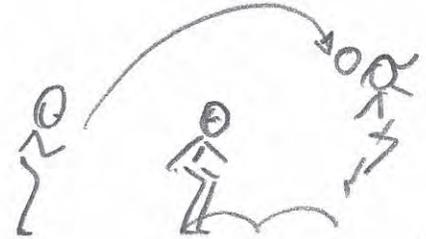


4 Rep.
Reg. 90"

1



4



2



5



3



6



2 x 6 Rep. con cada jugador x (1 - 2 - 3 - 4 - 5- 6)

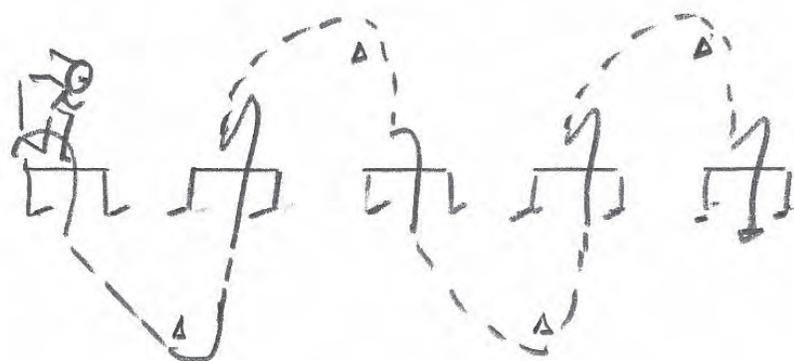


5 Rep.
Reg. 60"

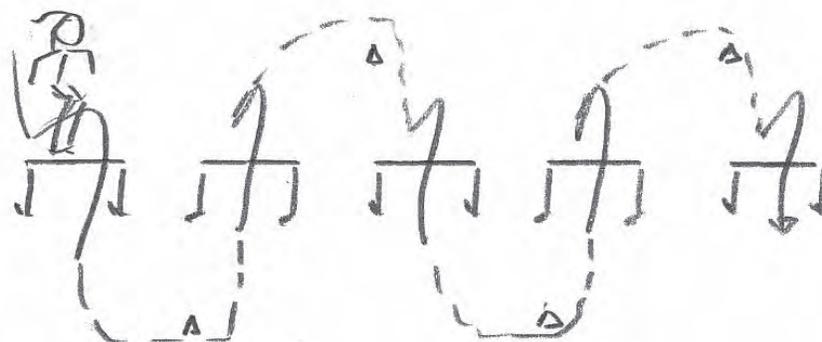


5 Rep.
Reg. 60"

4 Rep.
Reg. 90"



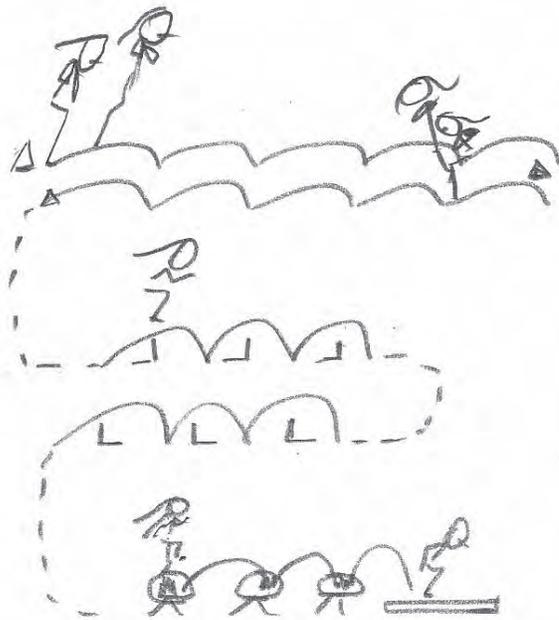
5 Rep.
Reg. 60"



5 Rep.
Reg. 60"

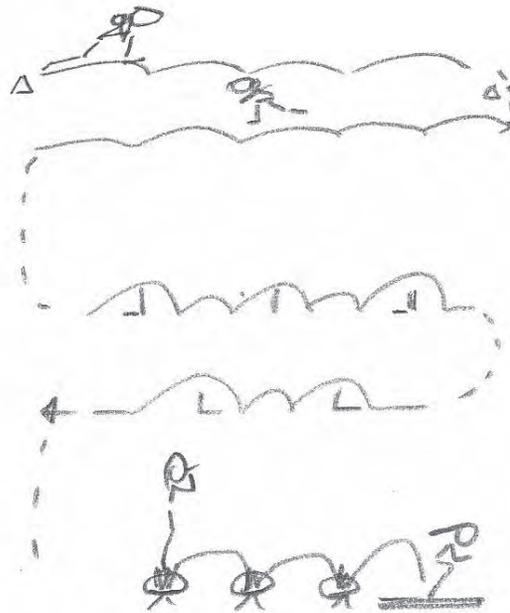
4 Rep.
Reg. 90"

Bolsa de arena



5 Rondas
Reg. 90"

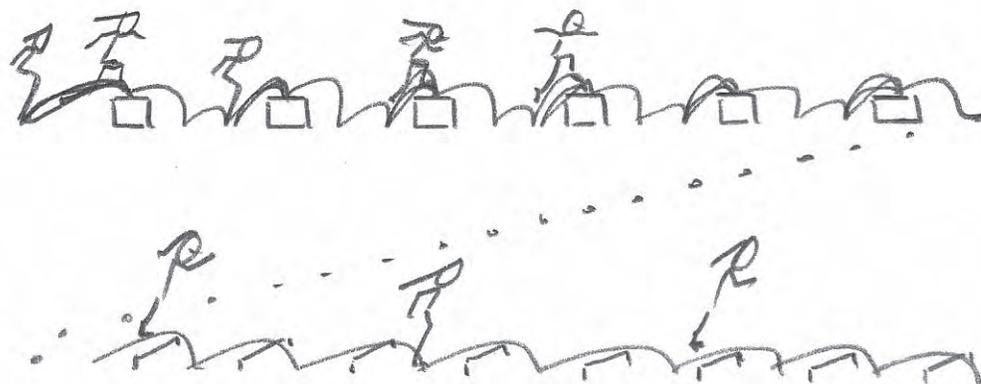
Bolsa de arena



5 Rondas
Reg. 90"



4 Rondas
Reg. 75"



4 Rondas
Reg. 75"

E1



E2



4 Rep. / Reg. 1' x E1 - E2

Bastón, caja, liga



4 x 30"
Reg. 90"



4 x 30"
Reg. 90"

E1

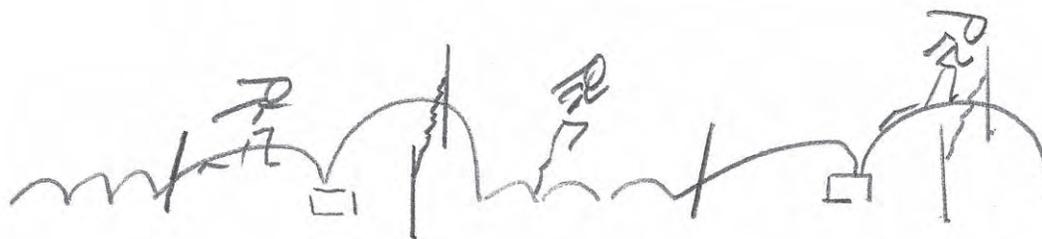


E2



5 Rep. / Reg. 60" x E1 - E2

E1



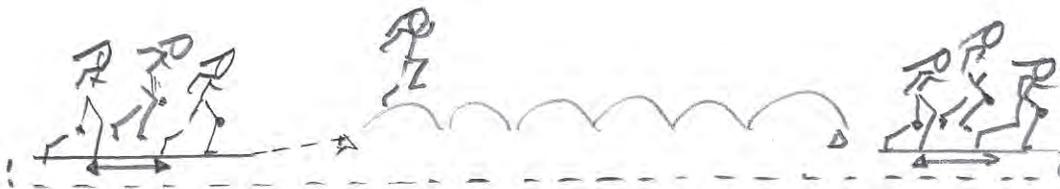
E2



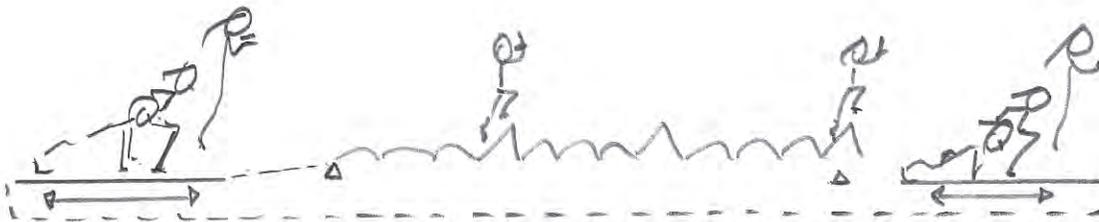
5 Rep. / Reg. 60" x E1 - E2



5 Rep.
Reg. 75"



5 Rep.
Reg. 75"



5 Rep.
Reg. 75"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



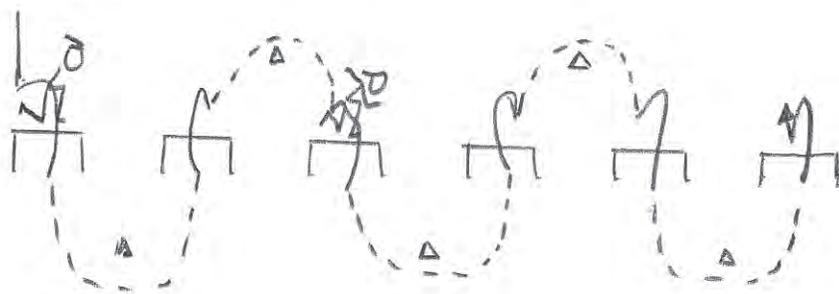
4 Rep.
Reg. 60"



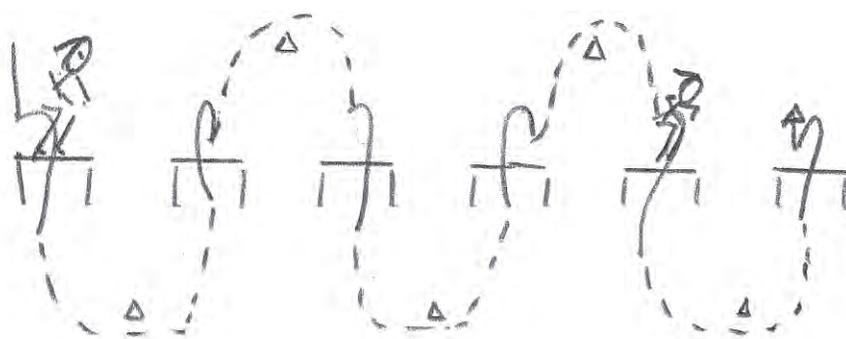
4 Rep.
Reg. 60"



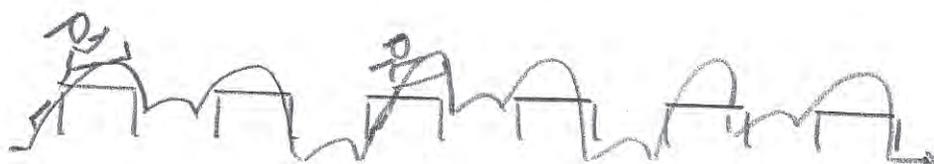
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



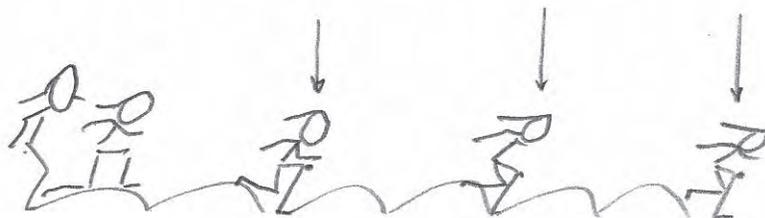
4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



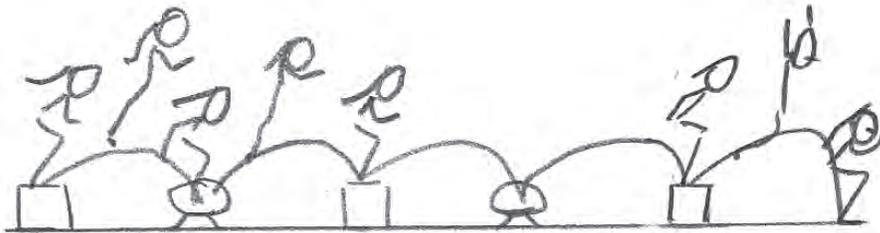
4 Rep.
Reg. 45"



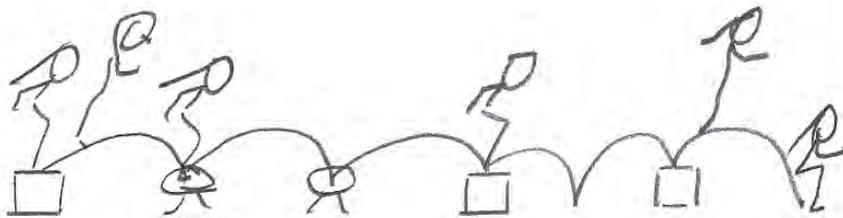
4 Rep.
Reg. 45"



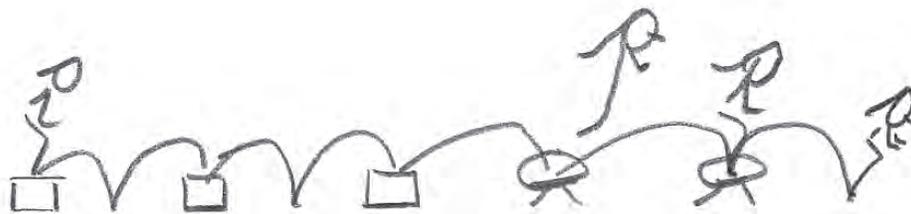
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



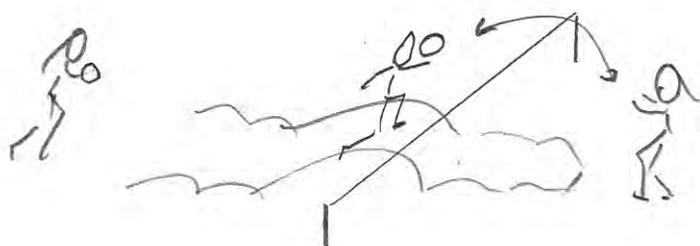
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



3 x 30" de trabajo
Reg. 90"



3 x 30" de trabajo
Reg. 90"



3 x 30" de trabajo
Reg. 90"



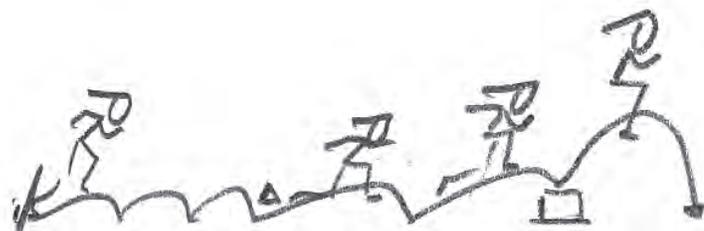
4 Rep.
Reg. 45"



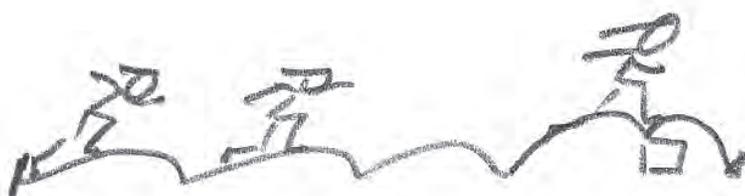
4 Rep.
Reg. 45"



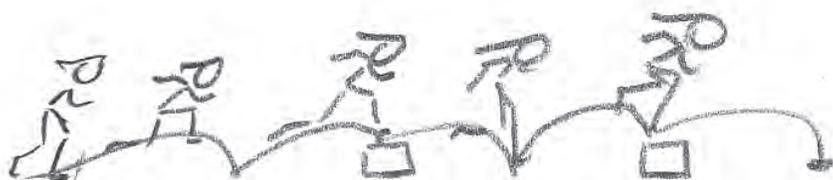
4 Rep.
Reg. 45"



4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



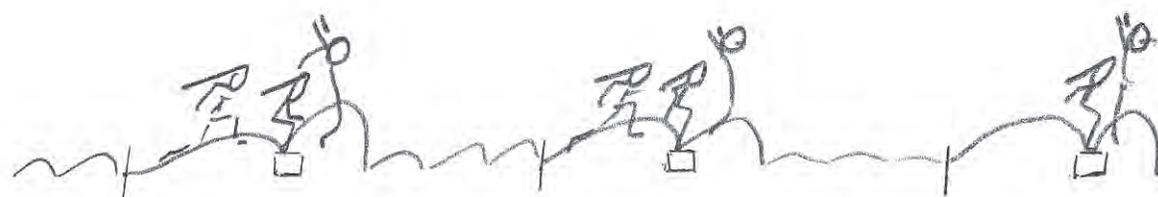
4 Rep.
Reg. 30"



4 Rep.
Reg. 60"



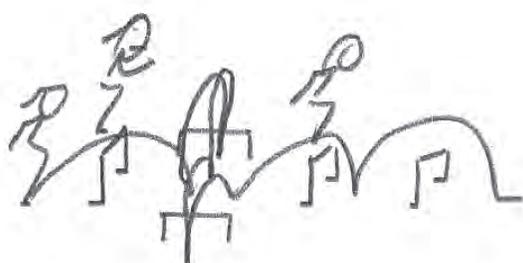
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 45"

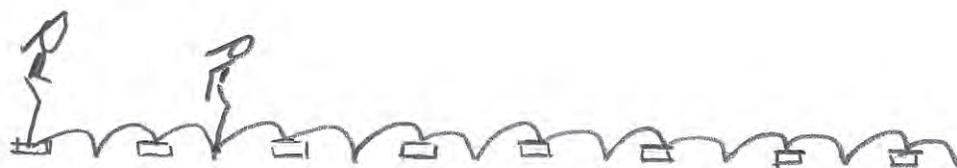


4 Rep.
Reg. 45"

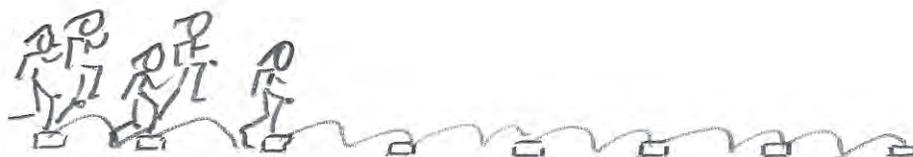


4 Rep.
Reg. 45"

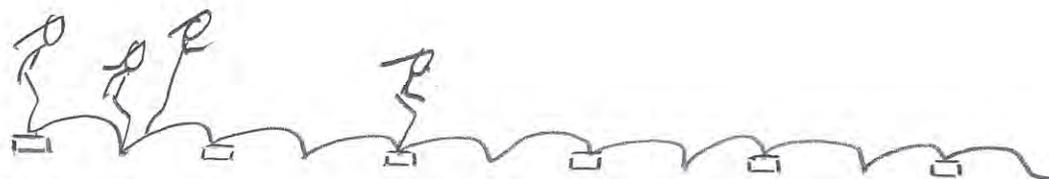
E1



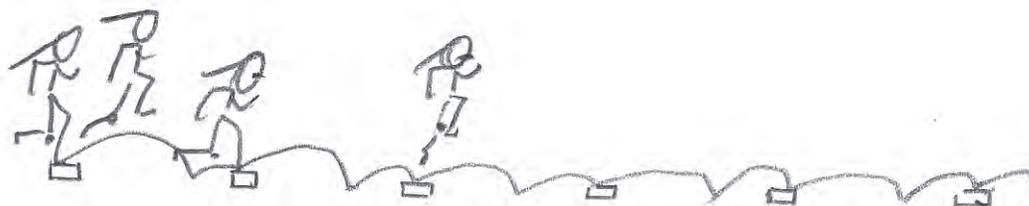
E2



E3



E4



3 Rep. / Reg. 45" x E1 - E2 - E3 - E4



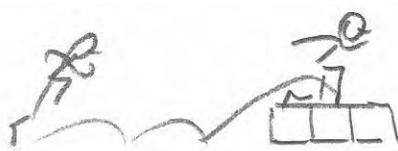
6 Rep.



6 Rep.



6 Rep.



6 Rep.



4 Rep.
Reg. 45"



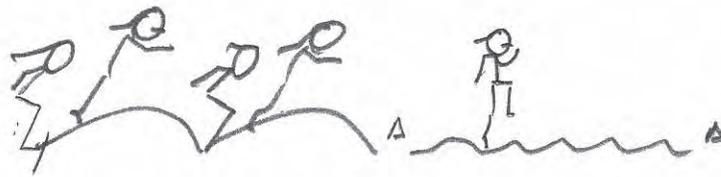
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



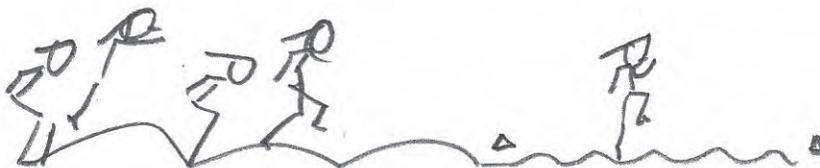
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



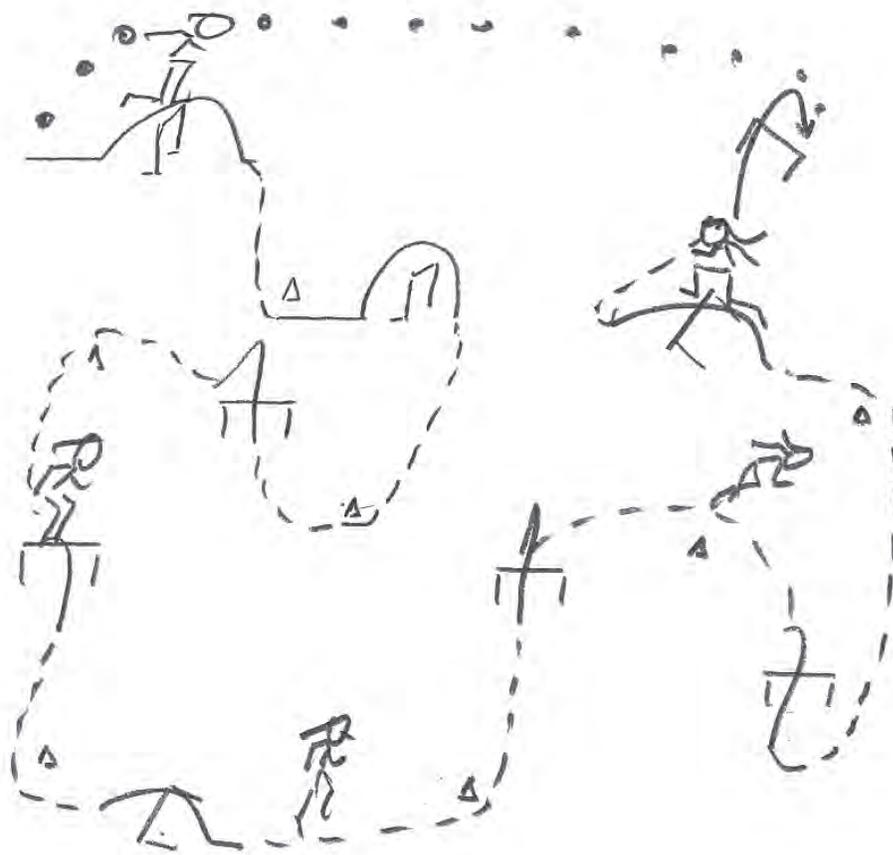
4 Rep.
Reg. 45"



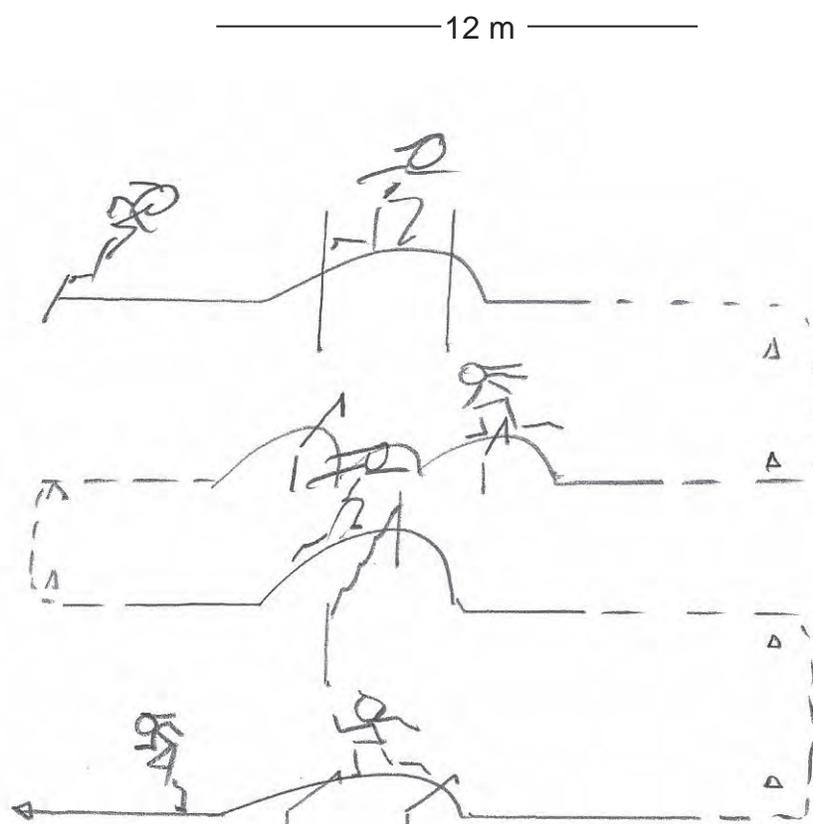
4 Rep.
Reg. 45"



6 Series
30" de trabajo
45" de pausa



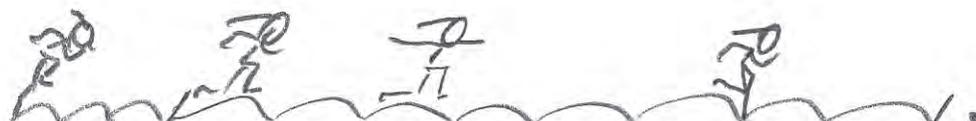
8 Rondas
Reg. 90"



8 Rondas
Reg. 90"

————— 15 m —————

Steps



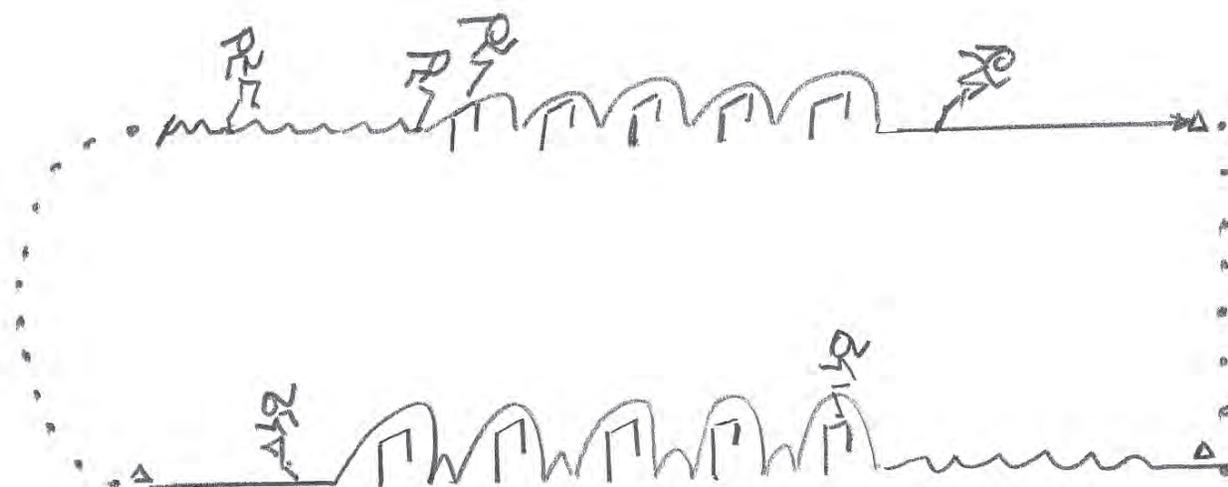
Hops Izq. - Der.



Caperucita



8 Rondas
Reg. 90"

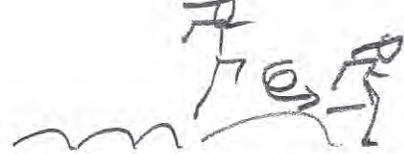


8 Rep. / Reg. 75"

1



6



2



7



3



8



4



9



5



10

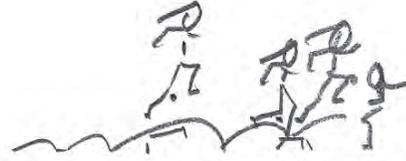


3 Rep. de cada ejercicio

1



6



2



7



3



8



4



9



5

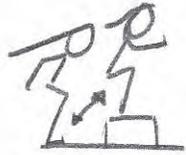


10



3 Rep. de cada ejercicio

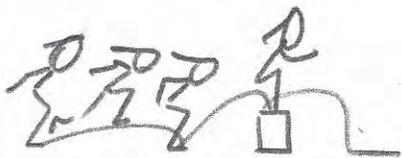
1



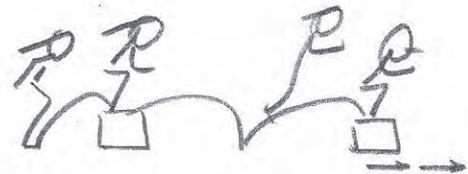
5



2



6



3



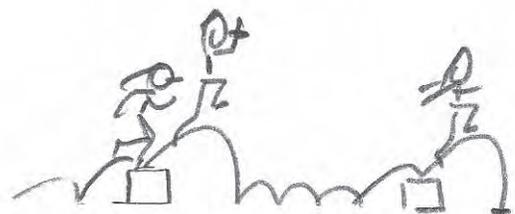
7



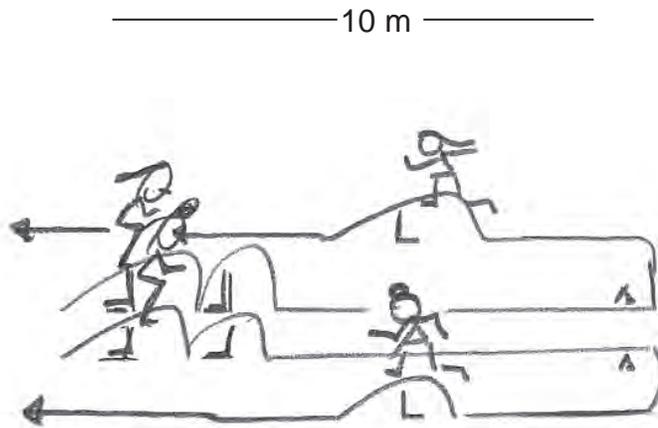
4



8



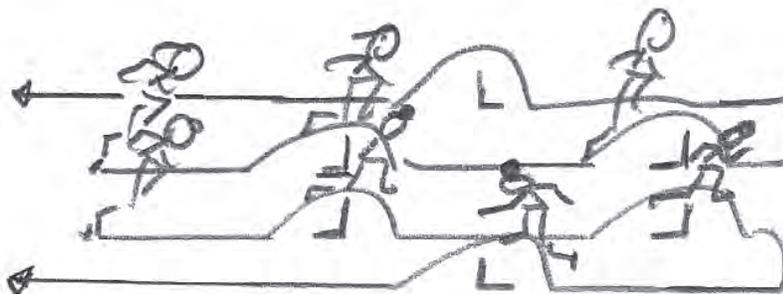
3 Rep. de cada ejercicio



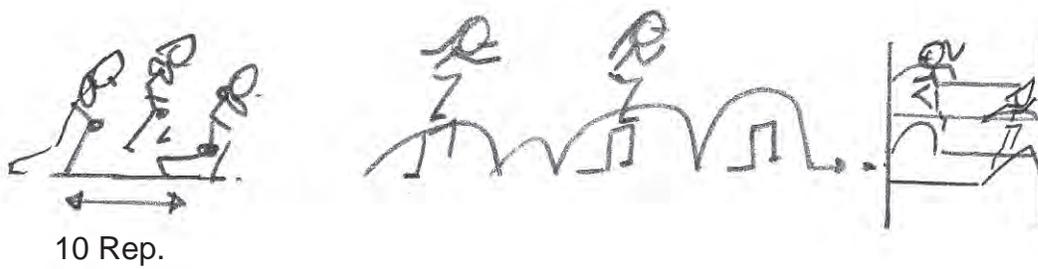
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



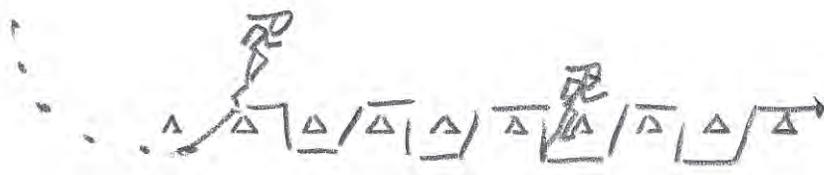
Arranque



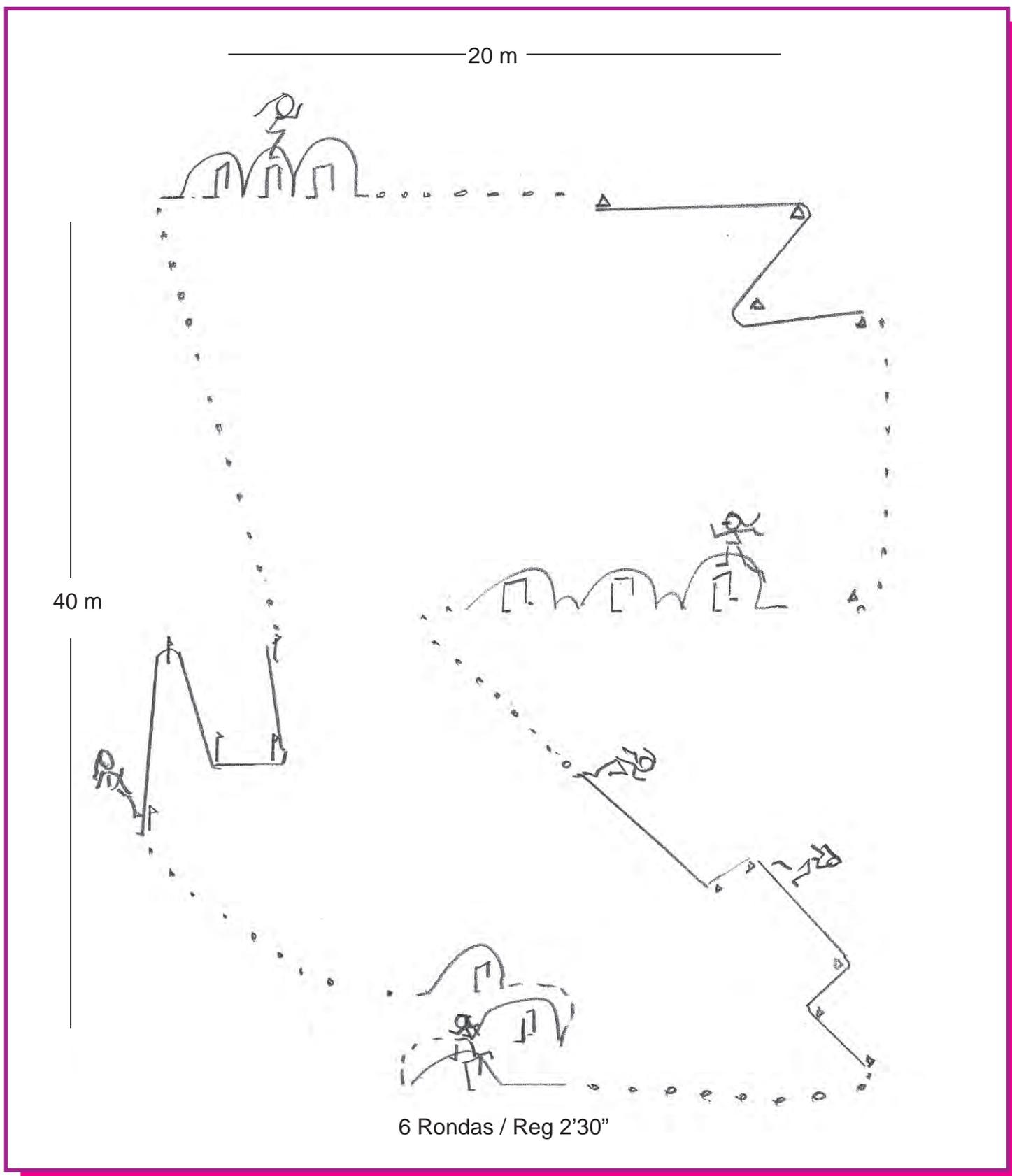
Jumps



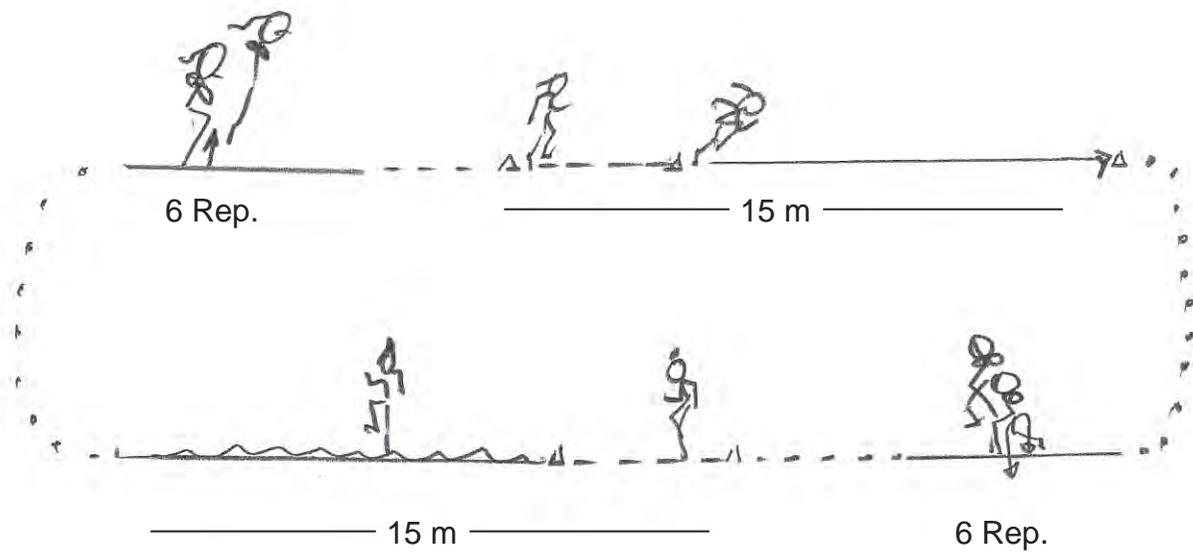
Carrera en Zig Zag



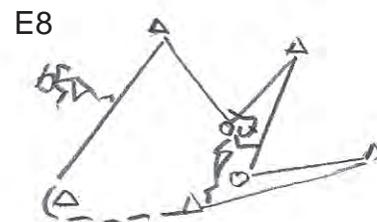
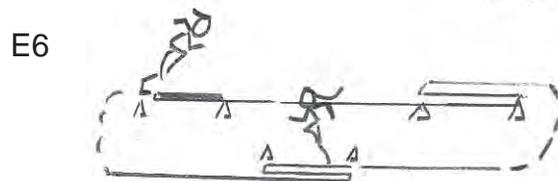
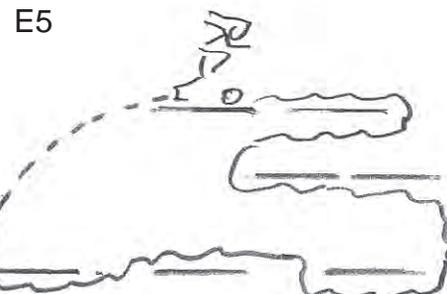
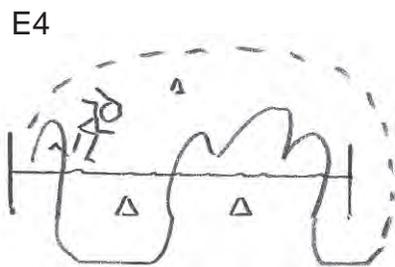
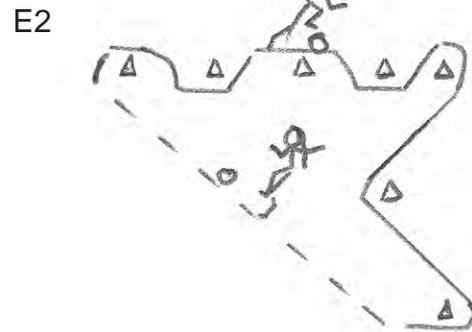
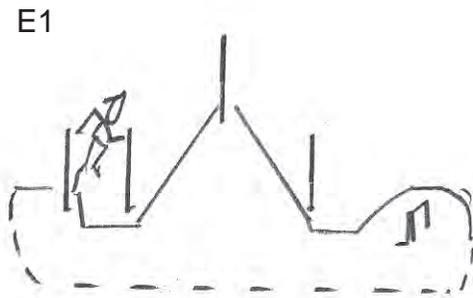
6 Rondas / Reg 2'



Bolsa de arena

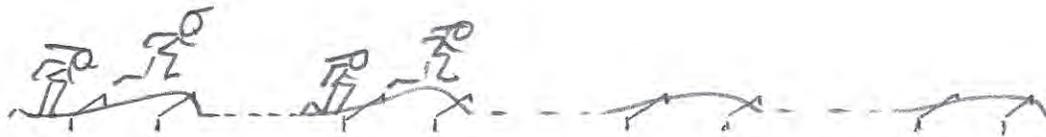


8 Rondas / Reg 2'



2 Rondas / 1' de trabajo + 30" de pausa

Arranque frontal



5 Rep.
Pausa
caminando

Arranque lateral



5 Rep.
Pausa
caminando

Cambio de piernas



5 Rep.
Pausa
caminando



4 Rep.



4 Rep.



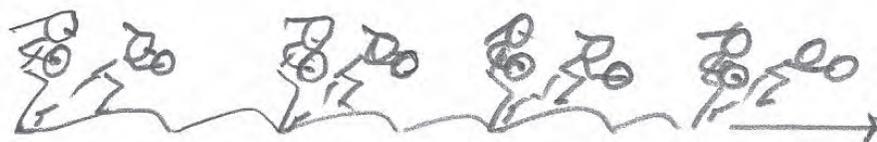
4 Rep.



4 Rep.

Balón medicinal

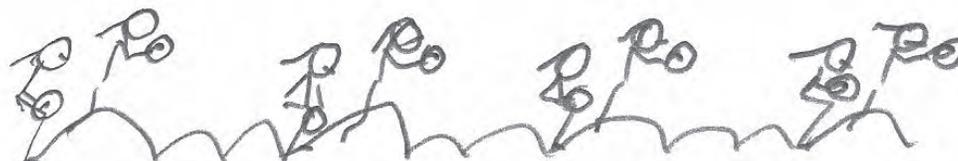
————— 20 m —————



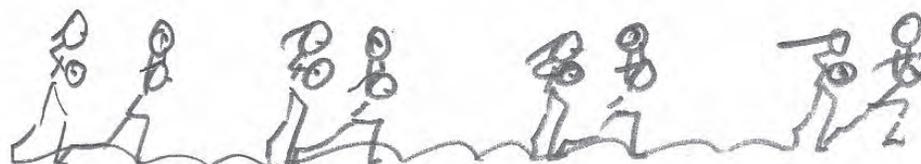
3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



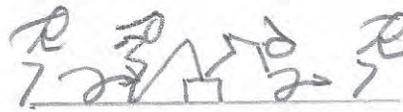
3 Rep.
Reg. 60"



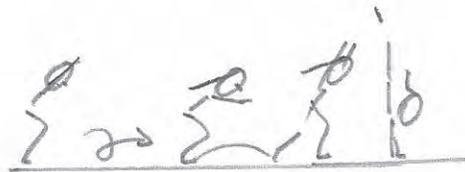
4 Rep.



4 Rep.



4 Rep.

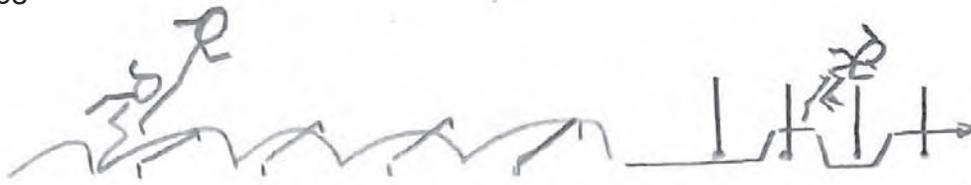


4 Rep.



4 Rep.

Jumps



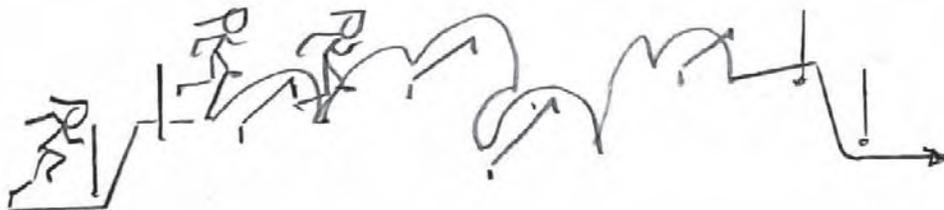
4 Rep.
Reg. 45"

Jumps / Zig Zag



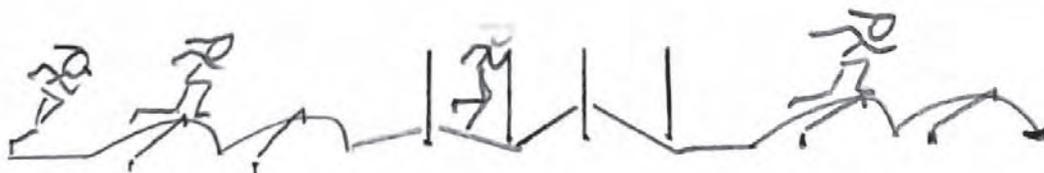
4 Rep.
Reg. 45"

Hops



4 Rep.
Reg. 45"

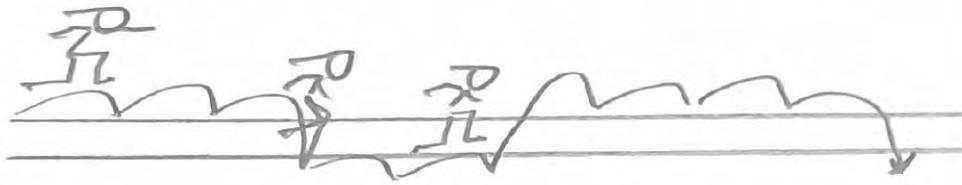
Steps



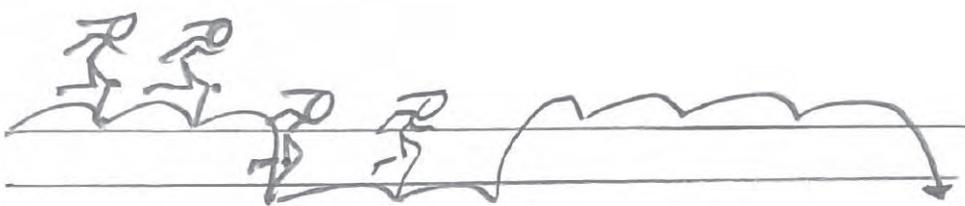
4 Rep.
Reg. 45"

20 m

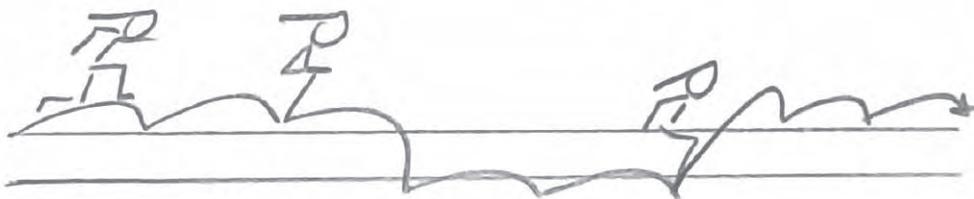
E1



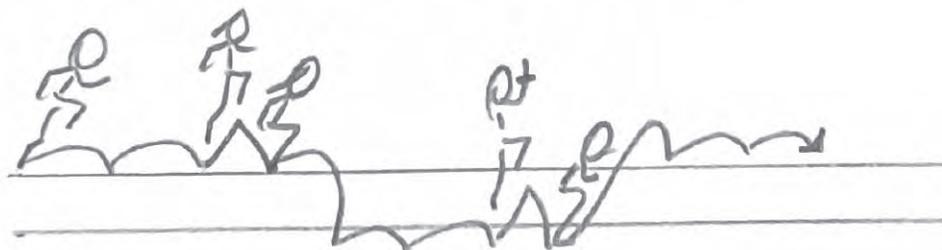
E2



E3



E4



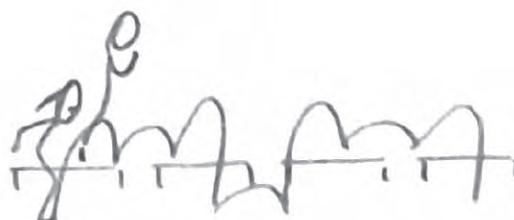
3 Rep. / Reg. 1' x E1 - E2 - E3 - E4

Steps



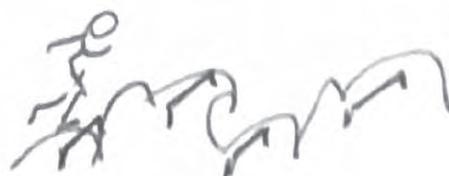
4 Rep.
Reg. 45"

Jumps



4 Rep.
Reg. 45"

Hops

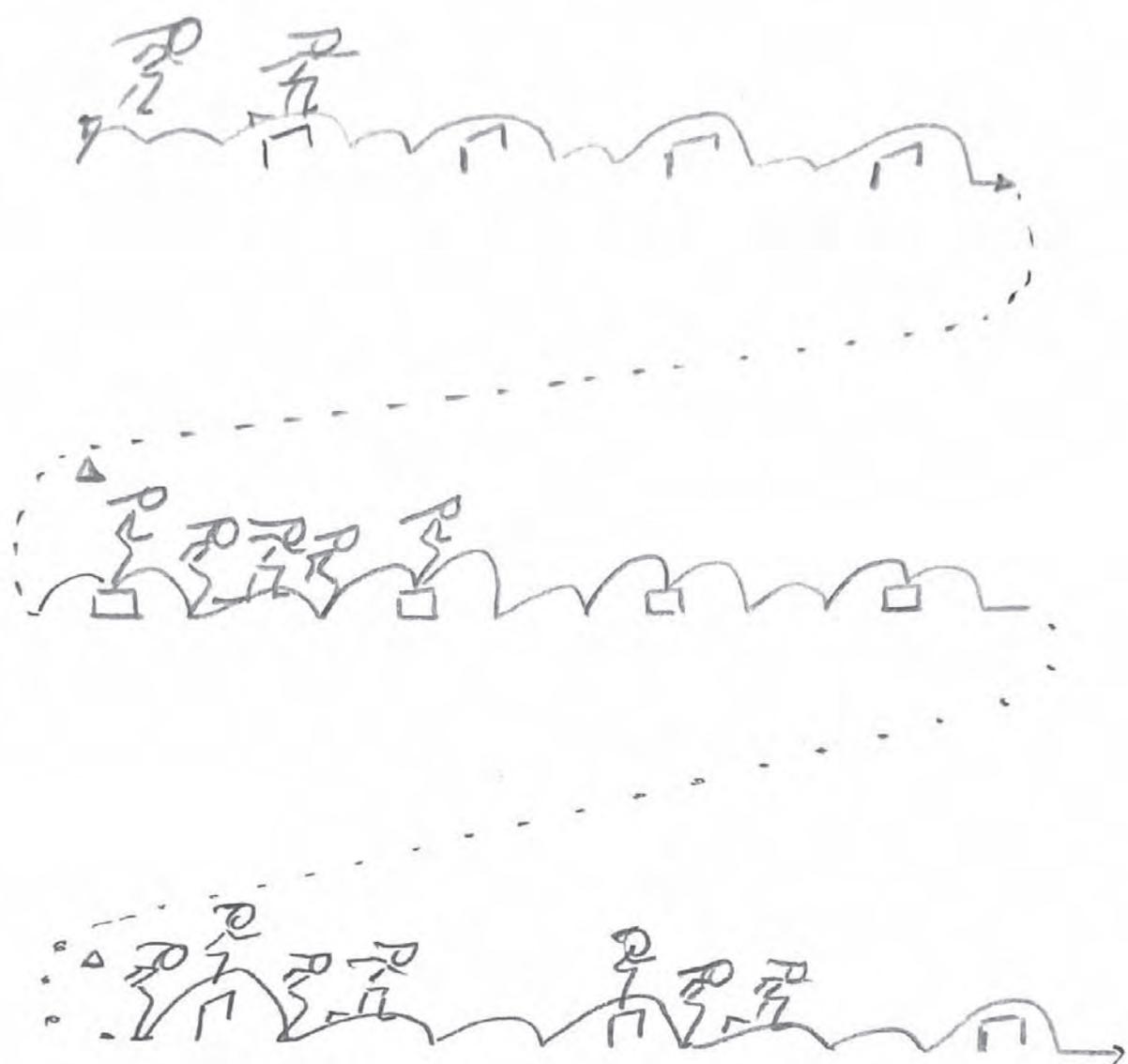


4 Rep.
Reg. 45"

Jumps



4 Rep.
Reg. 45"



6 Rondas
Reg. 2'



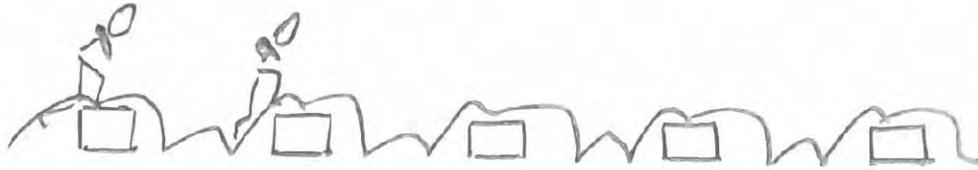
5 Rep.
Reg. 45"



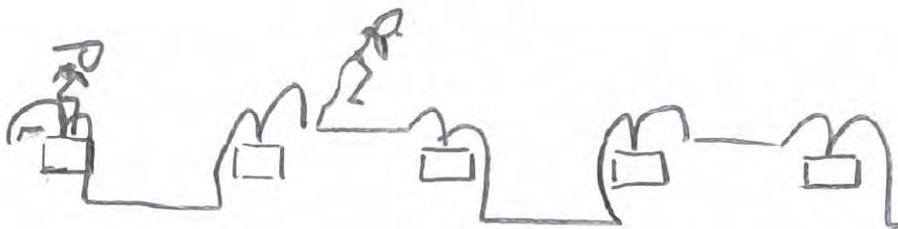
5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

1



6



2



7



3



8



4



9



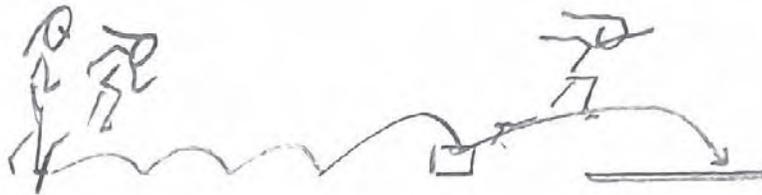
5



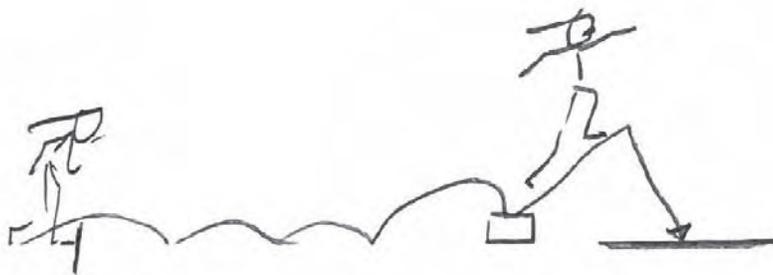
10



3 Rep. de cada ejercicio



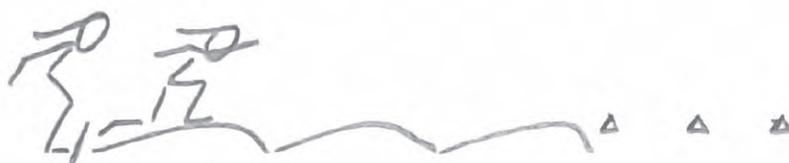
Rep.
eg. 40"



6 Rep.
Reg. 40"



6 Rep.
Reg. 40"



5 Rep.
Reg. 30"

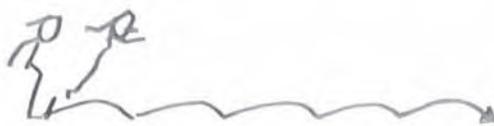


5 Rep.
Reg. 30"



5 Rep.
Reg. 30"

Jumps"



Steps



Hops



Caperucitas (salticado)



Jumps + steps



2 pasos + despegue



2 pasos + jump



2 pasos + 3 jumps



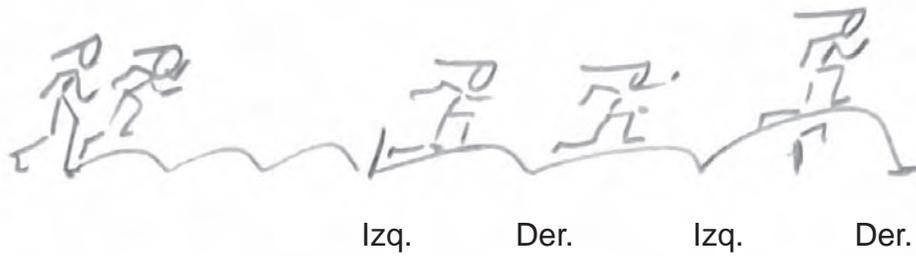
2 steps + 3 hops



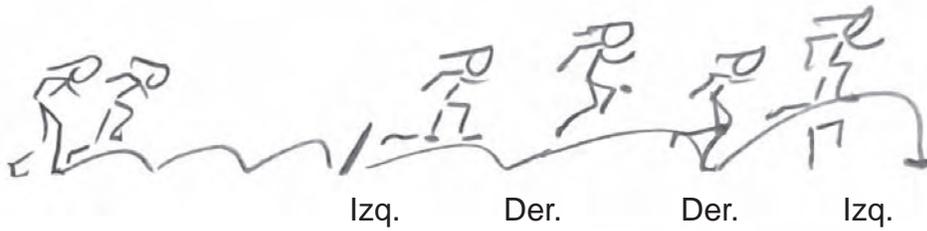
1 jump + 4 step



2 Rep. de cada ejercicio



6 Rep.
Reg. 45"



6 Rep.
Reg. 45"



6 Rep.
Reg. 45"