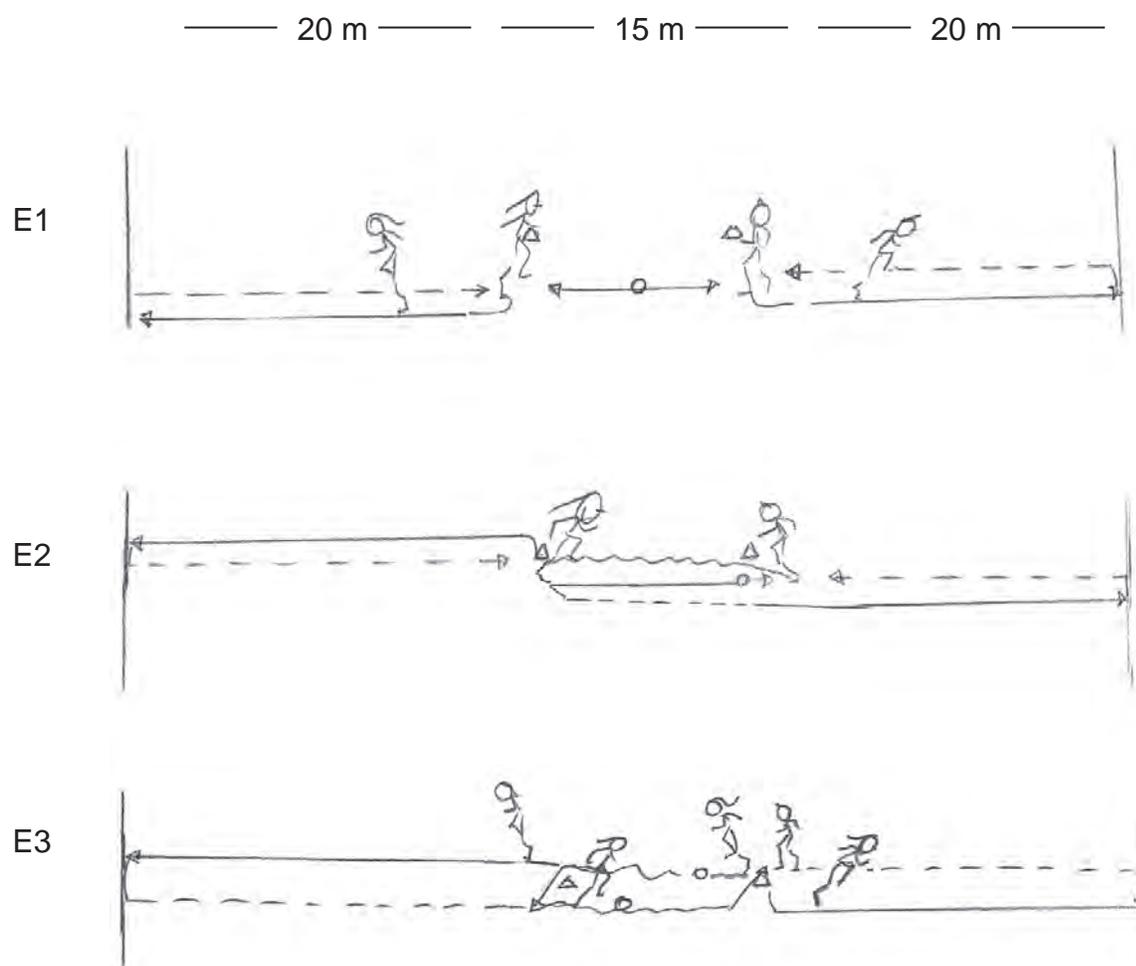


3' continuos + 1' de pausa de estación x E1 - E2 - E3

12' Continuos

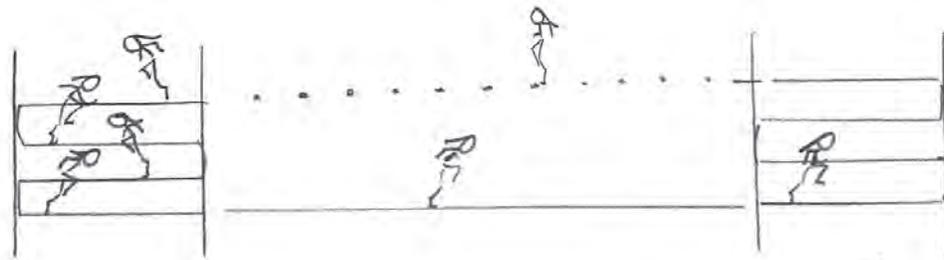


2' x 1' Trabajo + 30" de pausa de estación x E1 - E2 - E3

12' Continuos

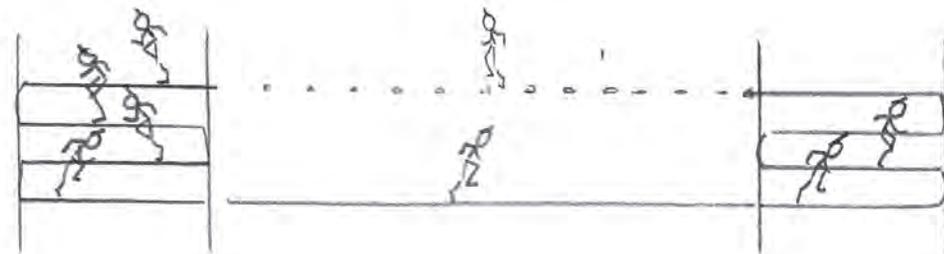
— 10 m — — 40 m — — 10 m —

E1



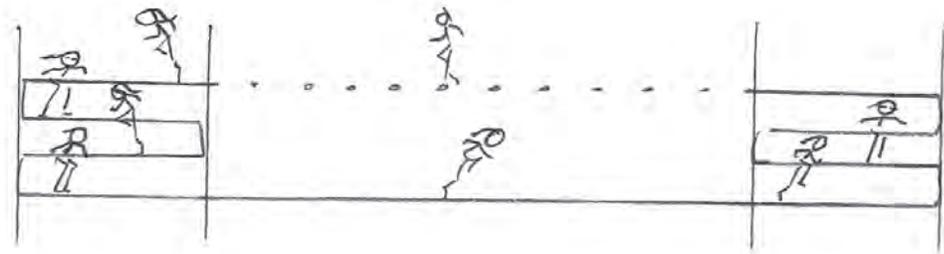
4 Rep.
Reg. 1'

E2

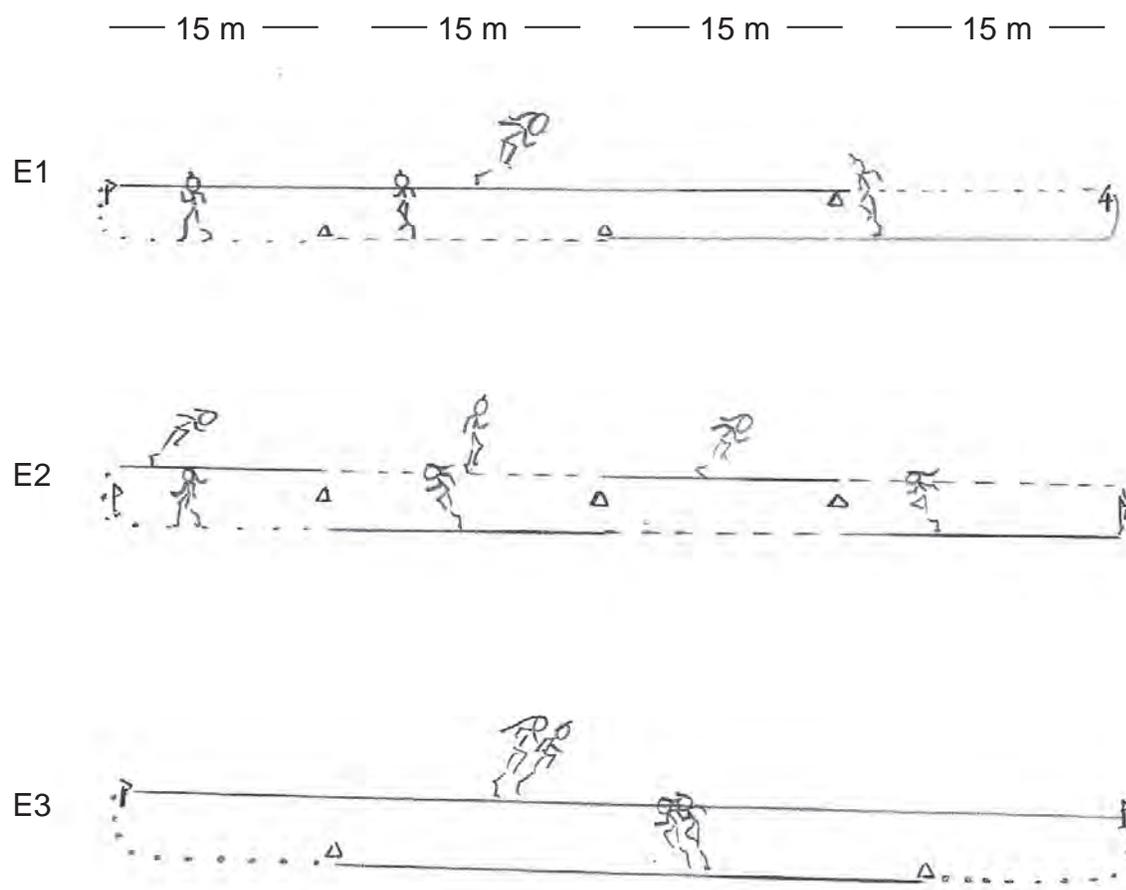


4 Rep.
Reg. 1'

E3

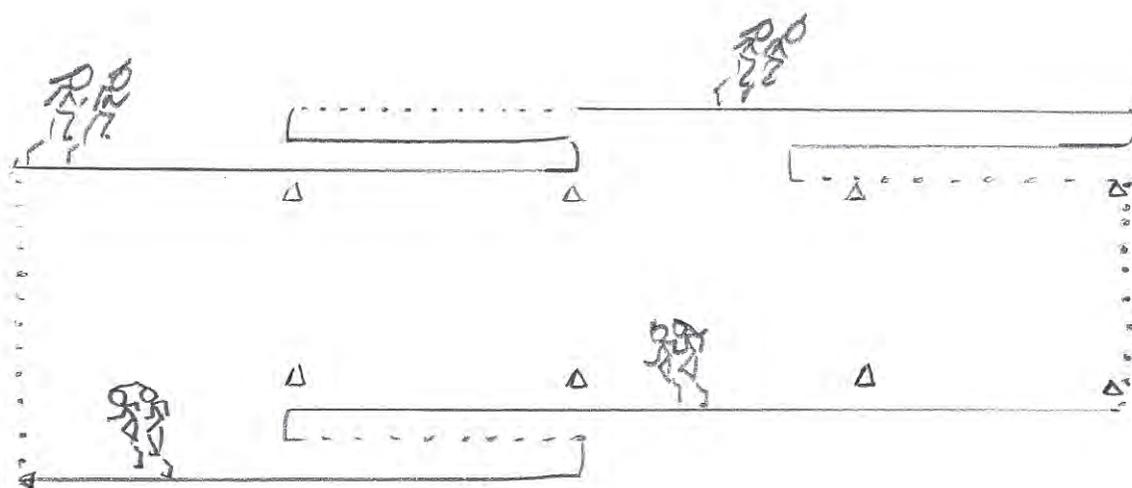


4 Rep.
Reg. 1'

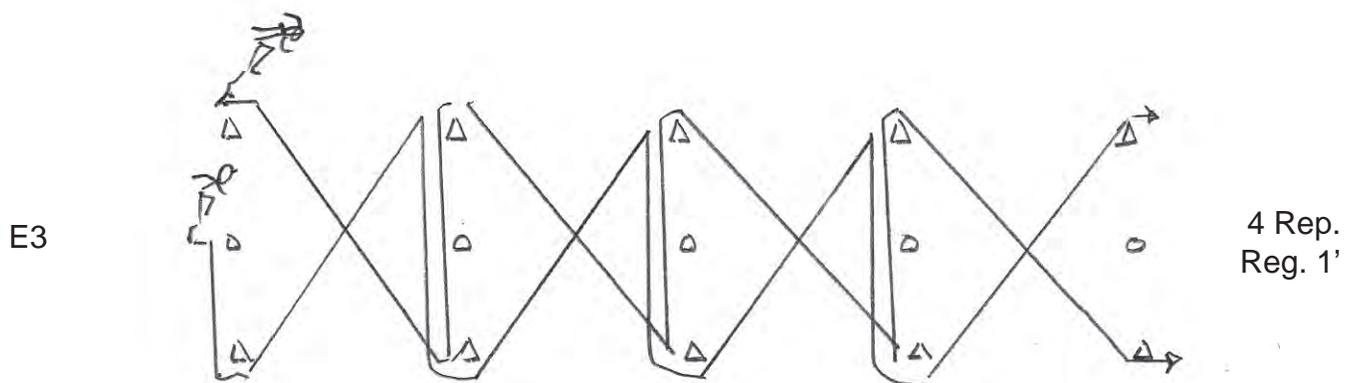
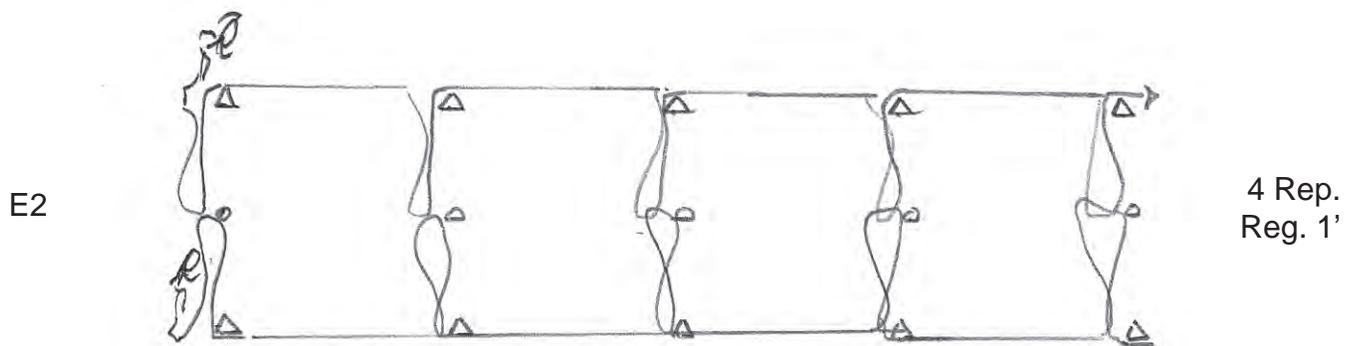
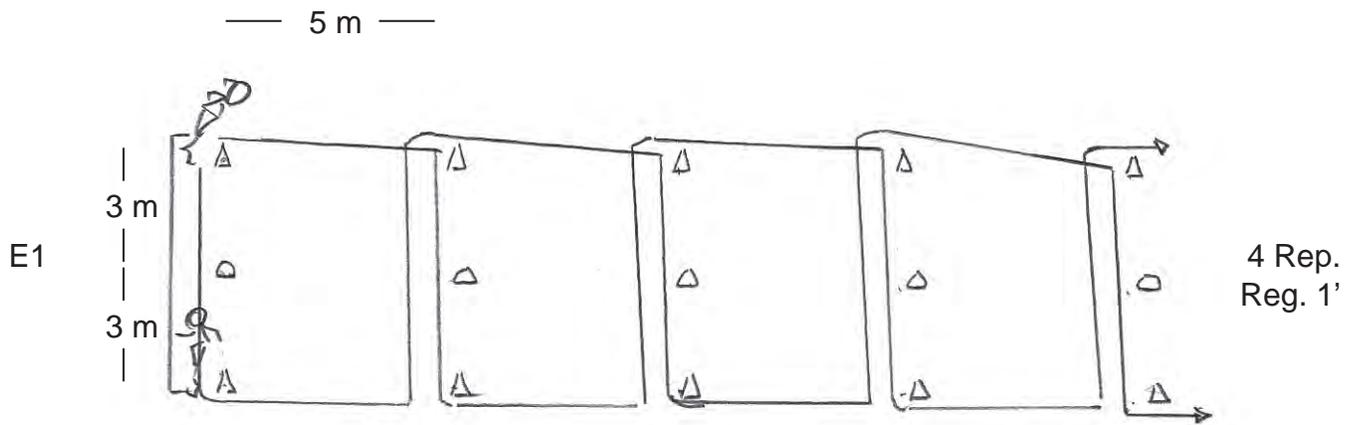


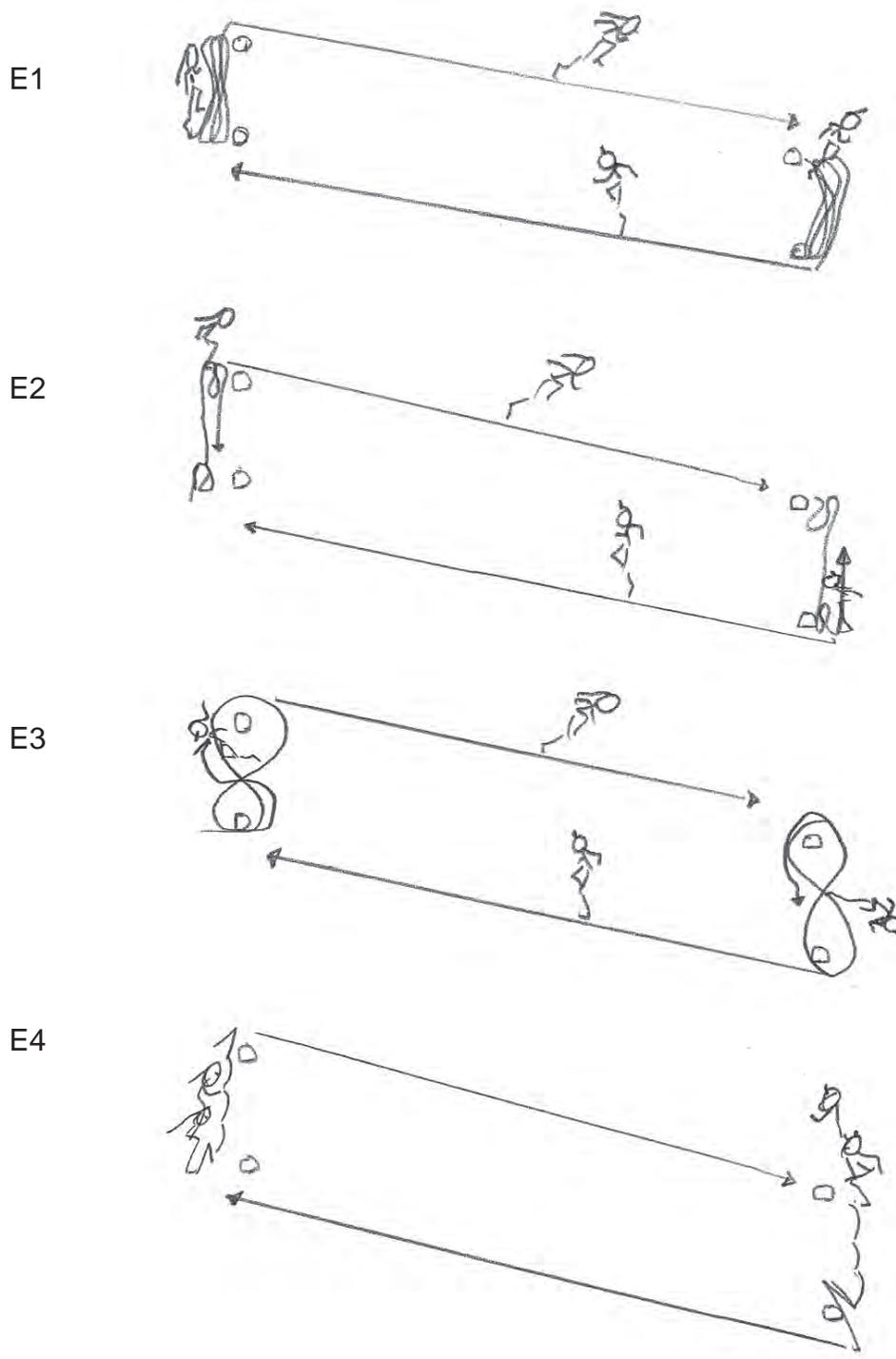
3' Trabajo + 1' de pausa de estación x E1 - E2 - E3

— 15 m — — 15 m — — 15 m — — 15 m —



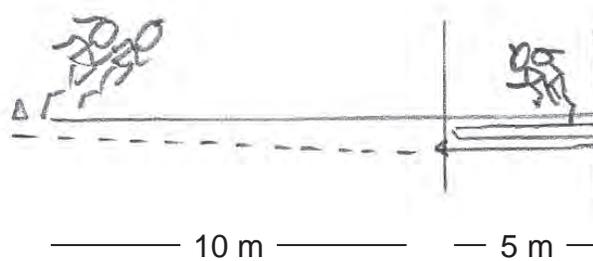
2' x 4' Continuos + 2' de pausa



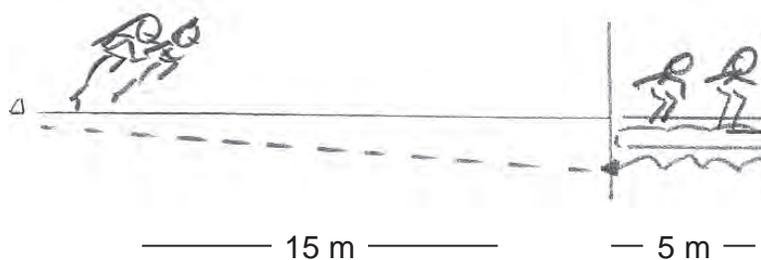


2' x 1' Trabajo + 1' de pausa

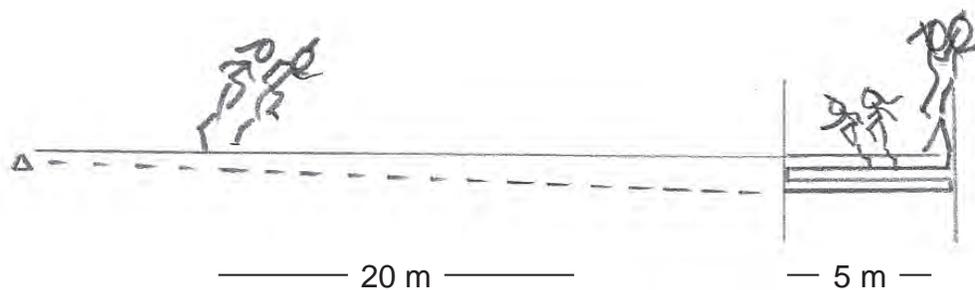
E1



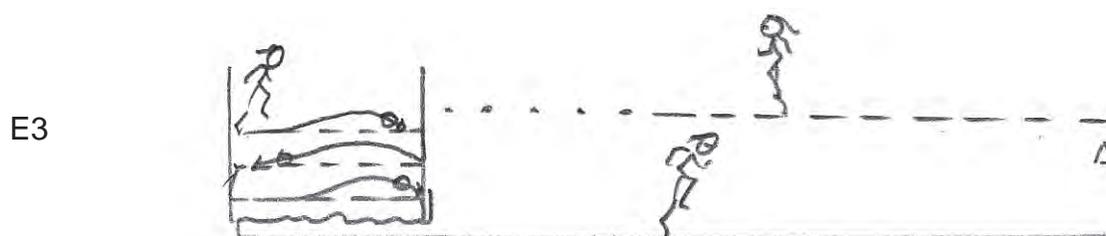
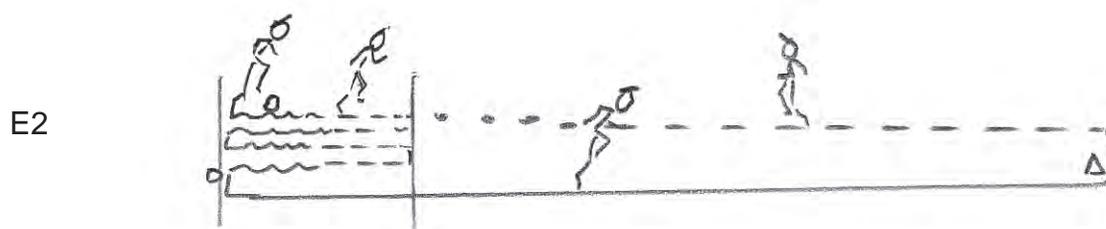
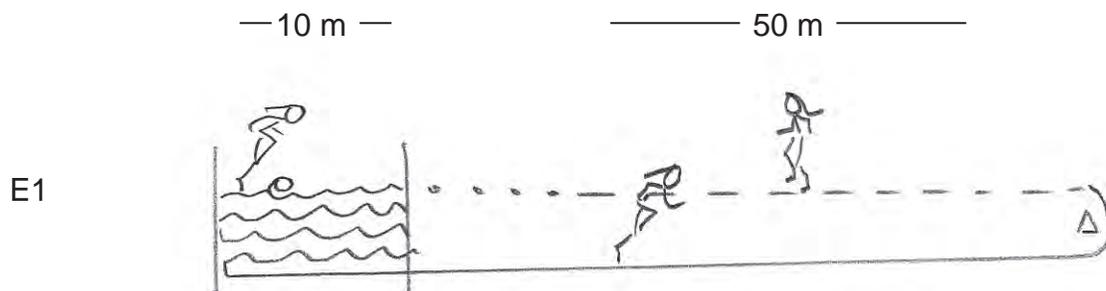
E2



E3



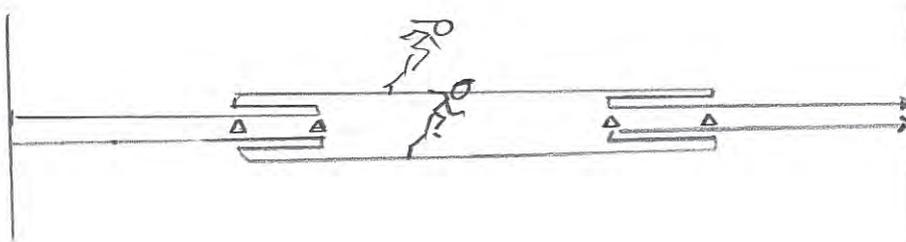
2' x 1' Trabajo + 1' de pausa



2' Continuos + 1' de pausa

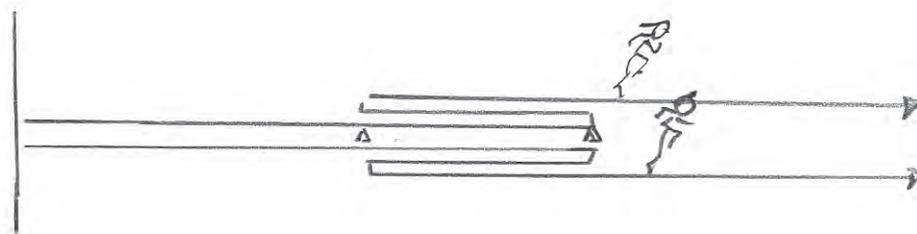
65 m

E1

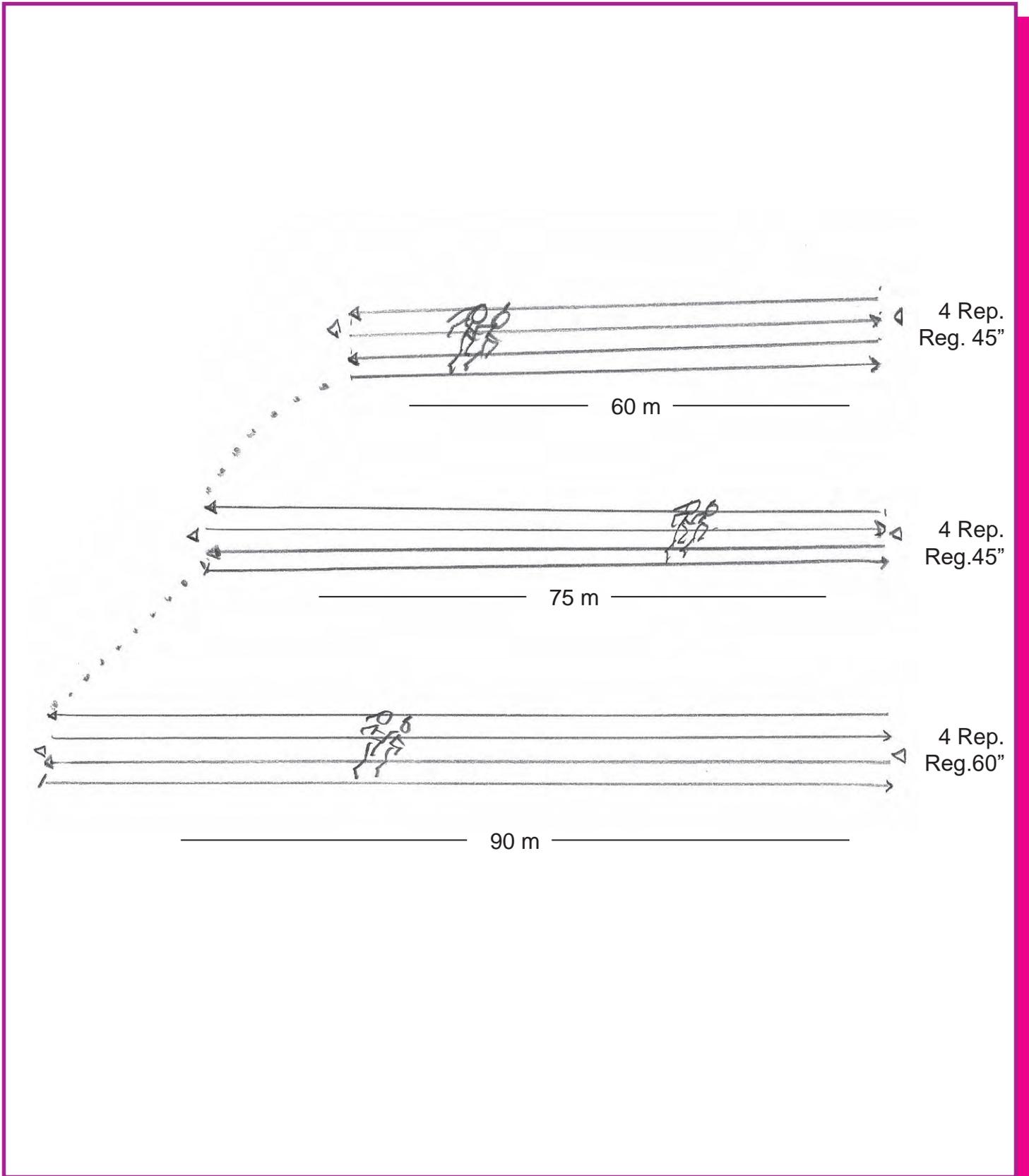


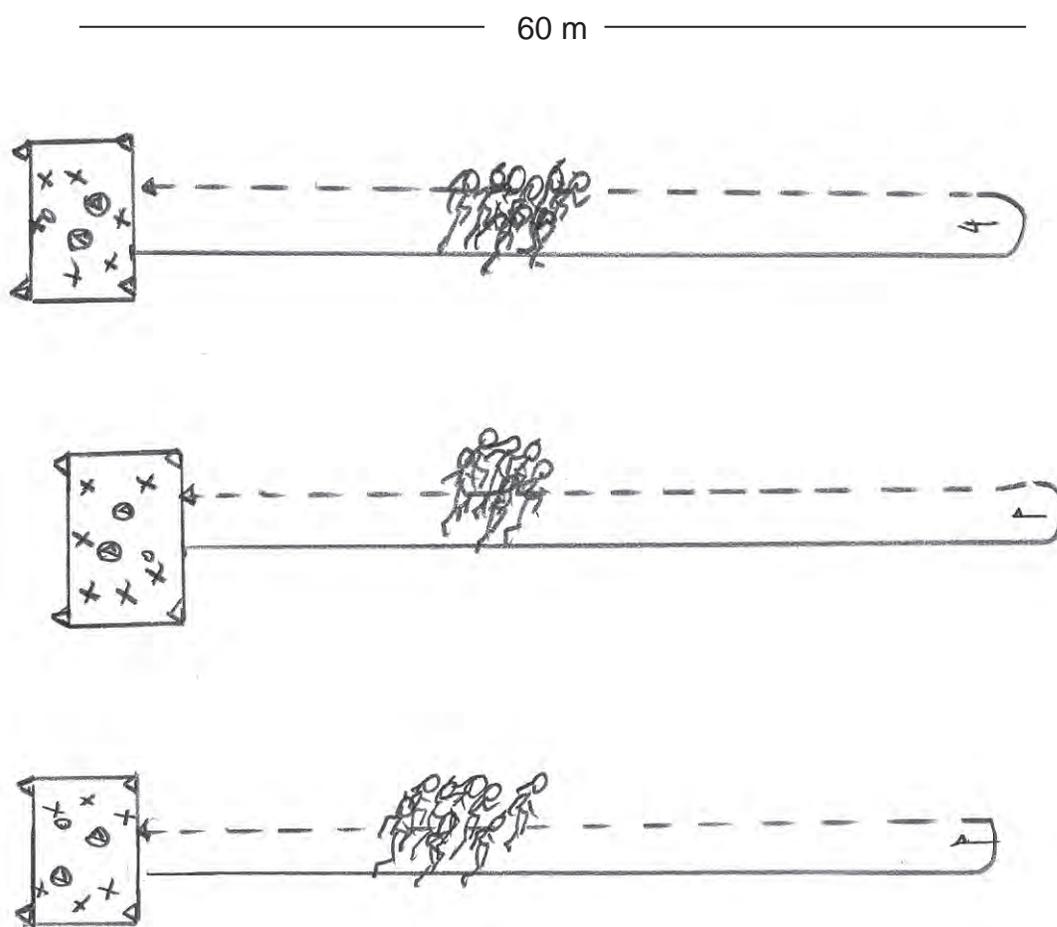
4 Rep.
Reg. 1'

E2

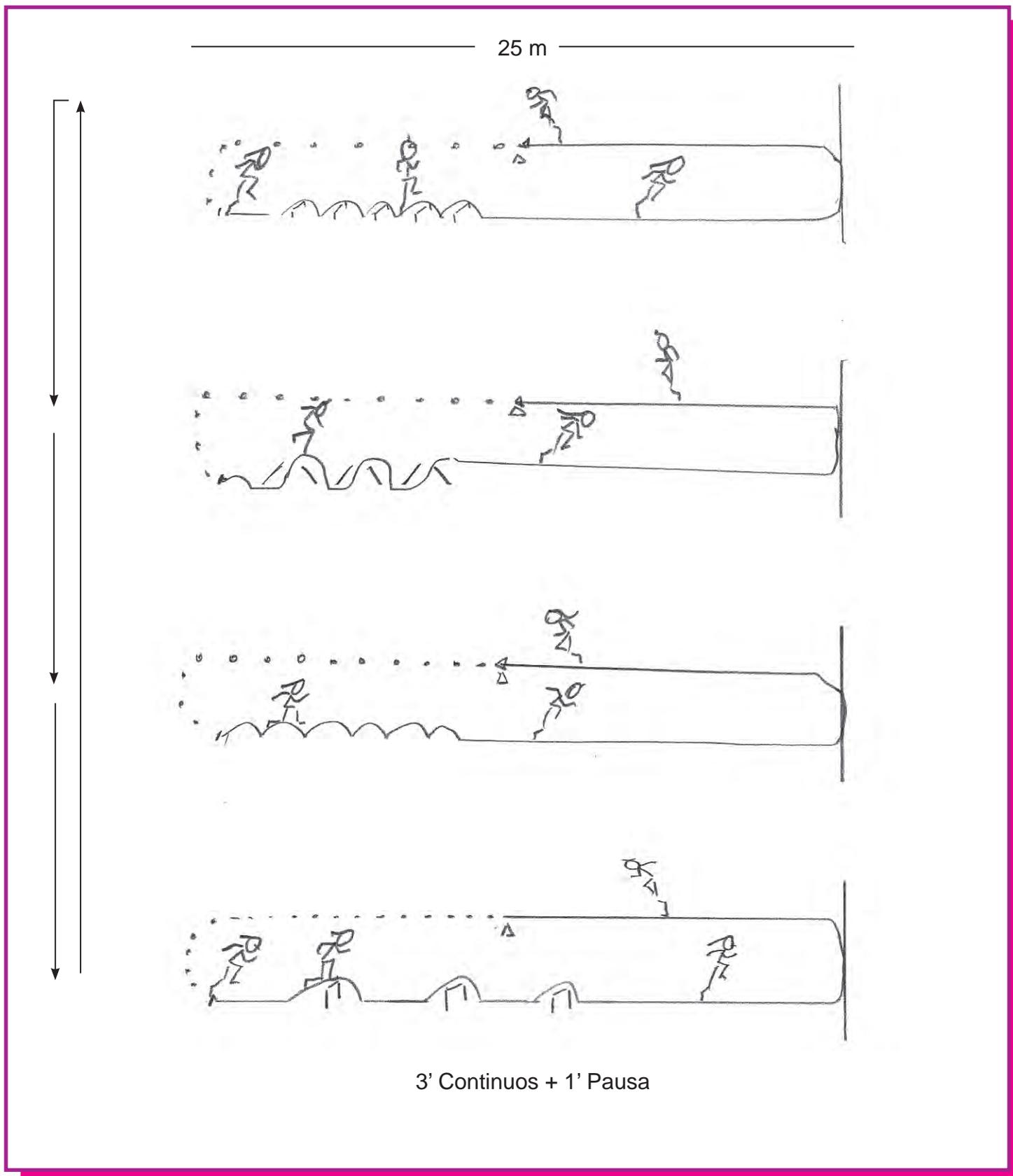


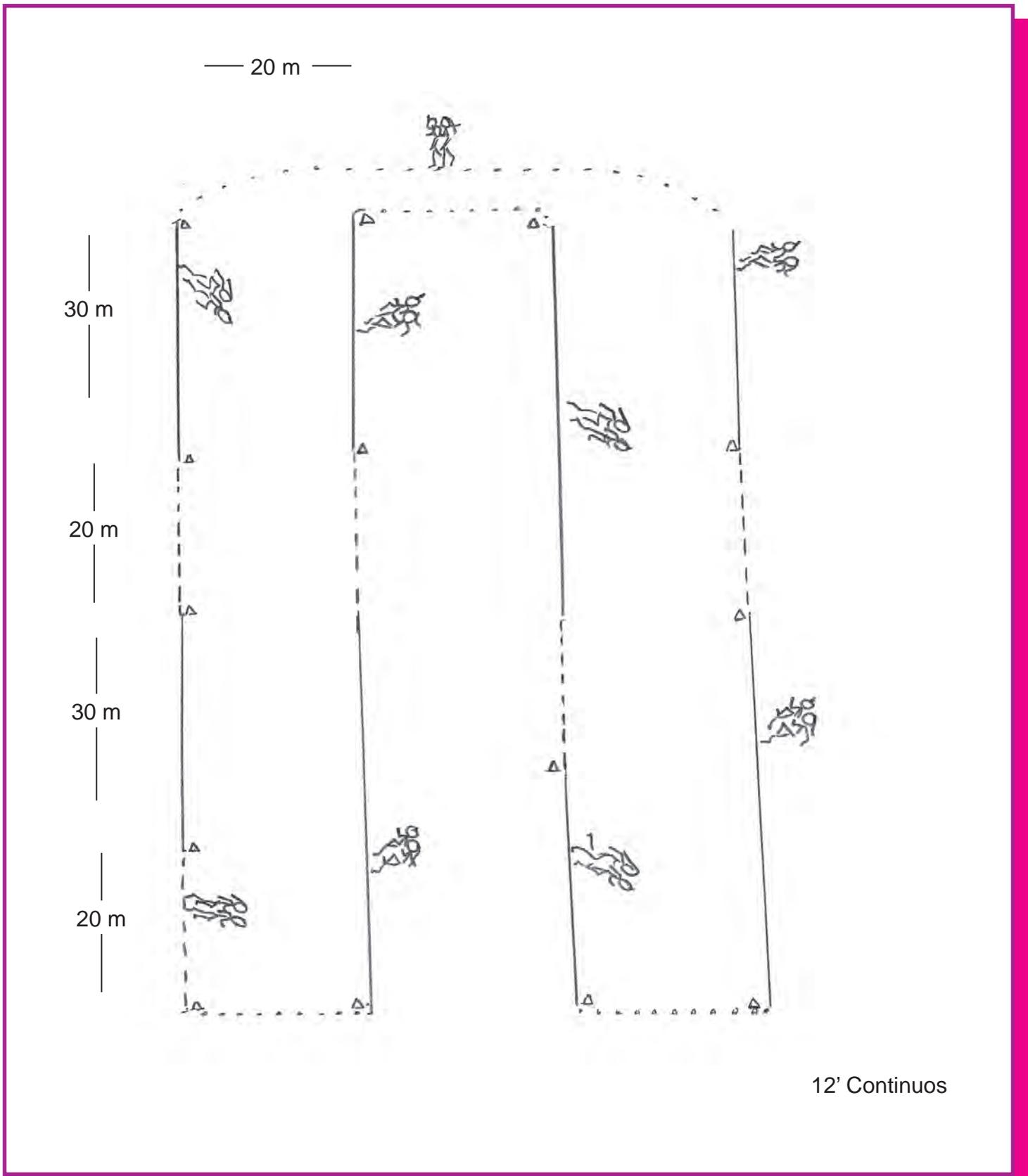
4 Rep.
Reg. 1'





8 Rep. / 1'Trote + Carrera ida y vuelta

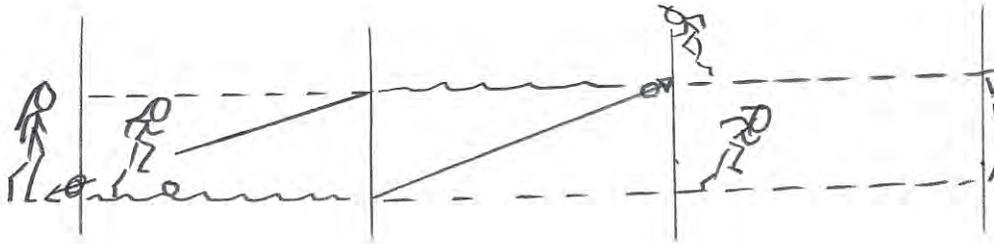




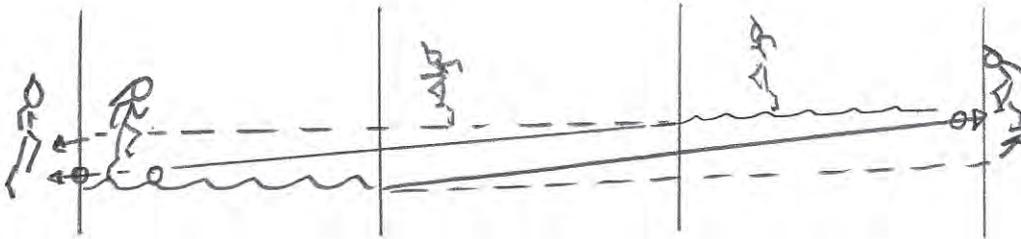
— 10 m — — 10 m — — 10 m —

Trios

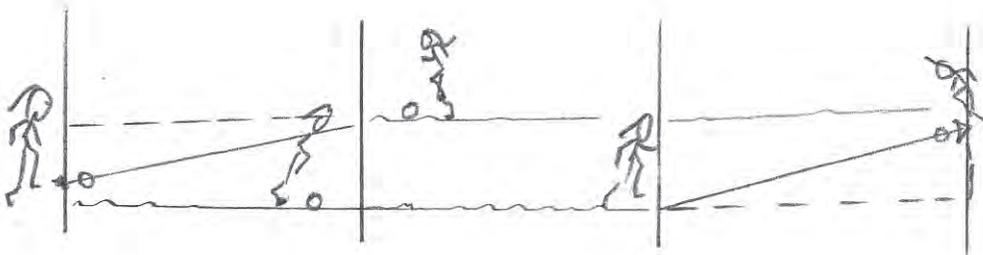
E1



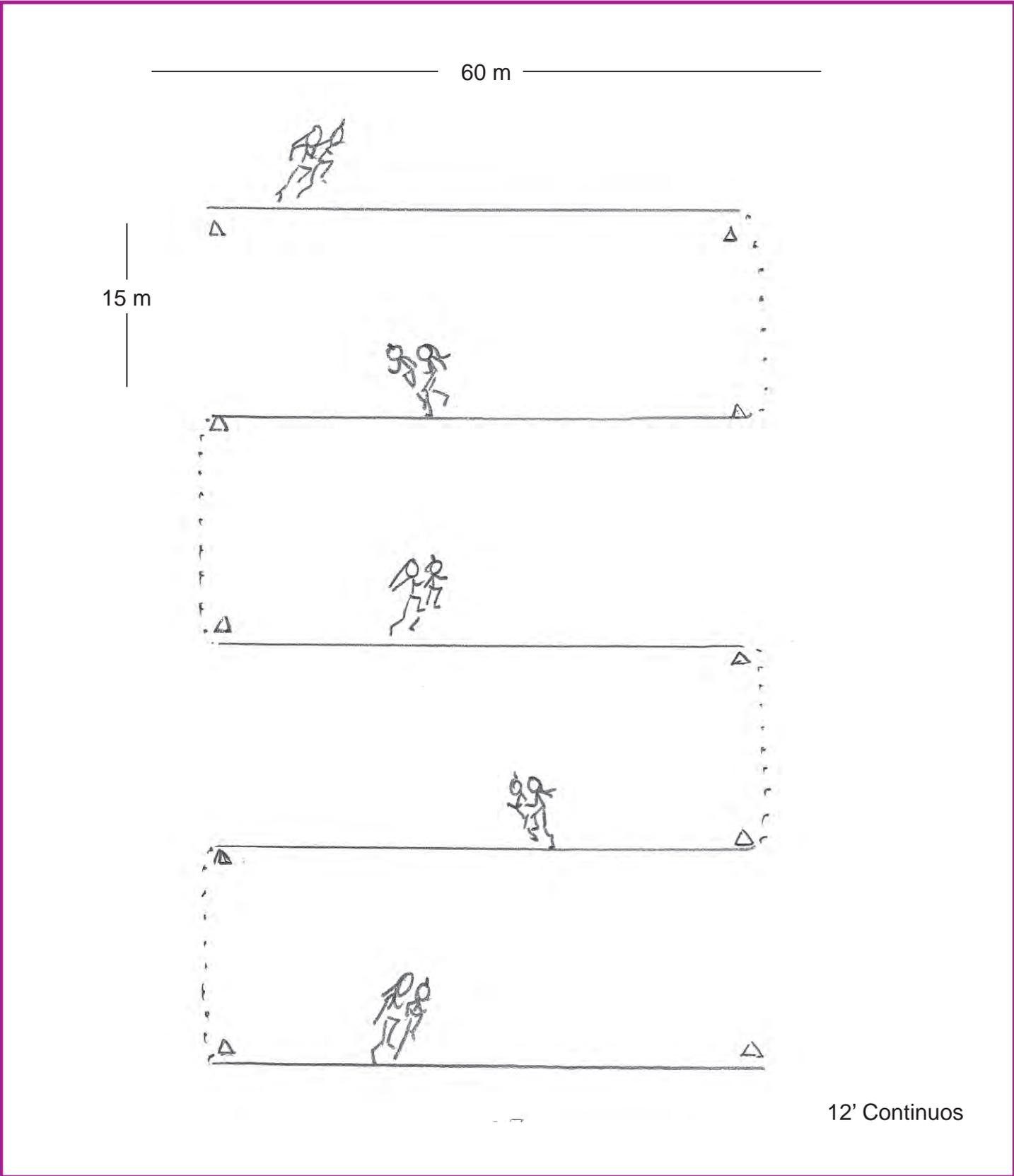
E2



E3

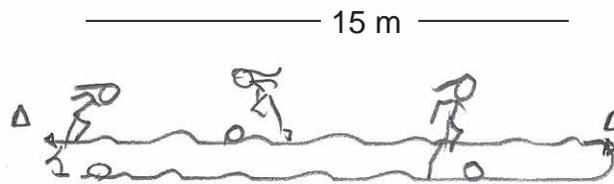


3' Continuos + 1' Pausa



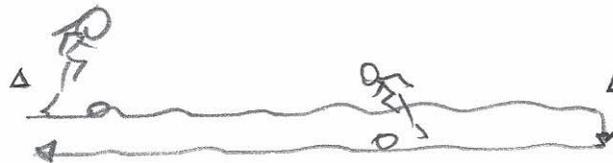
E1

Giro izquierda
4 Rep.-Pausa



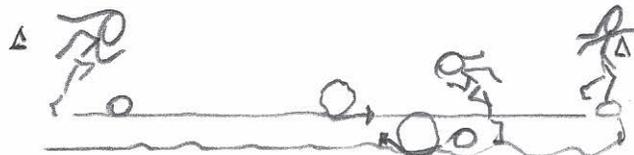
E2

Giro derecha
4 Rep.-Pausa



E3

Giro 360°
4 Rep.-Pausa



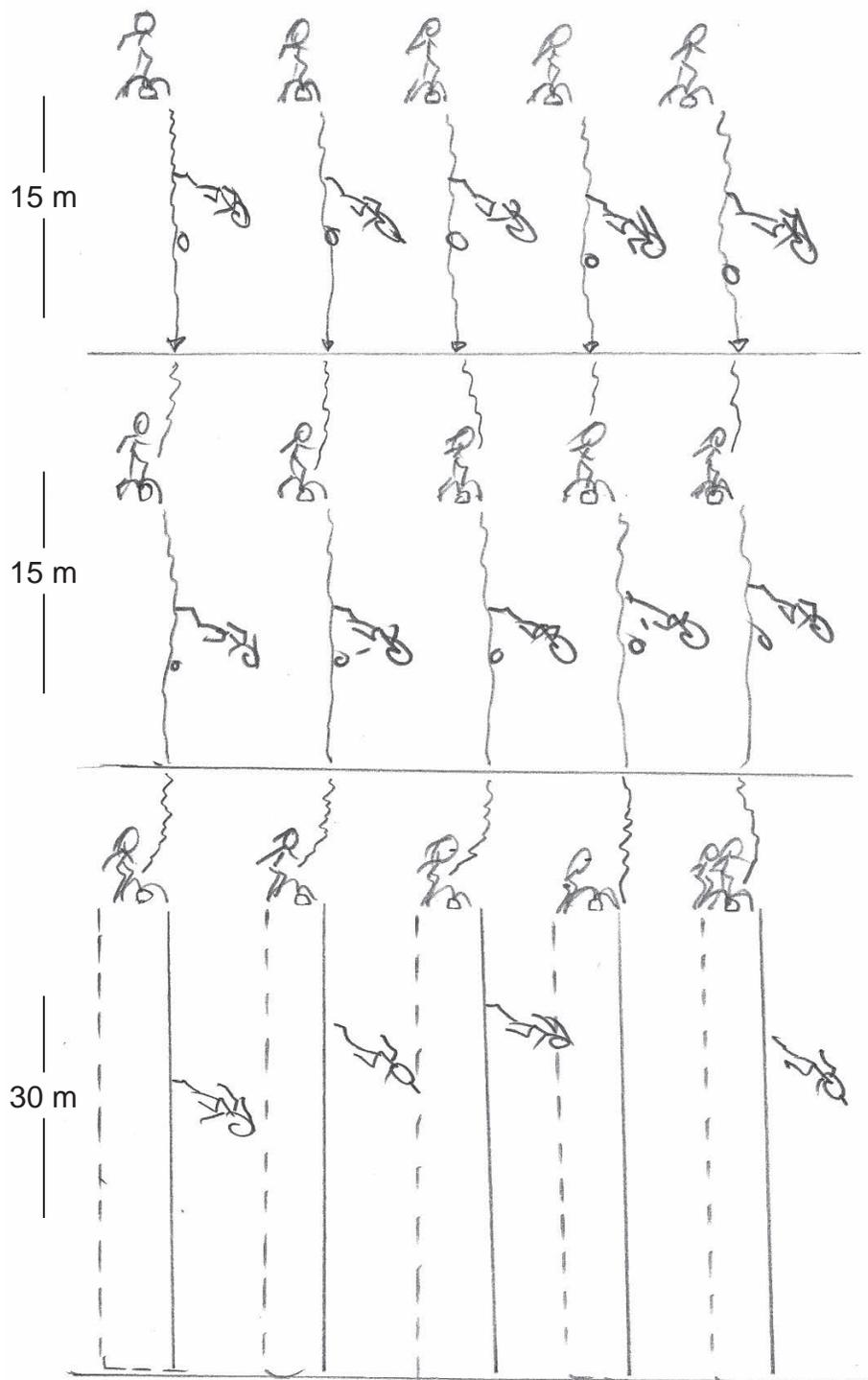
E4

Freno
4 Rep.-Pausa

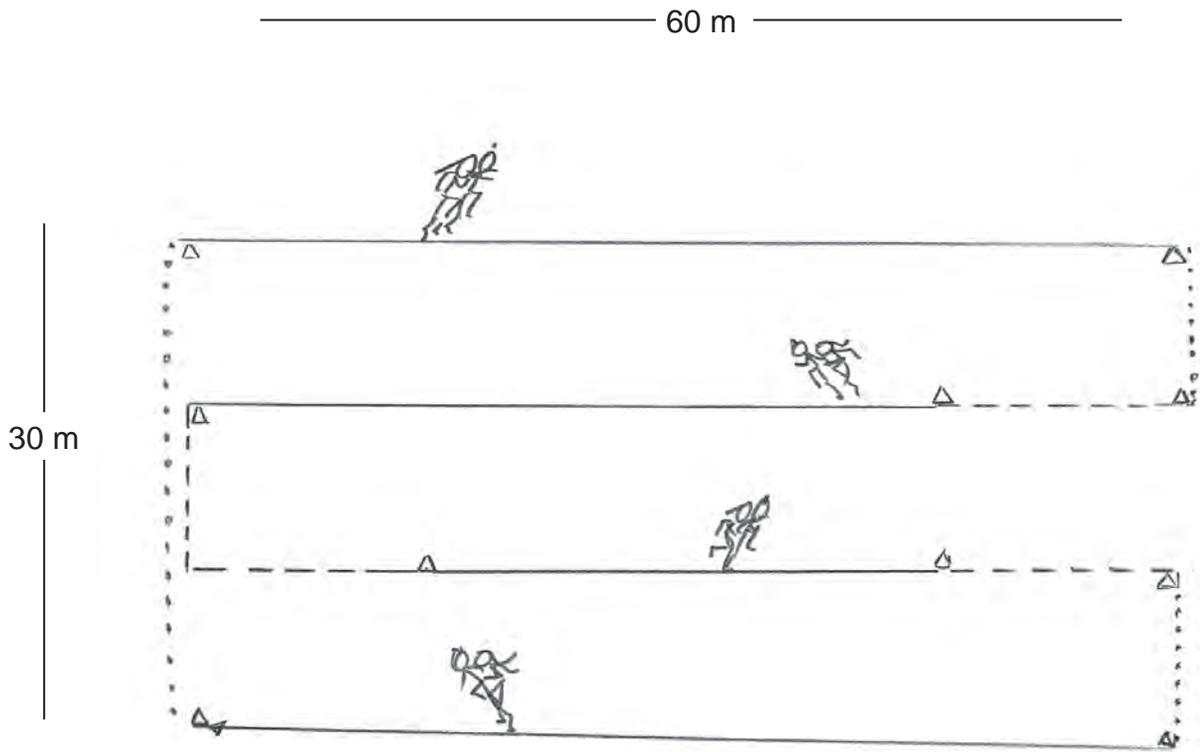


2 x 1' + 30" Pausa x E1 - E2 - E3 - E4

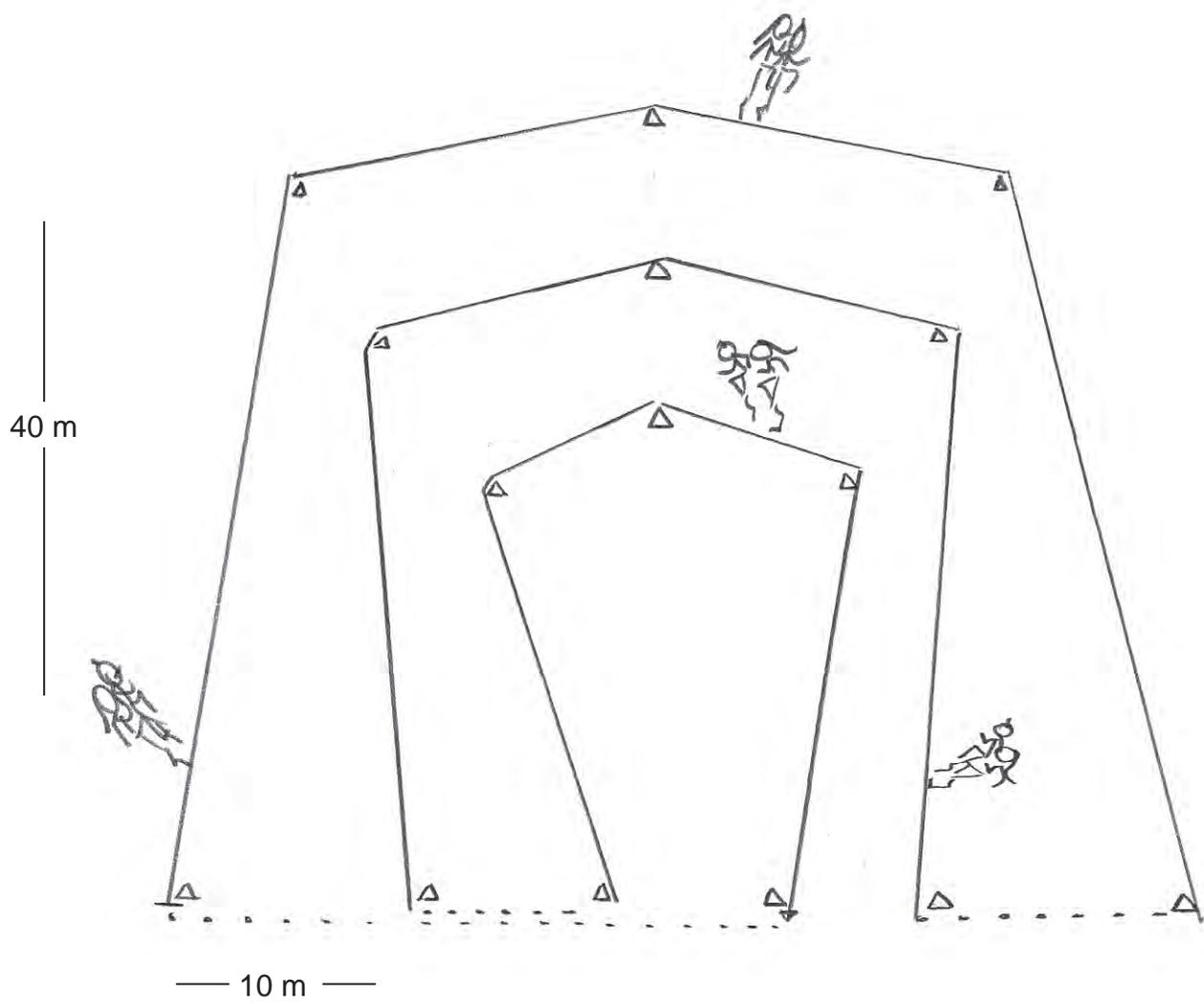
10" + Sprint



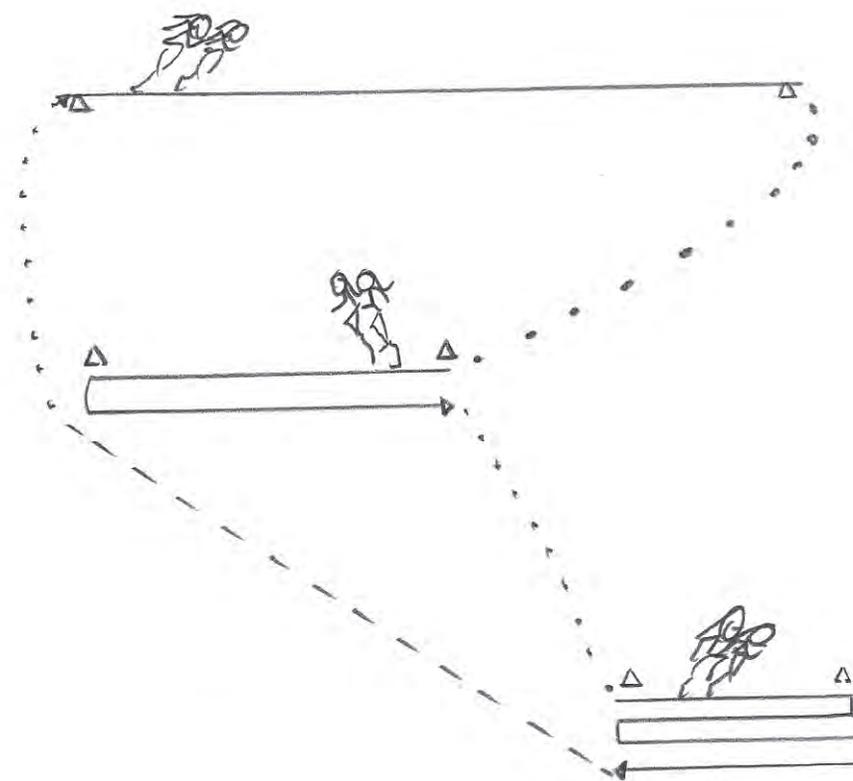
6 x 60m
Reg. 90"



5 Rondas
Reg. 2'30"



12' Continuos



1 x 60 m

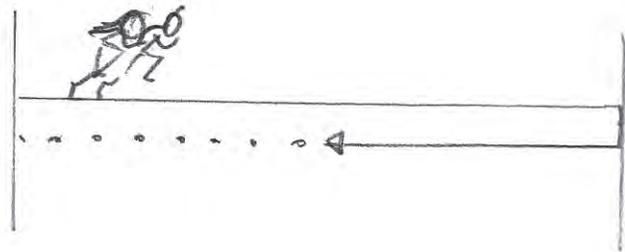
2 x 30 m

4 x 15 m

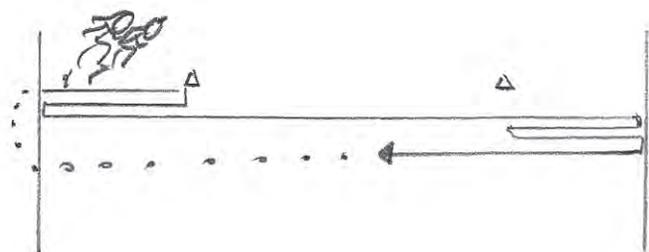
6 Rondas
Reg. 2'

15 m

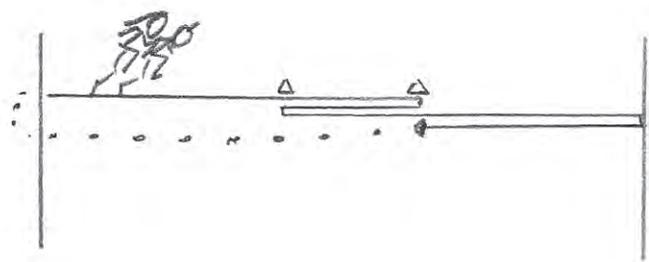
E1



E2



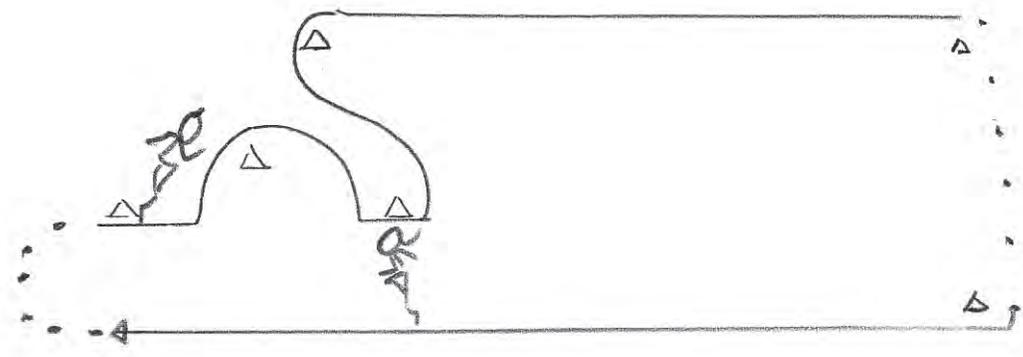
E3



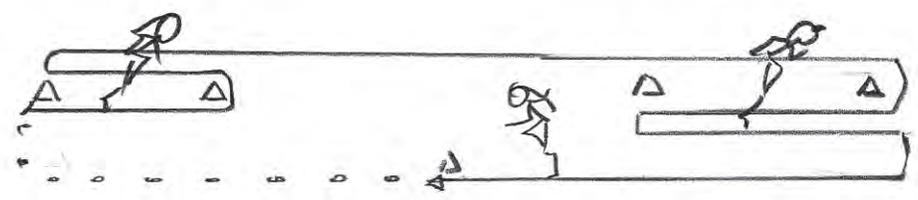
3 x 30" Trabajo + Reg. 90" x E1 - E2 - E3

————— 25 m —————

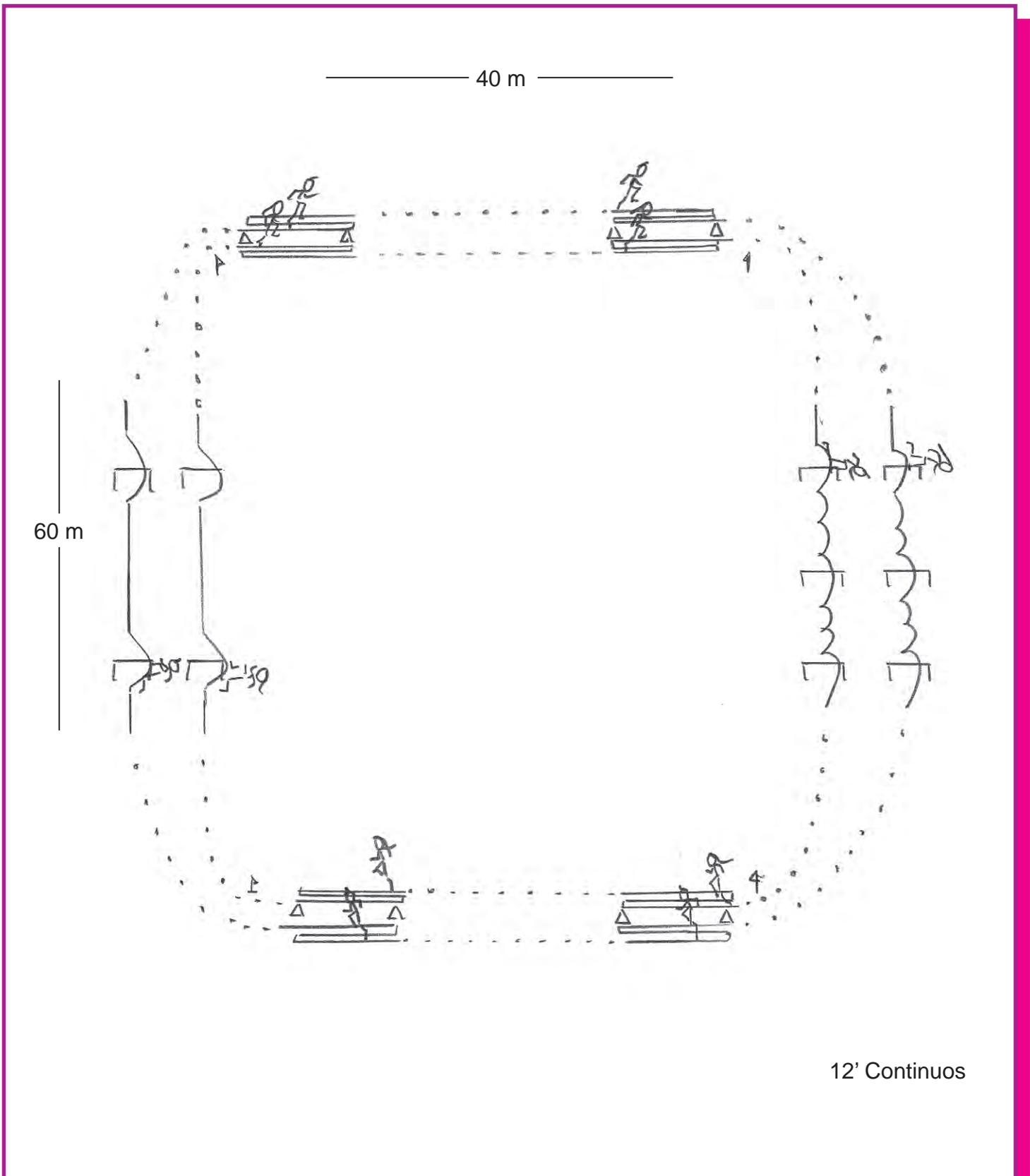
E1

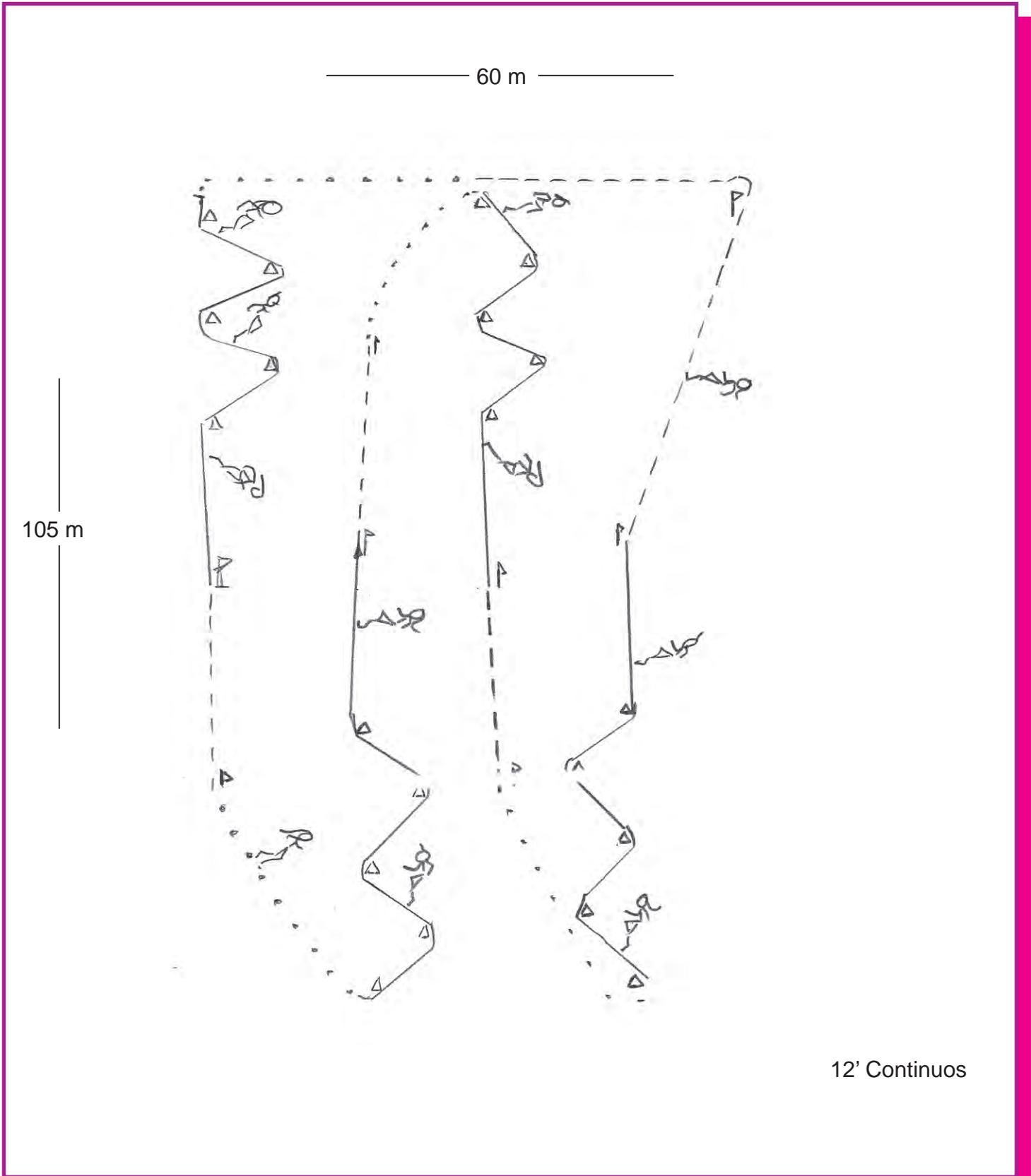


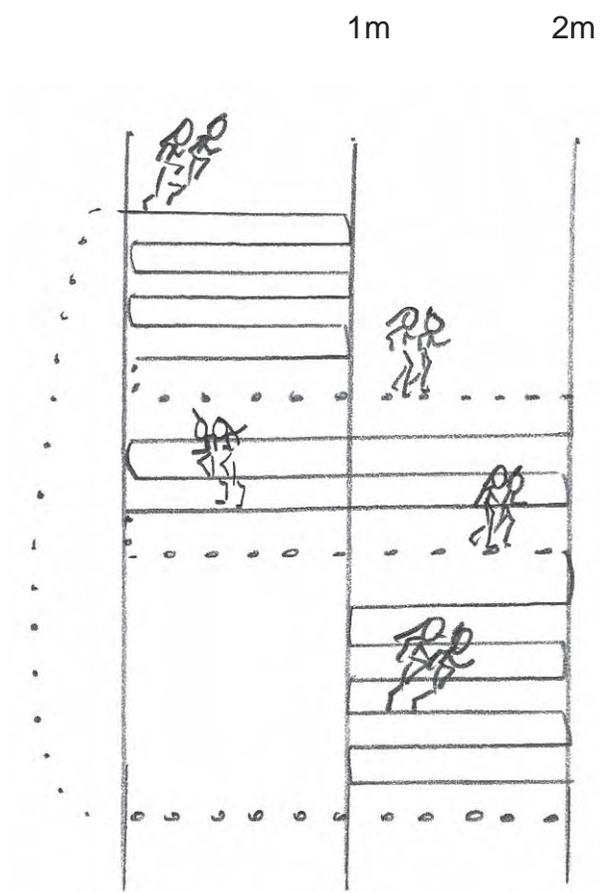
E2



3' Continuos + 2" Pausa x E1 - E2



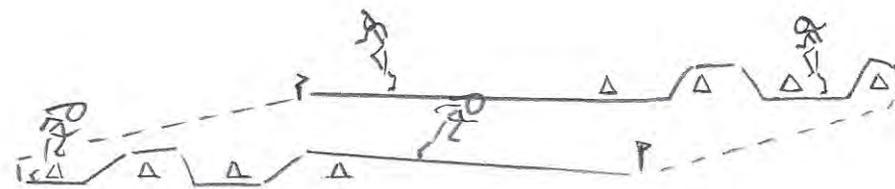




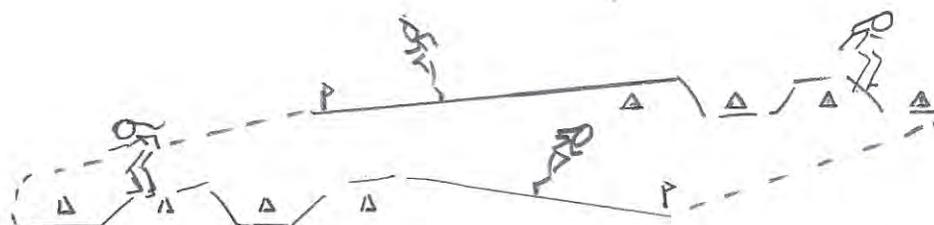
12' Continuos

————— 25 m —————

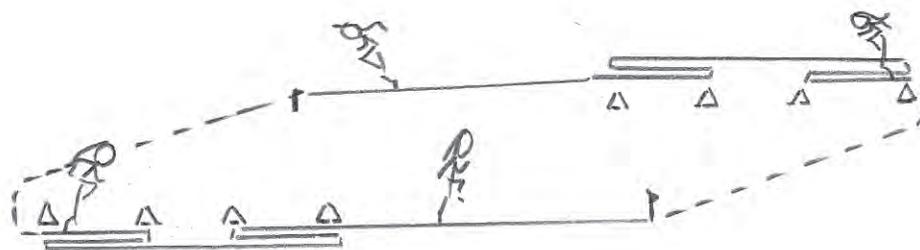
E1



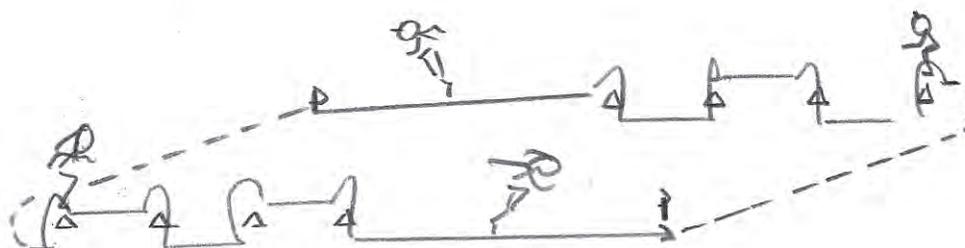
E2



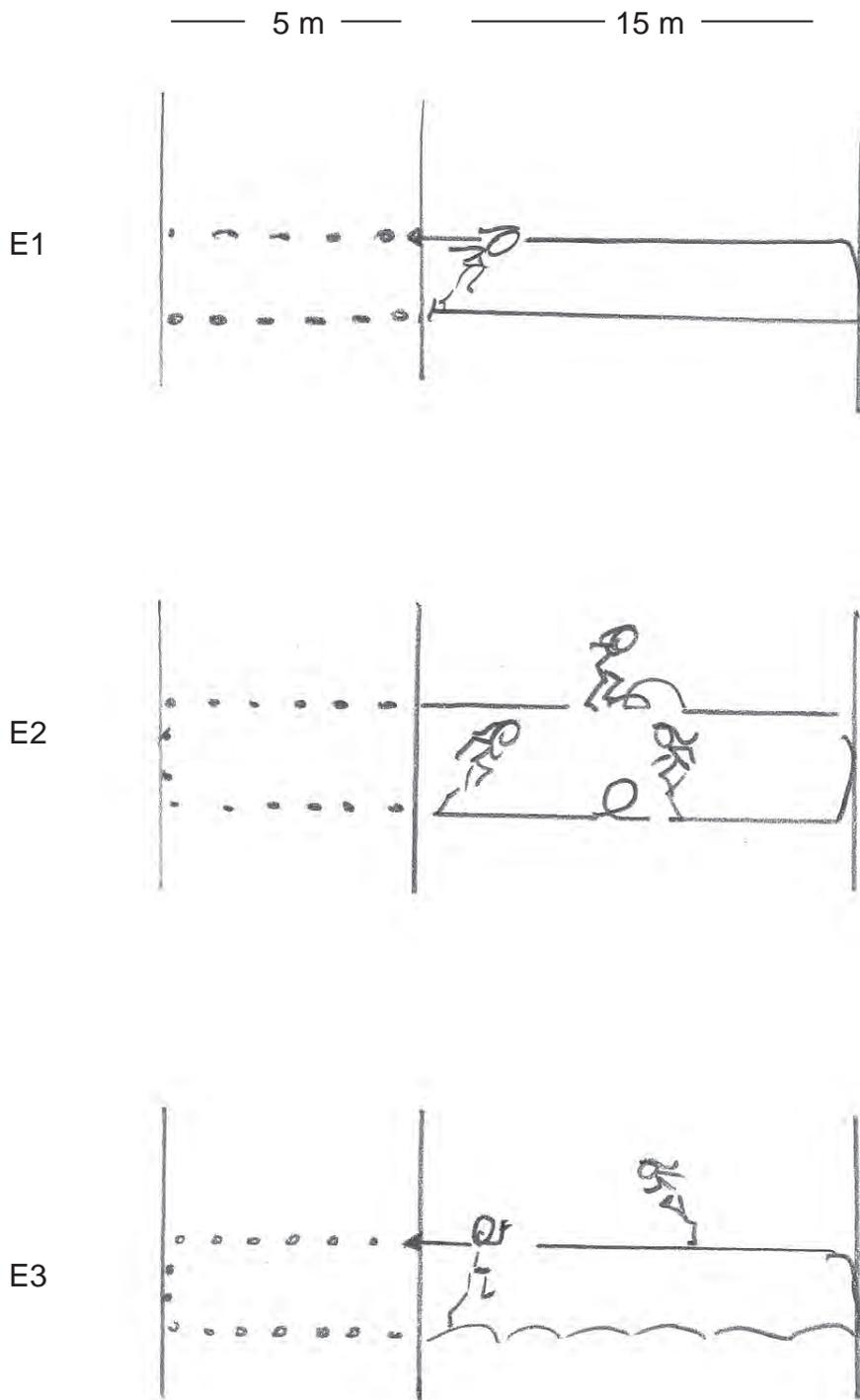
E3



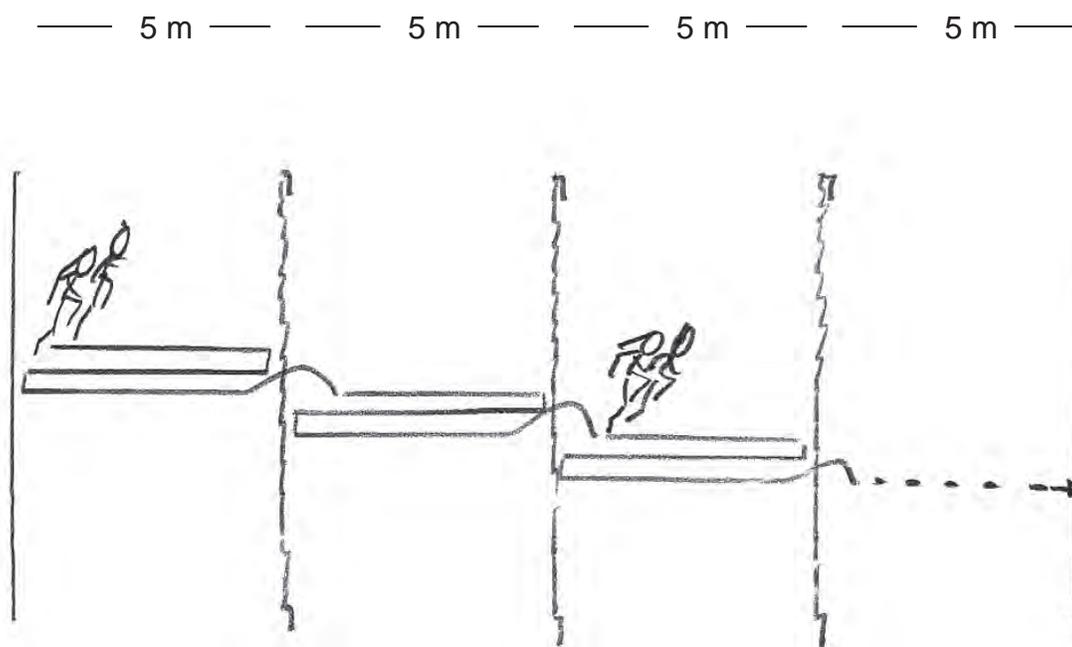
E4



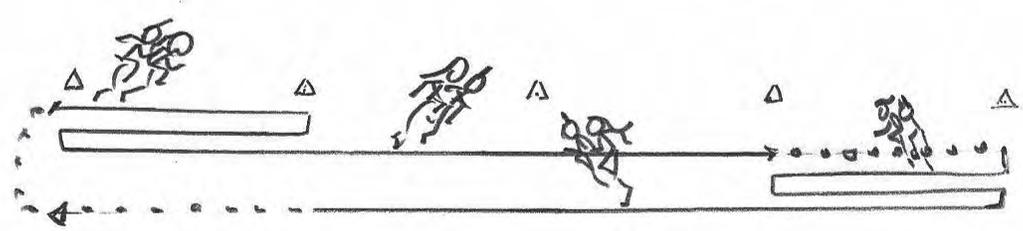
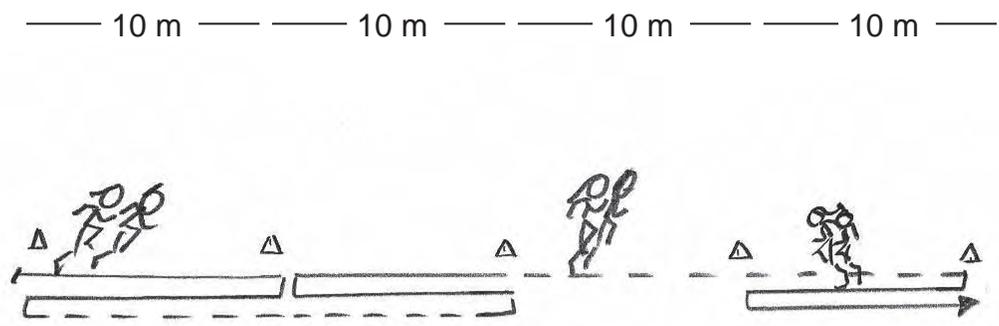
2' Continuos + 1' Pausa x E1 - E2 - E3 - E4



3' Continuos + 1' Pausa x E1 - E2 - E3

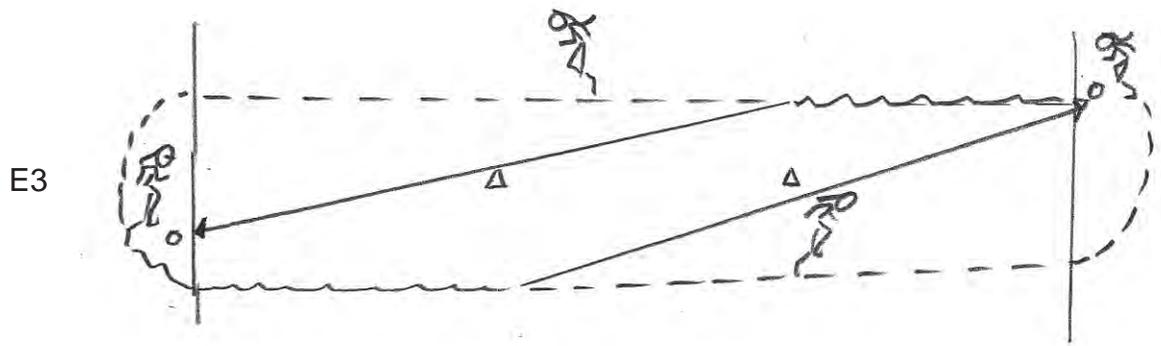
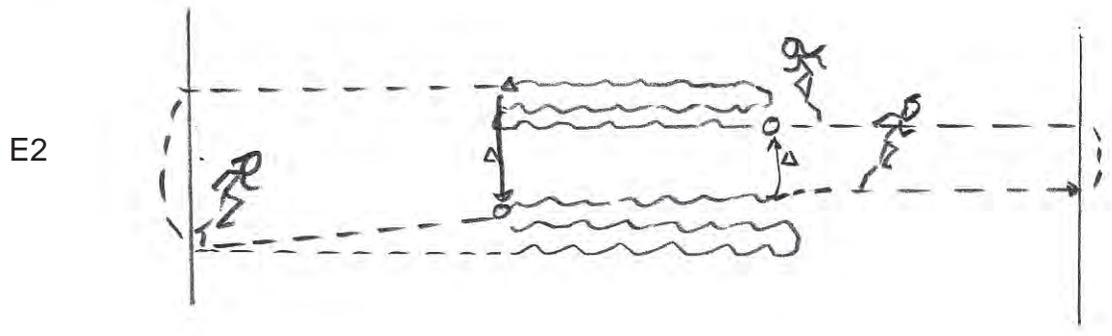
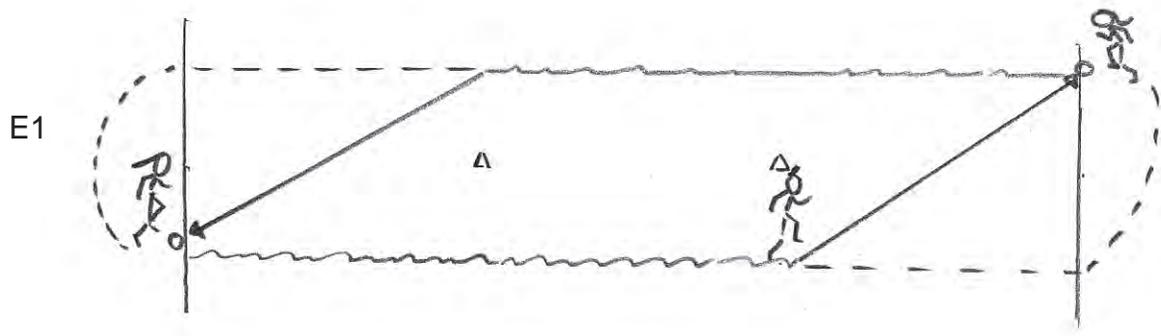


8 Rep.
Reg 60"

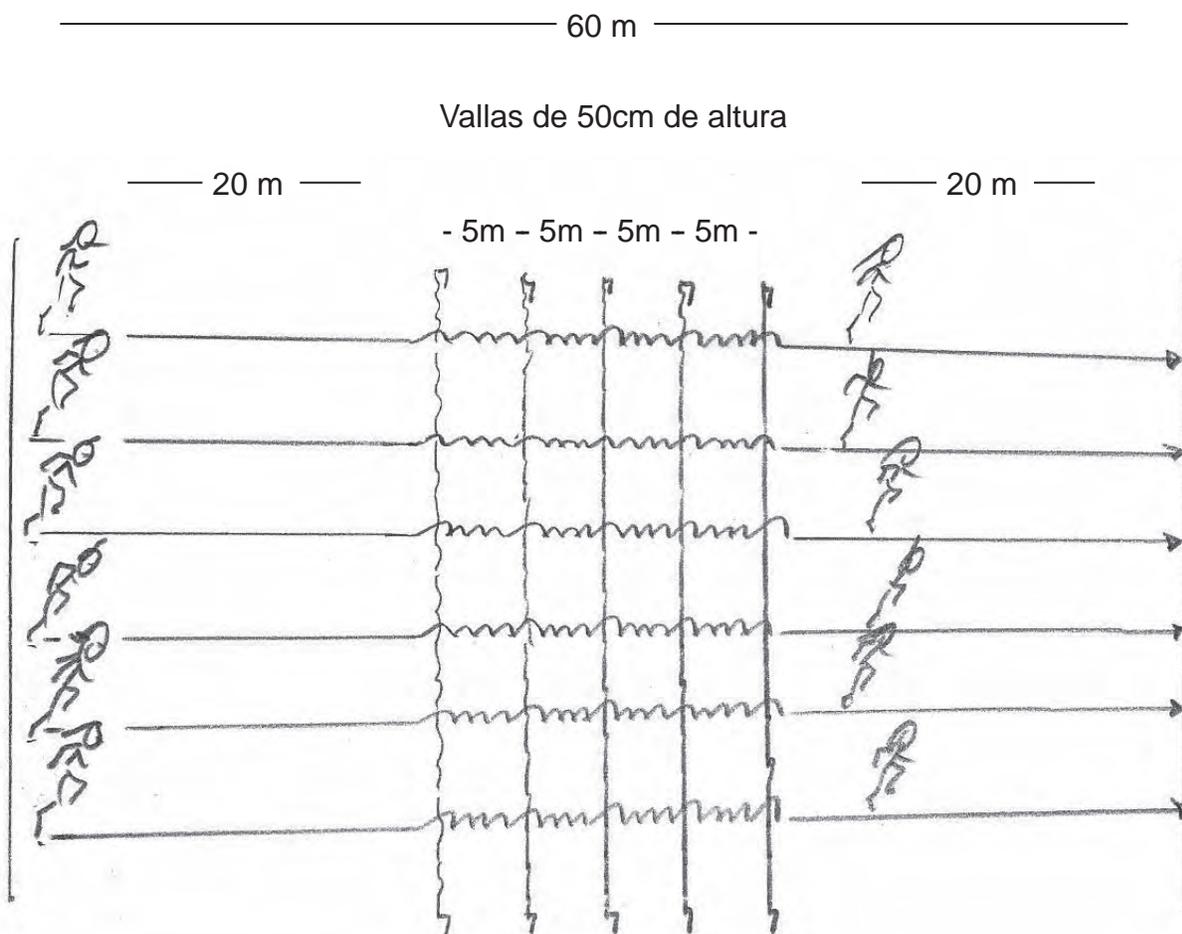


8 Rep.
Reg 75"/90"

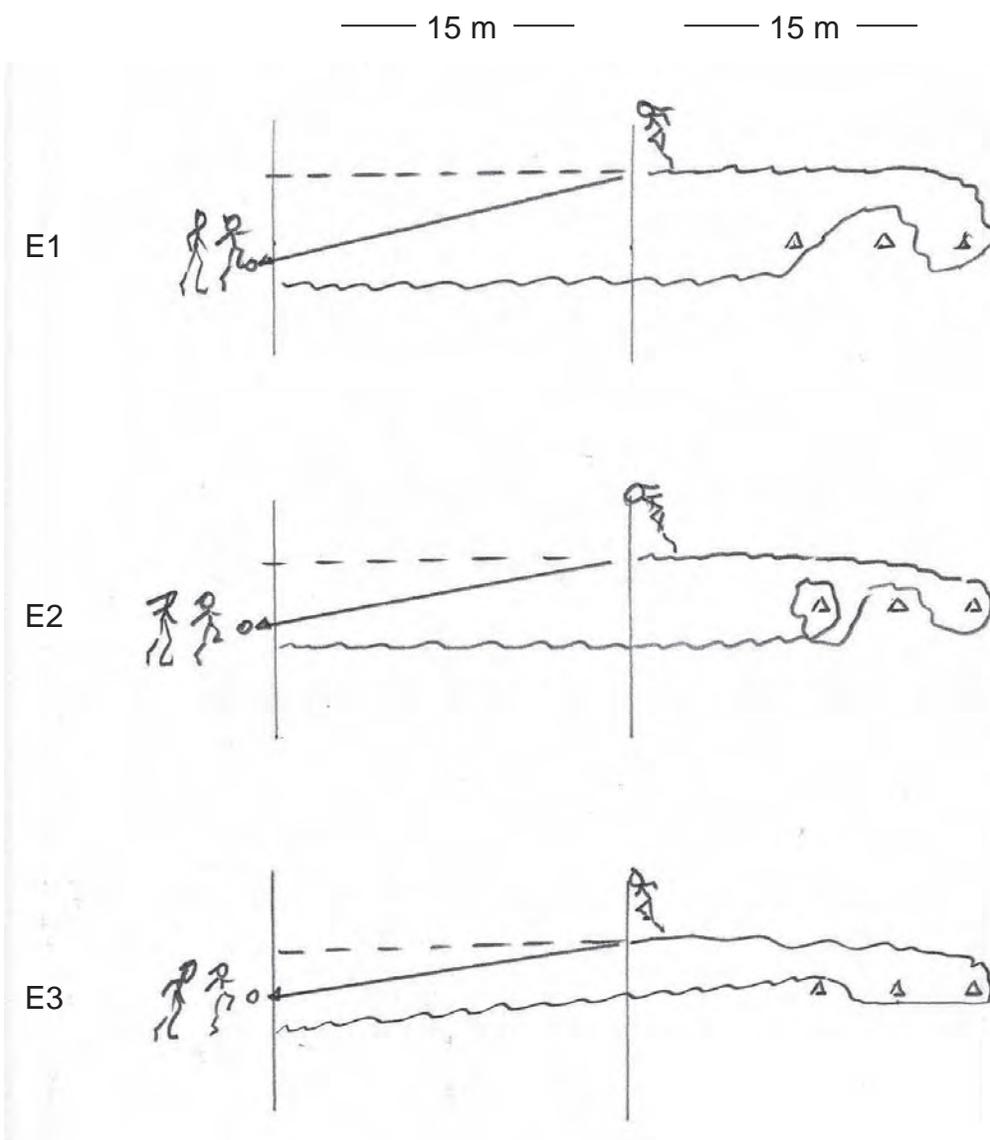
— 10 m — — 10 m — — 10 m —



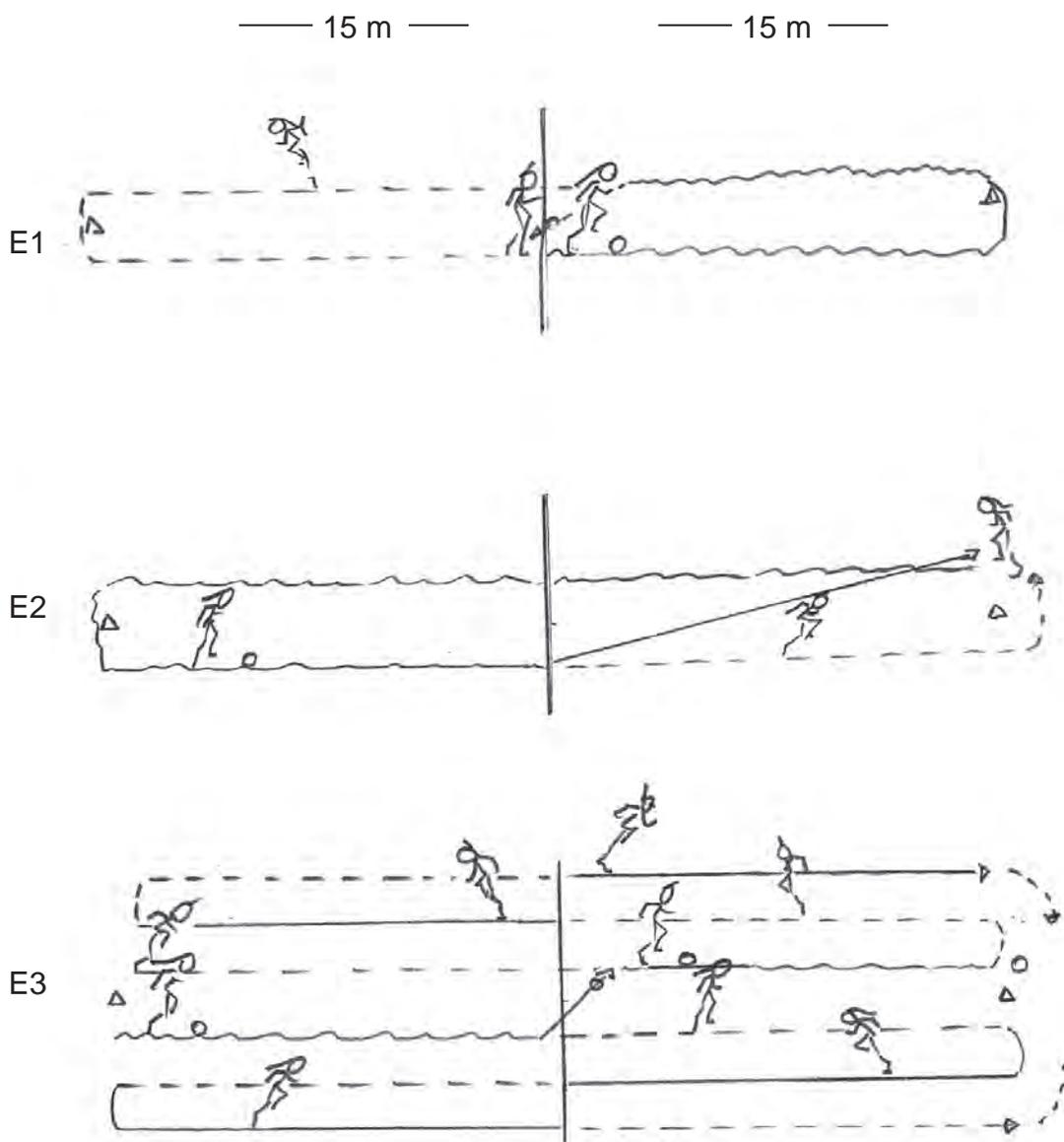
3' Continuos + 1' Pausa x E1 - E2 - E3



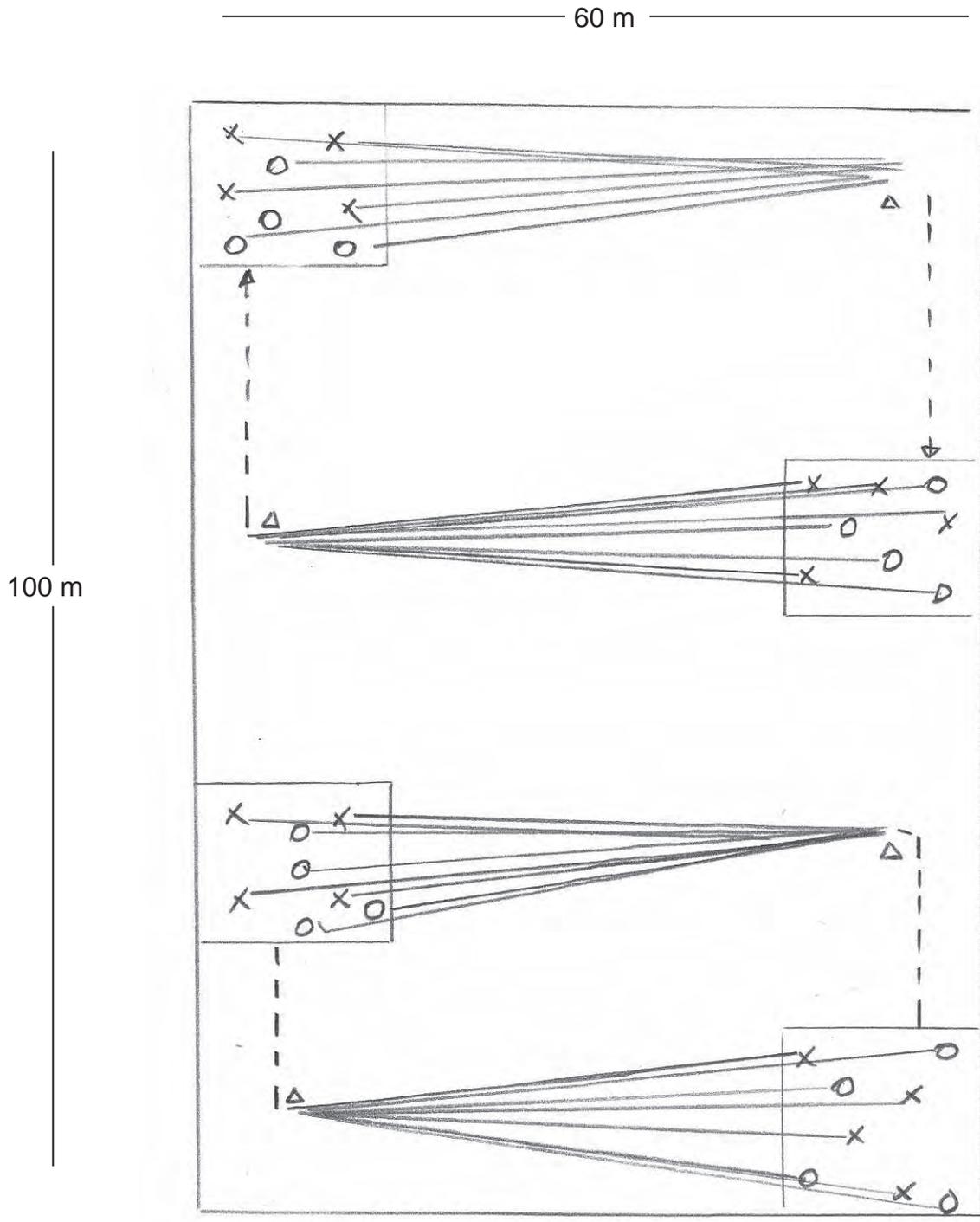
8 Rep.
Reg 60"



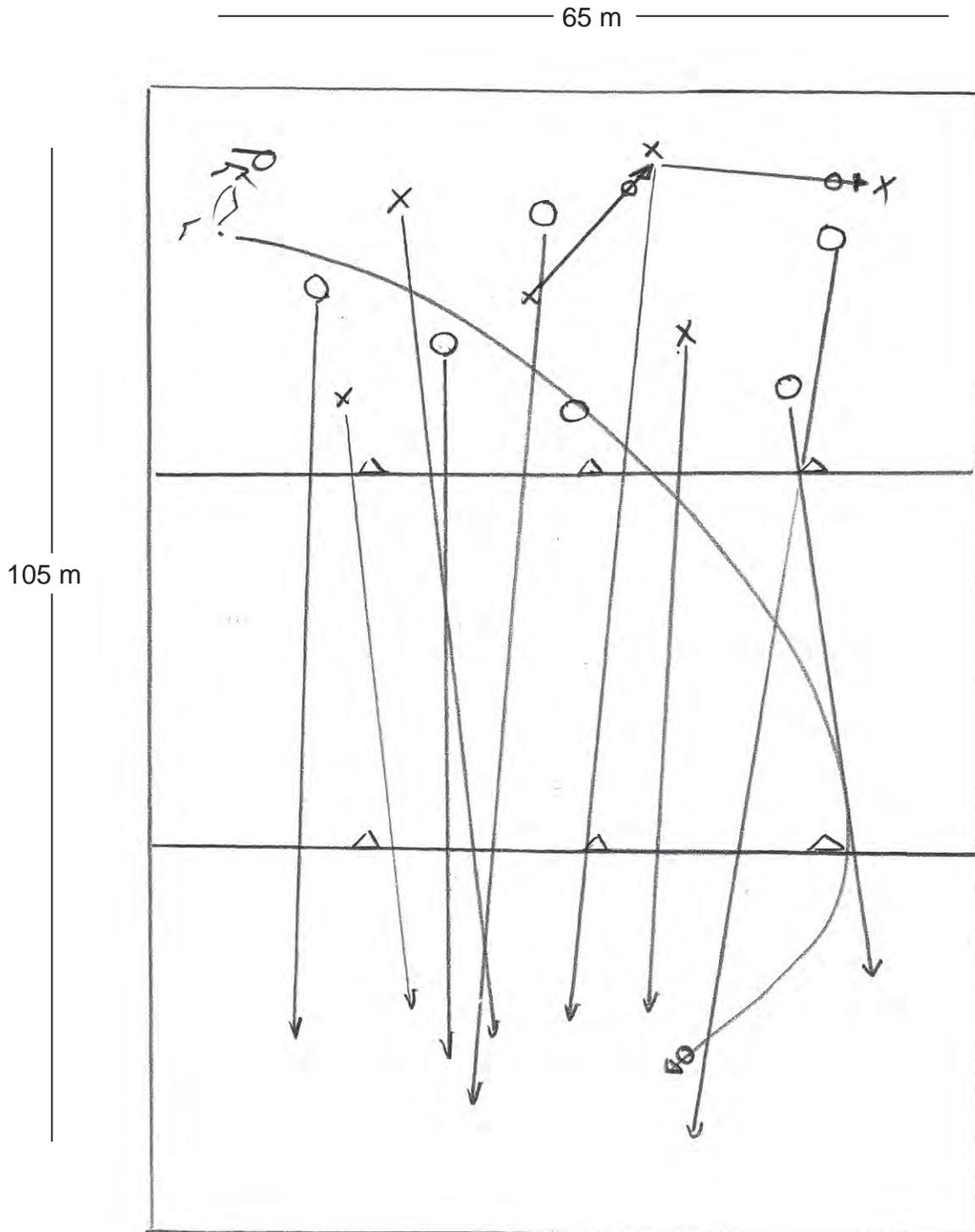
2' Continuos + 1' Pausa x E1 - E2 - E3



3' Continuos + 1' Pausa x E1 - E2 - E3

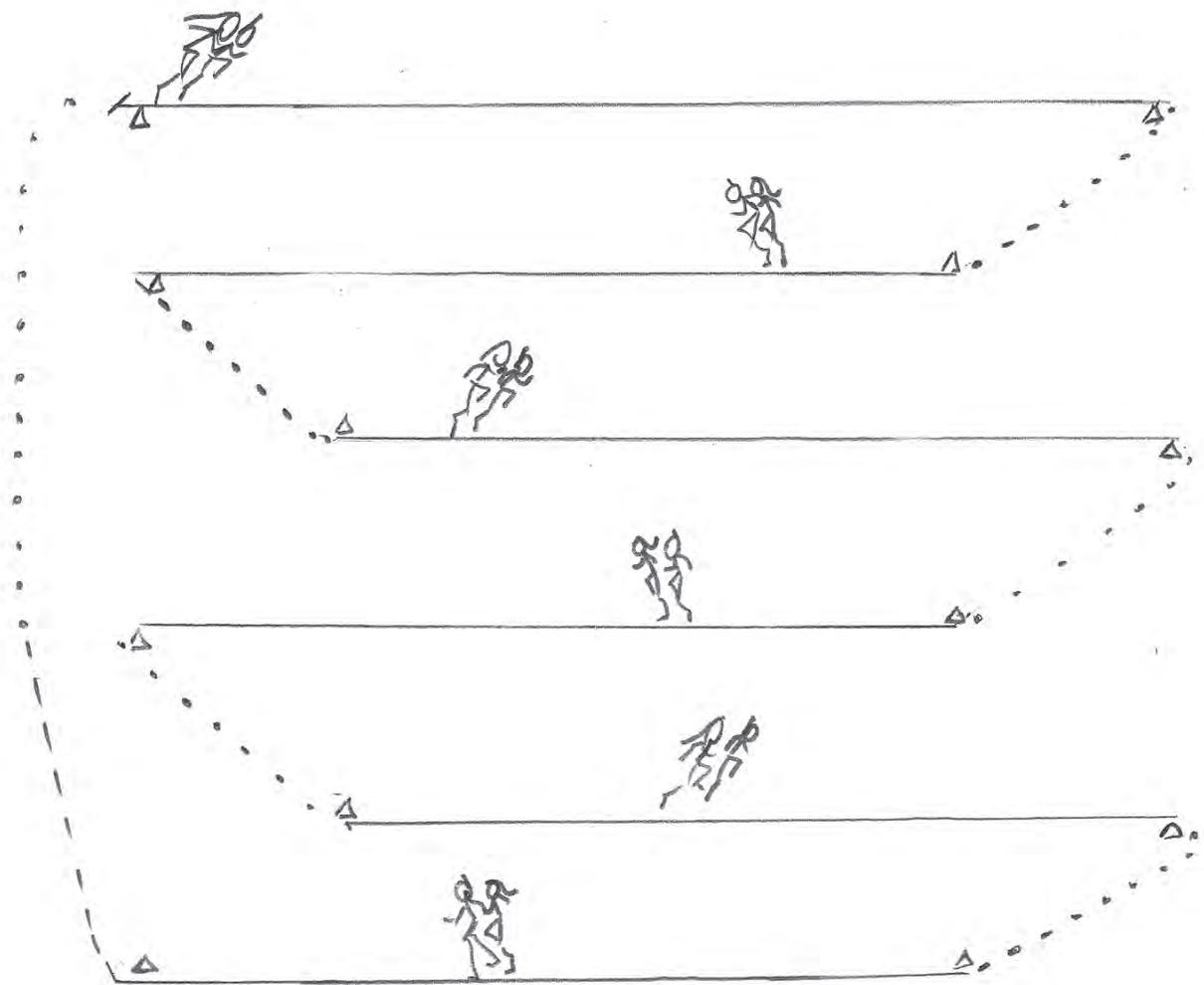


10' Continuos + 1' Torito +carrera



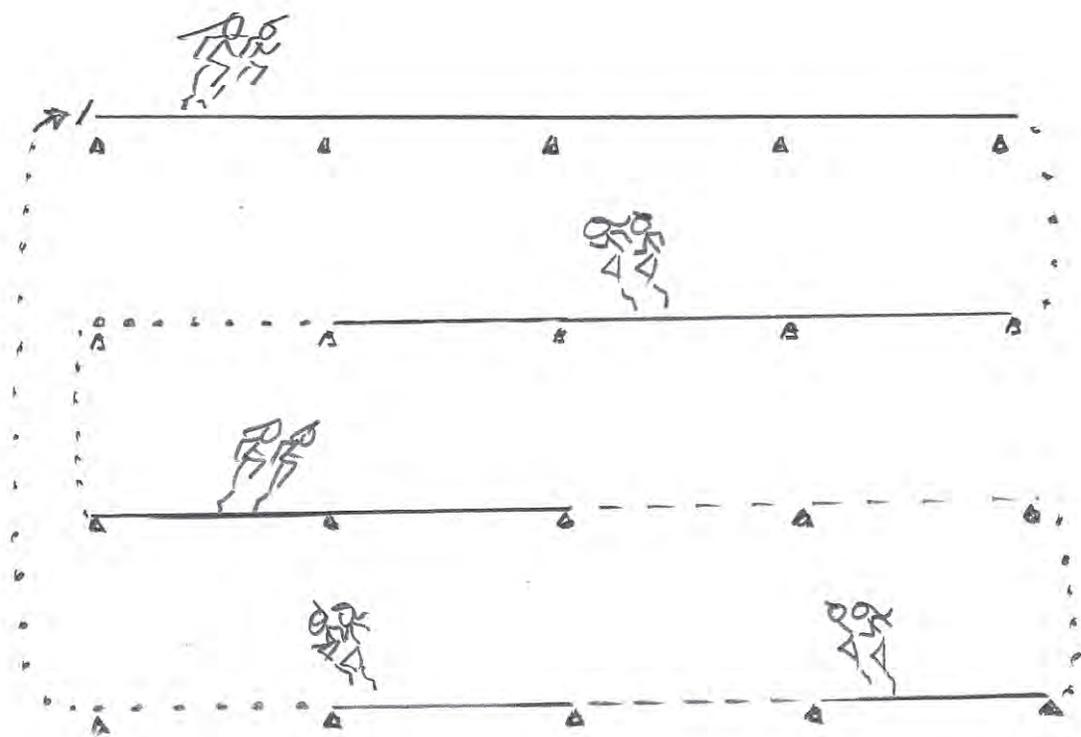
90" Cuenta toques + cambio de campo

— 15 m — — 20 m — — 20 m — — 15 m —

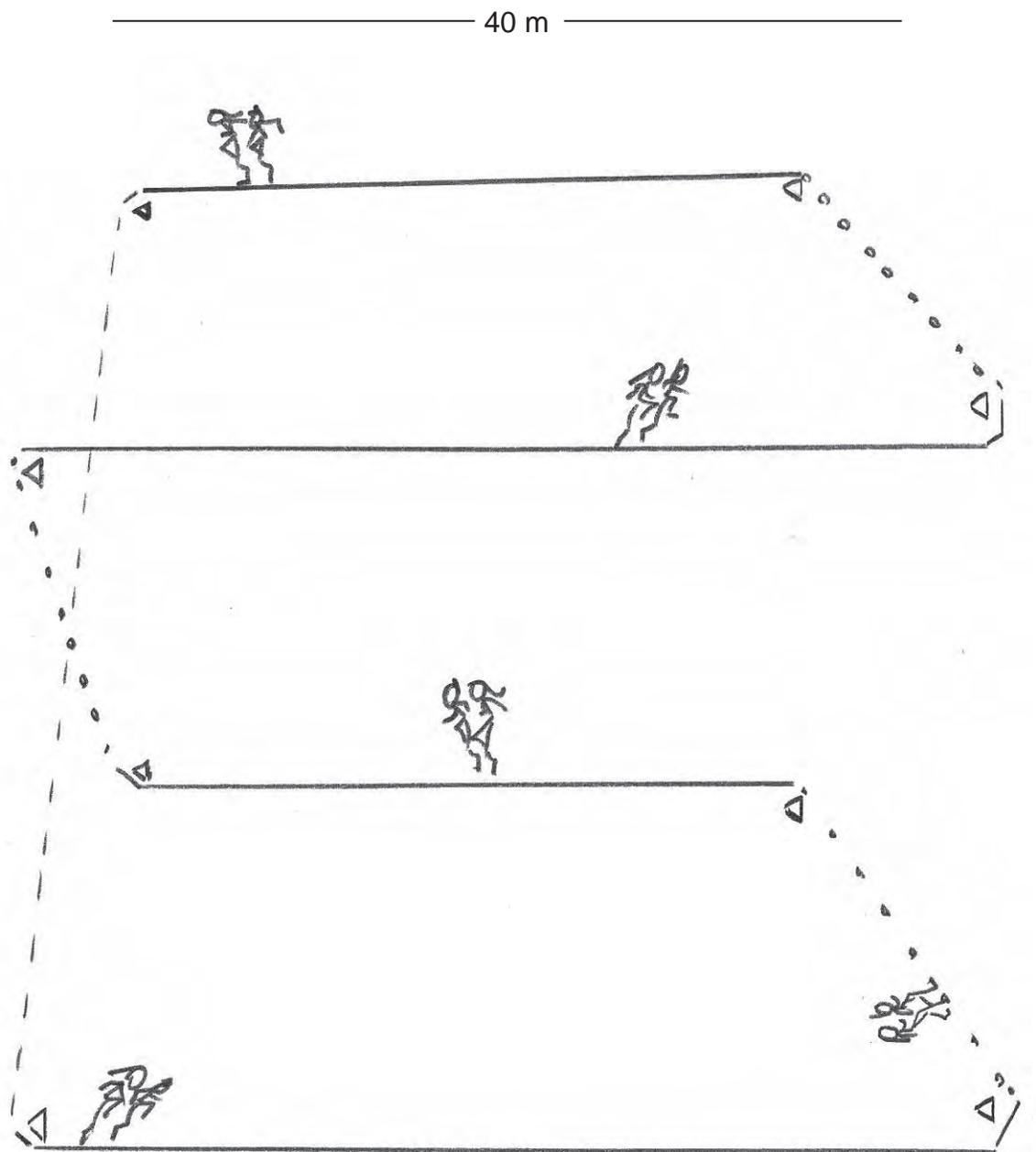


12'-15' Continuos

— 15 m — — 15 m — — 15 m — — 15 m —



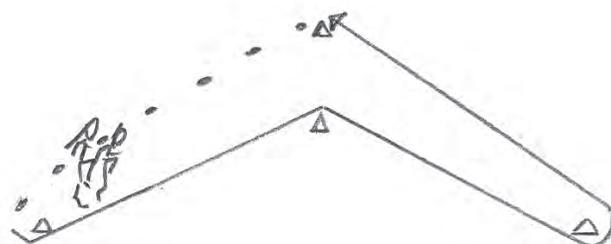
12' Continuos



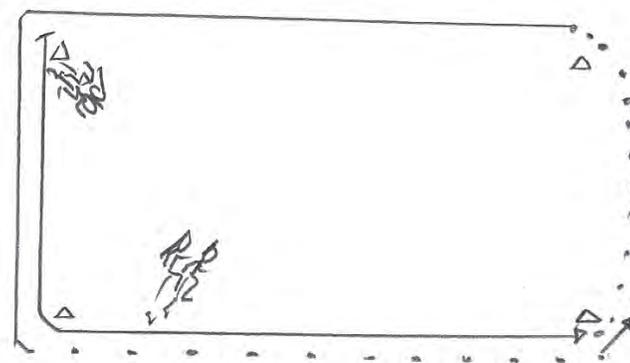
12' Continuos

20 m

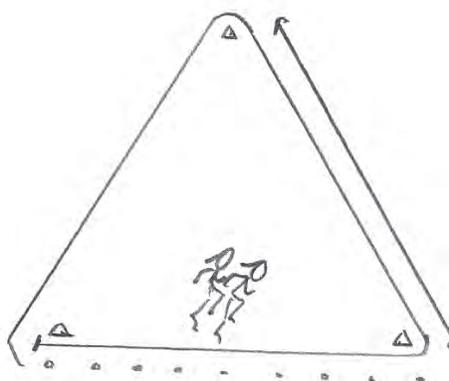
E1



E2



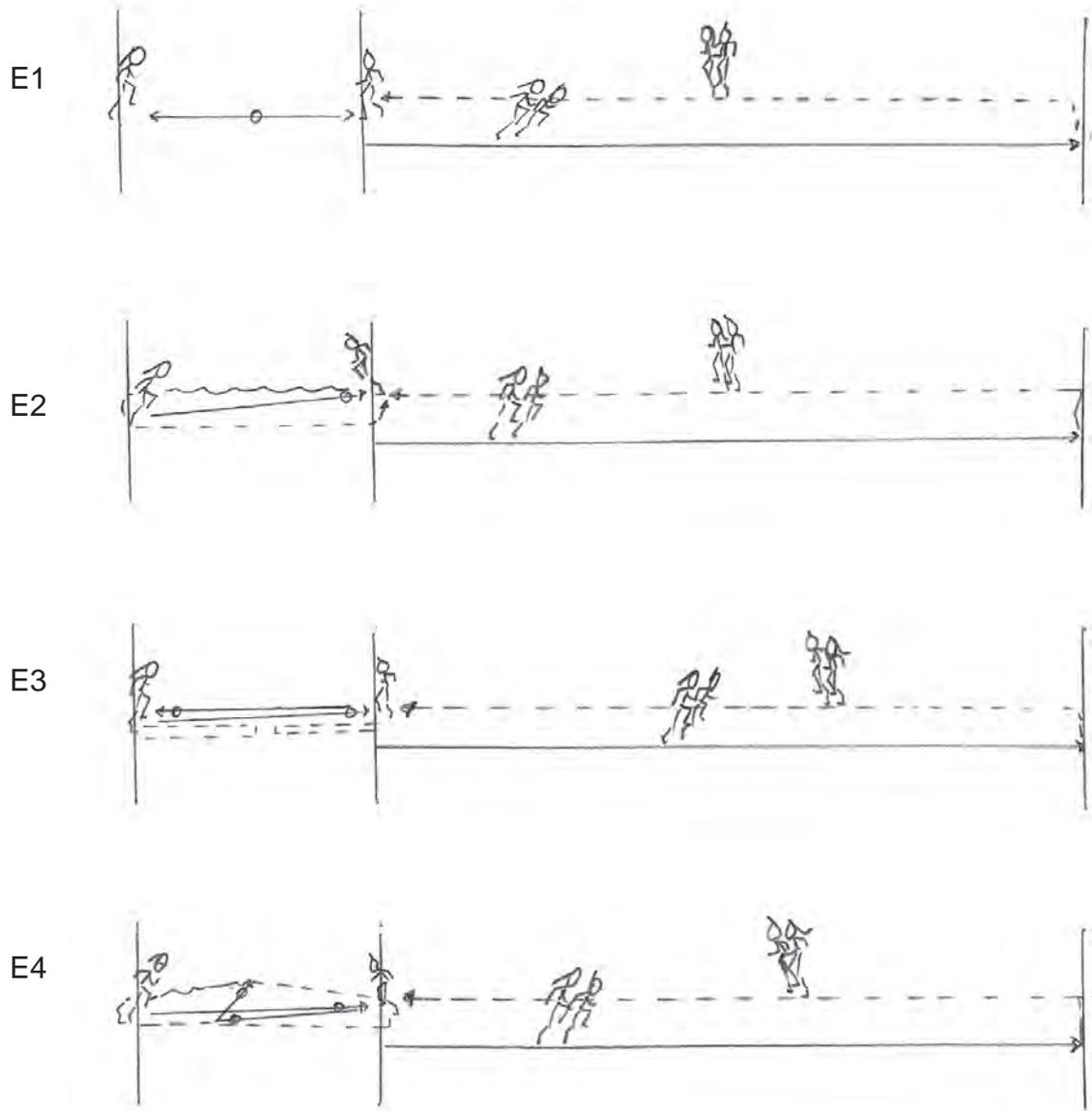
E3



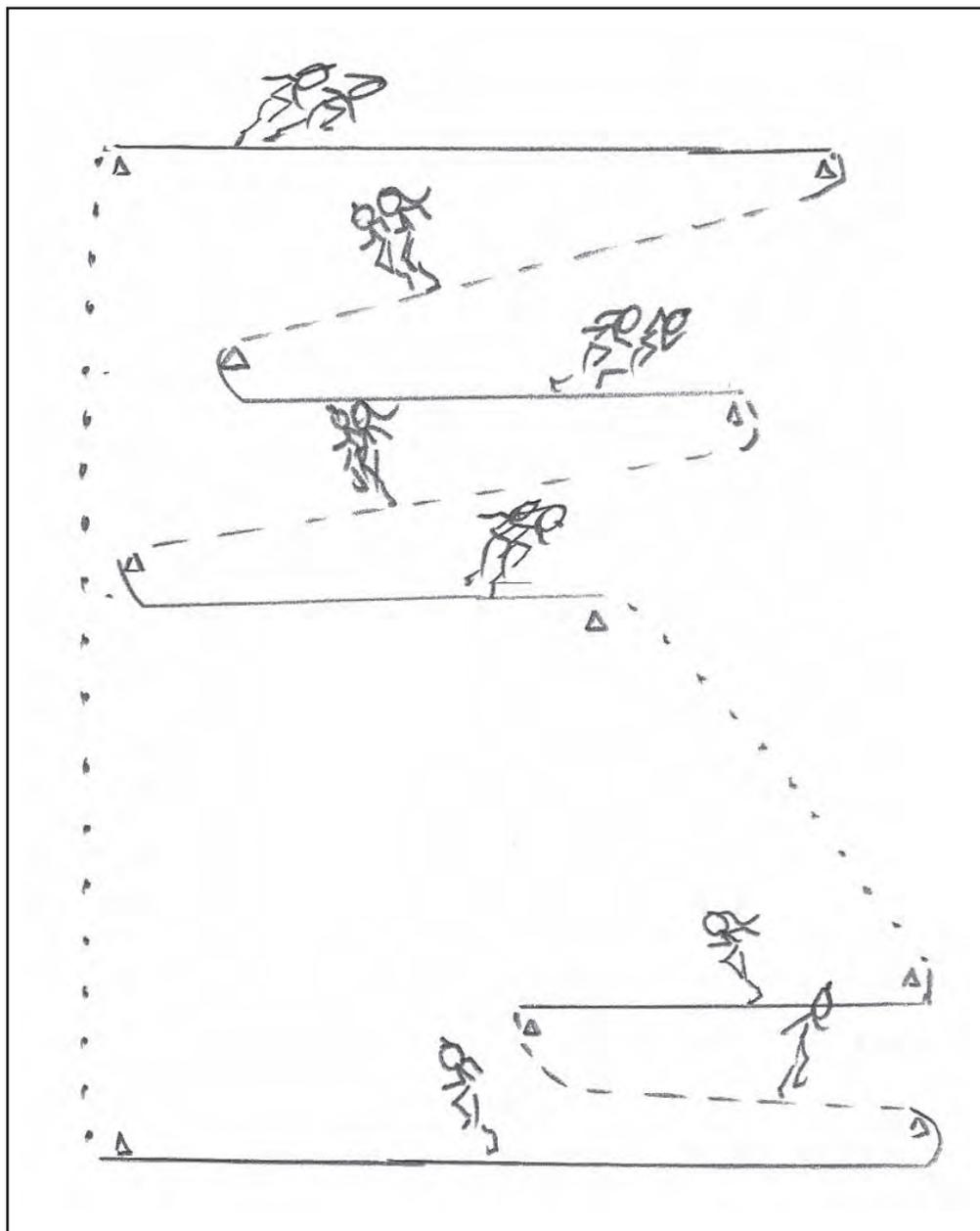
3' Continuos + 1' Pausa x E1 - E2 - E3

15"

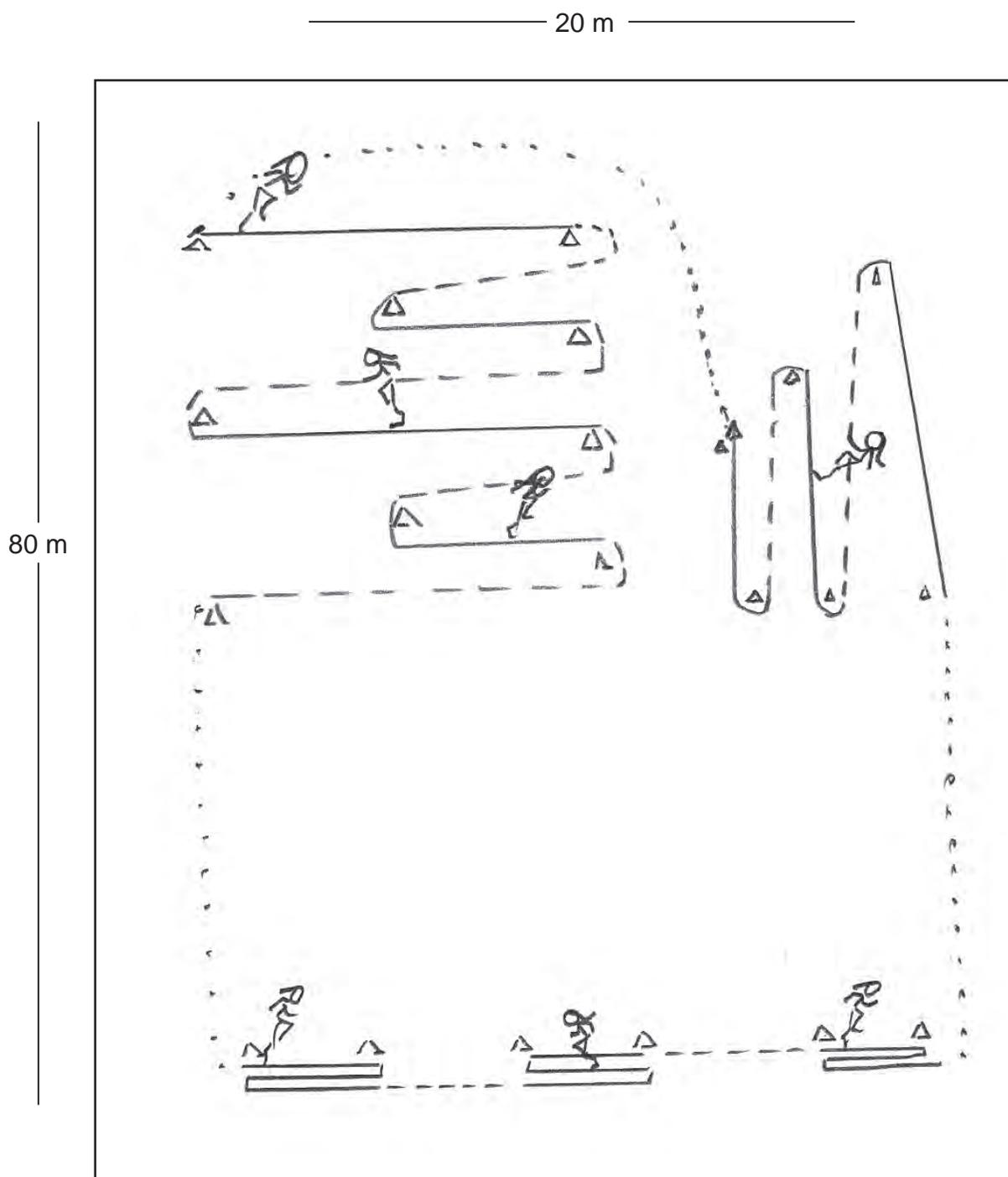
3' Continuos + 1' Pausa



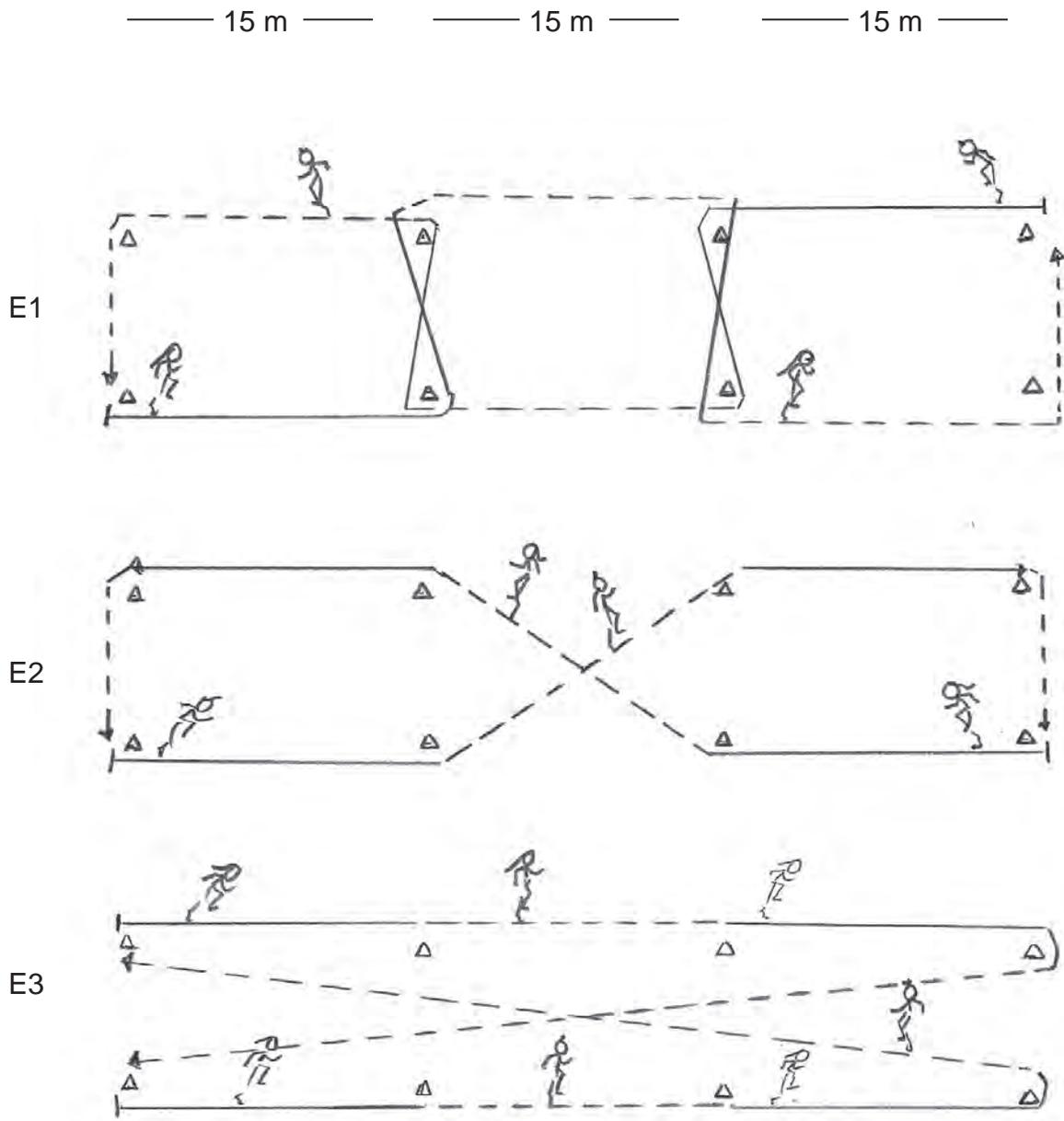
40 m



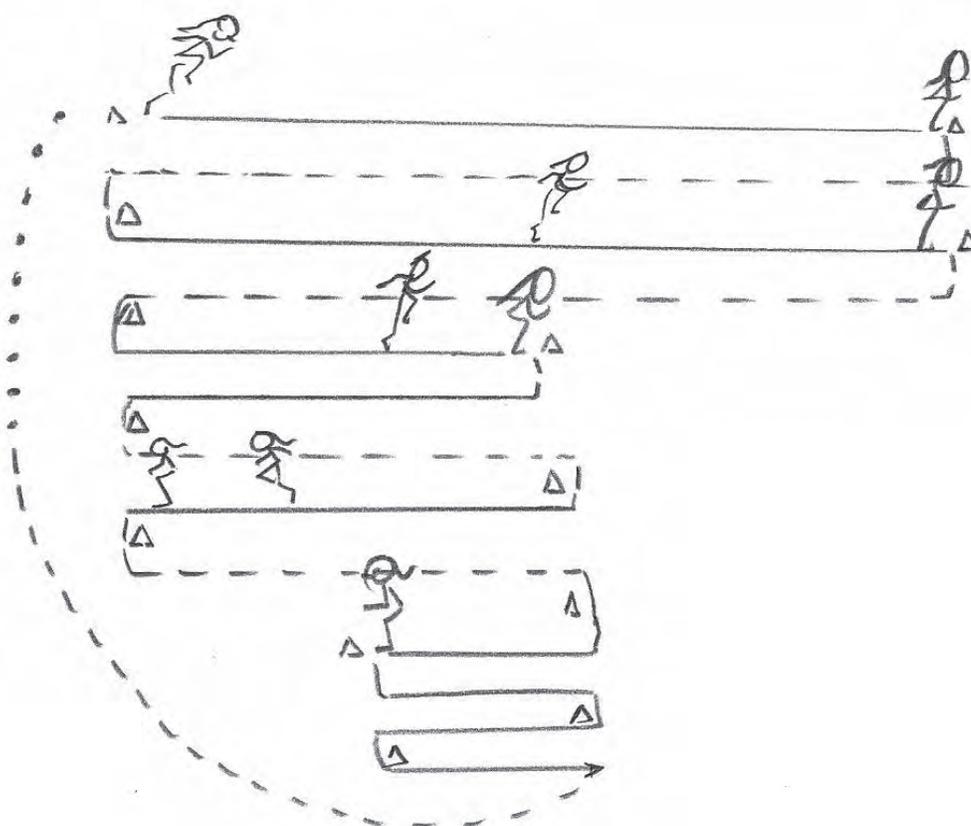
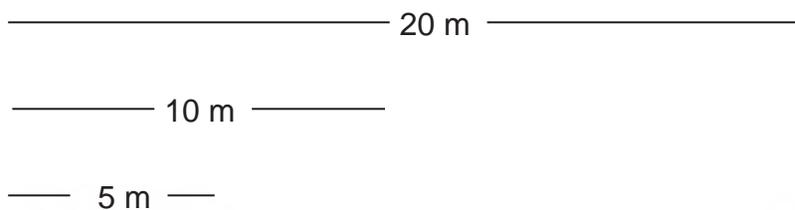
6 - 8 Rondas
90" Pausa



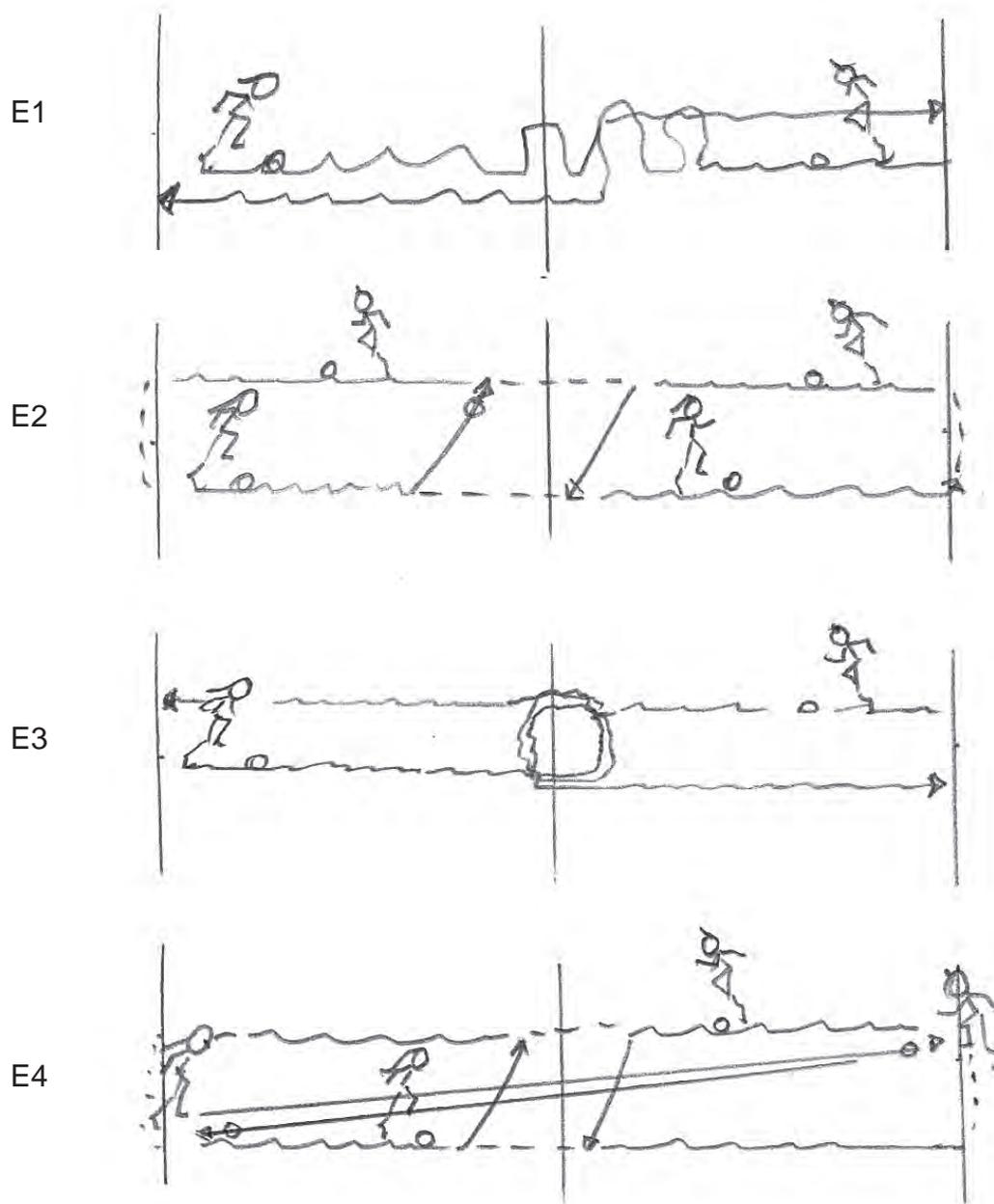
8 - 10 Rondas
90" Pausa



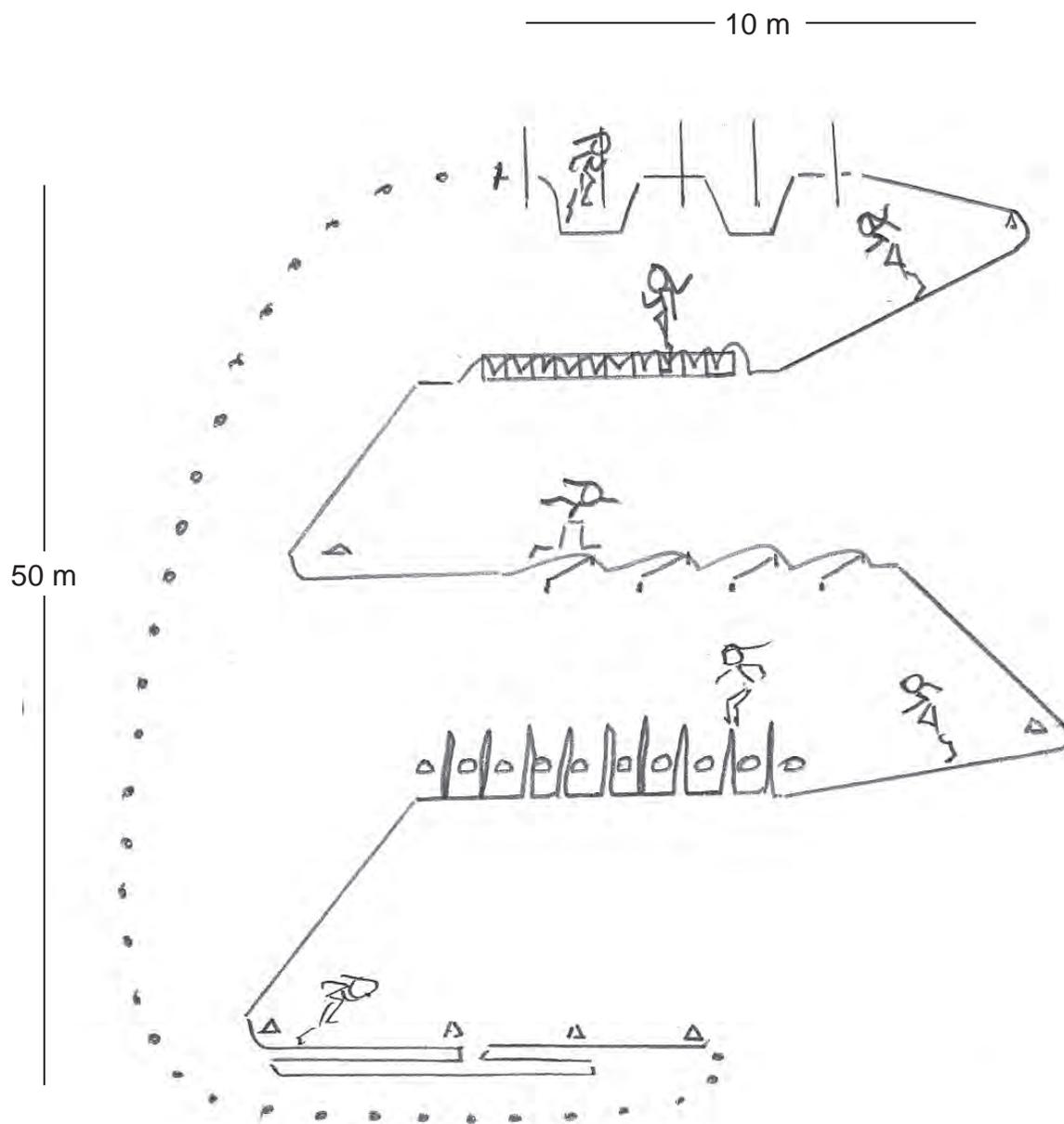
2' Continuos + 1' Pausa x E1 - E2 - E3



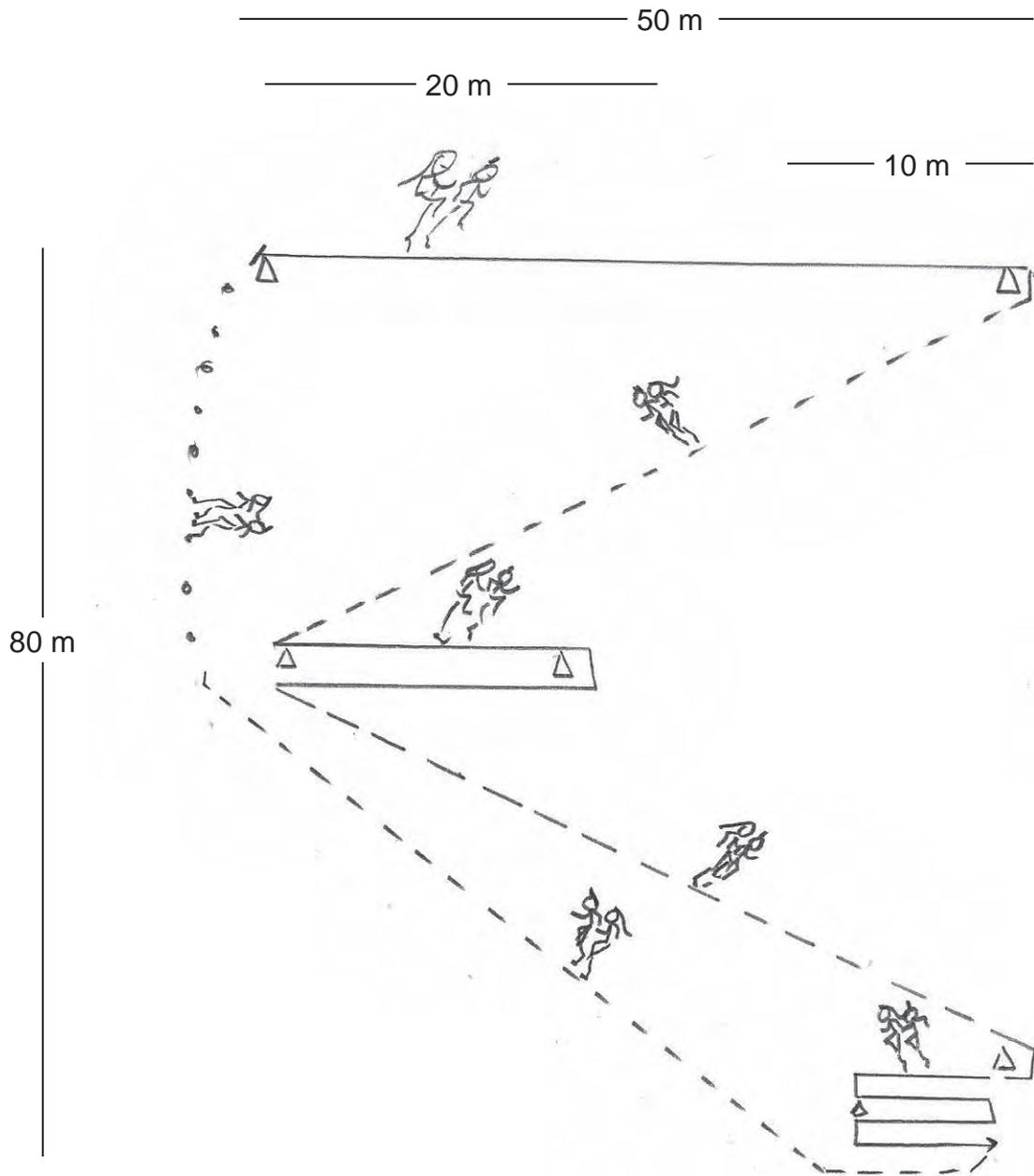
8 - 10 Rondas
90" Pausa



2' Continuos + 1' Pausa x E1 - E2 - E3 - E4



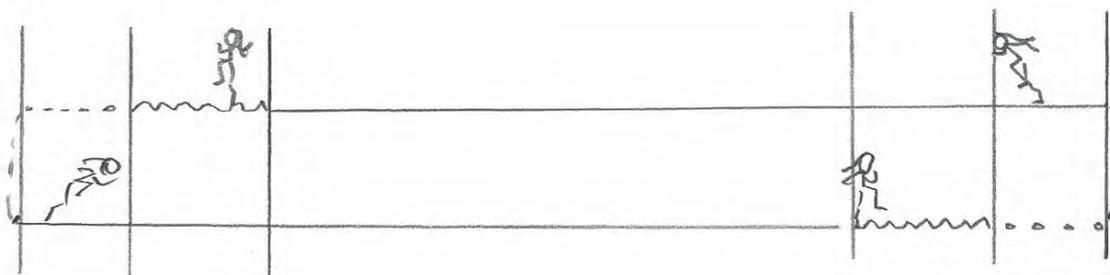
8 - 10 Rondas
90" Pausa



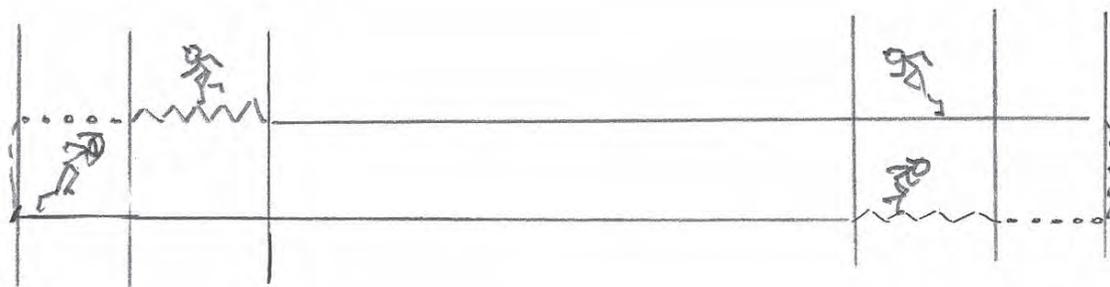
6 - 8 Rondas
90" Pausa

- 10 m — 15 m — ————— 20 m ————— — 15 m — 10 m —

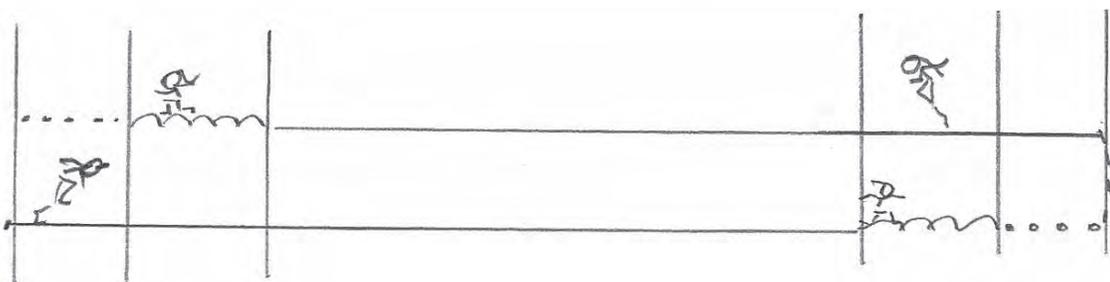
E1



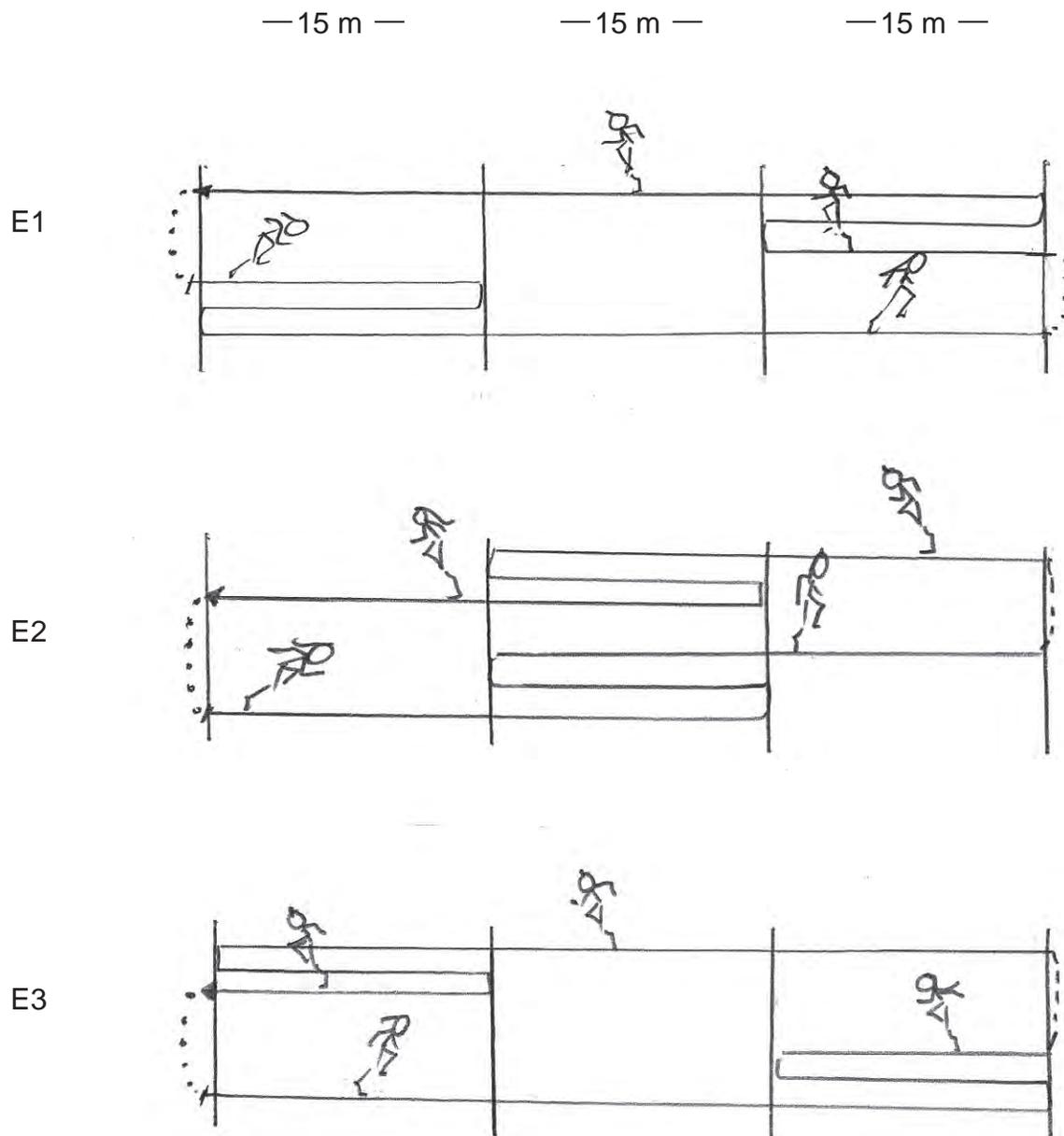
E2



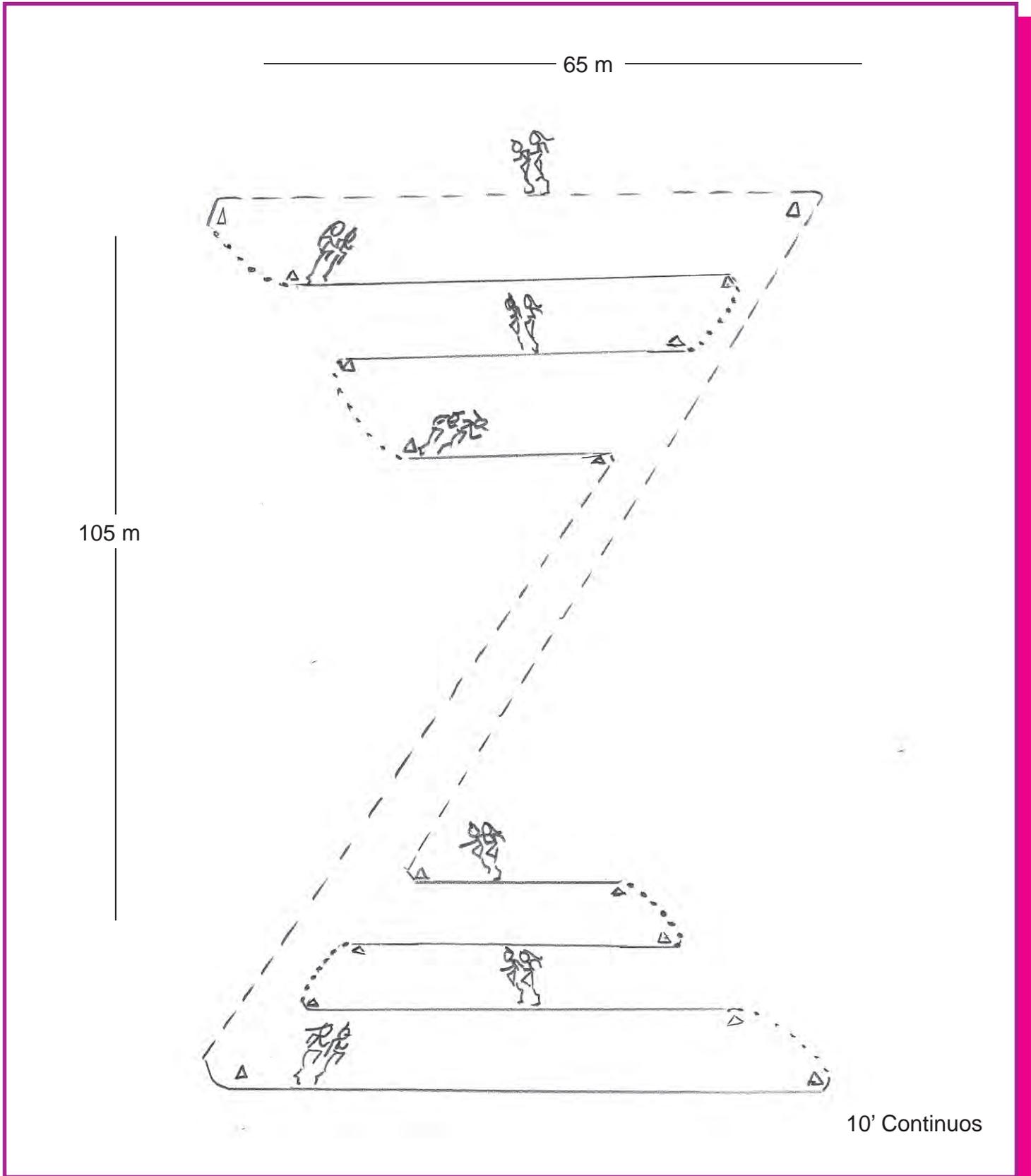
E3

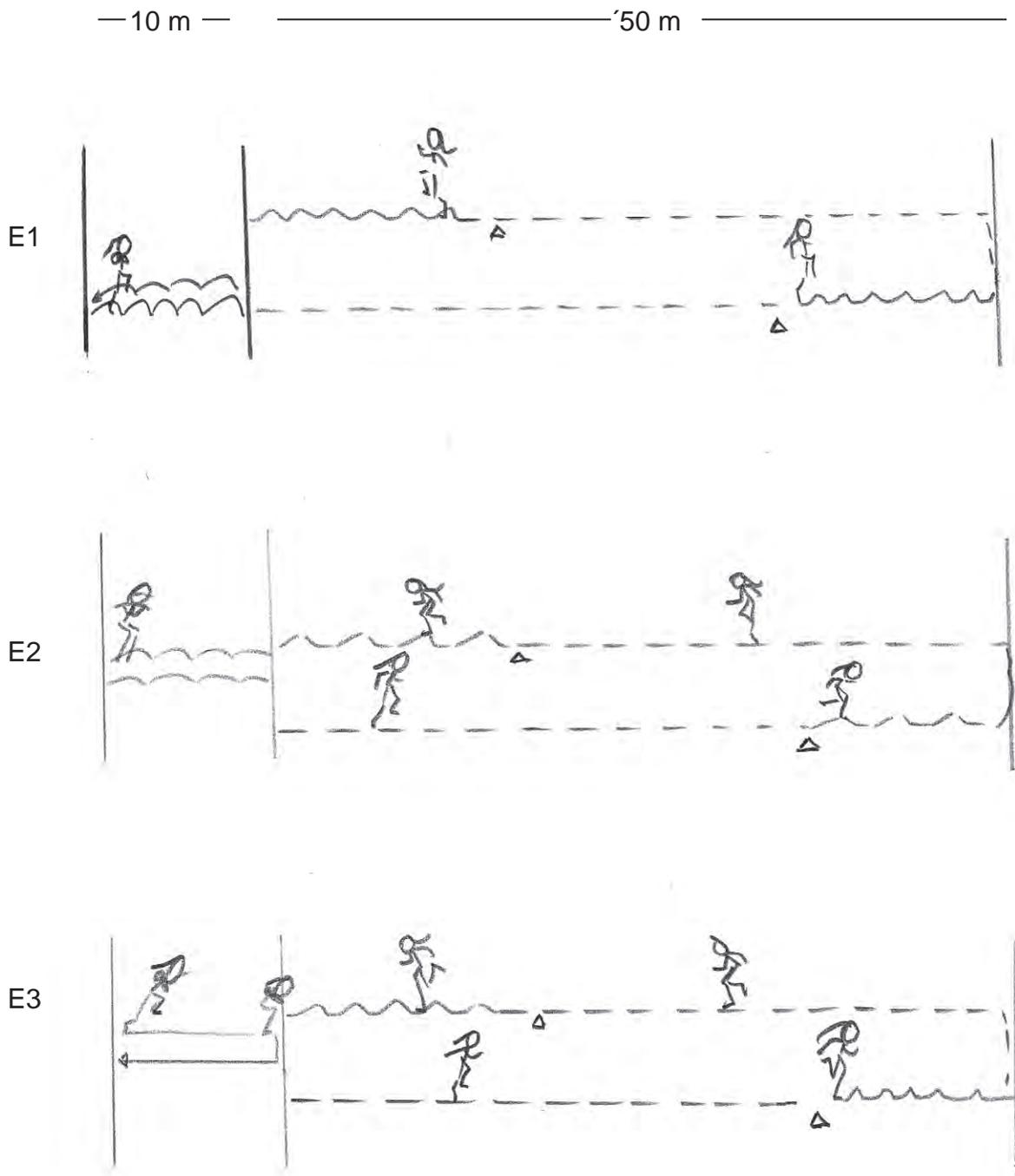


3 Rep. Reg. 90" x E1 - E2 - E3

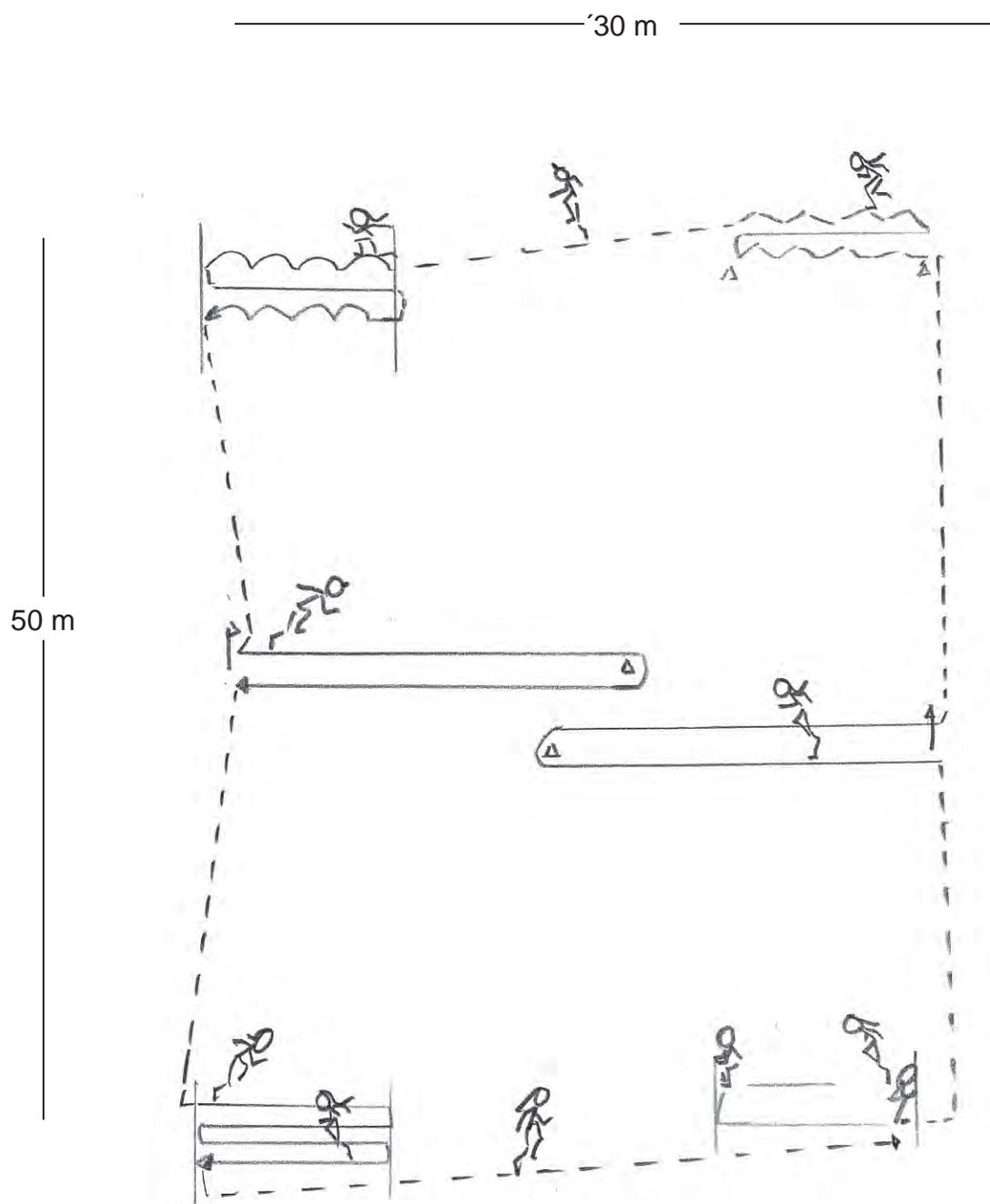


4 Rep. Reg. 75" x E1 - E2 - E3

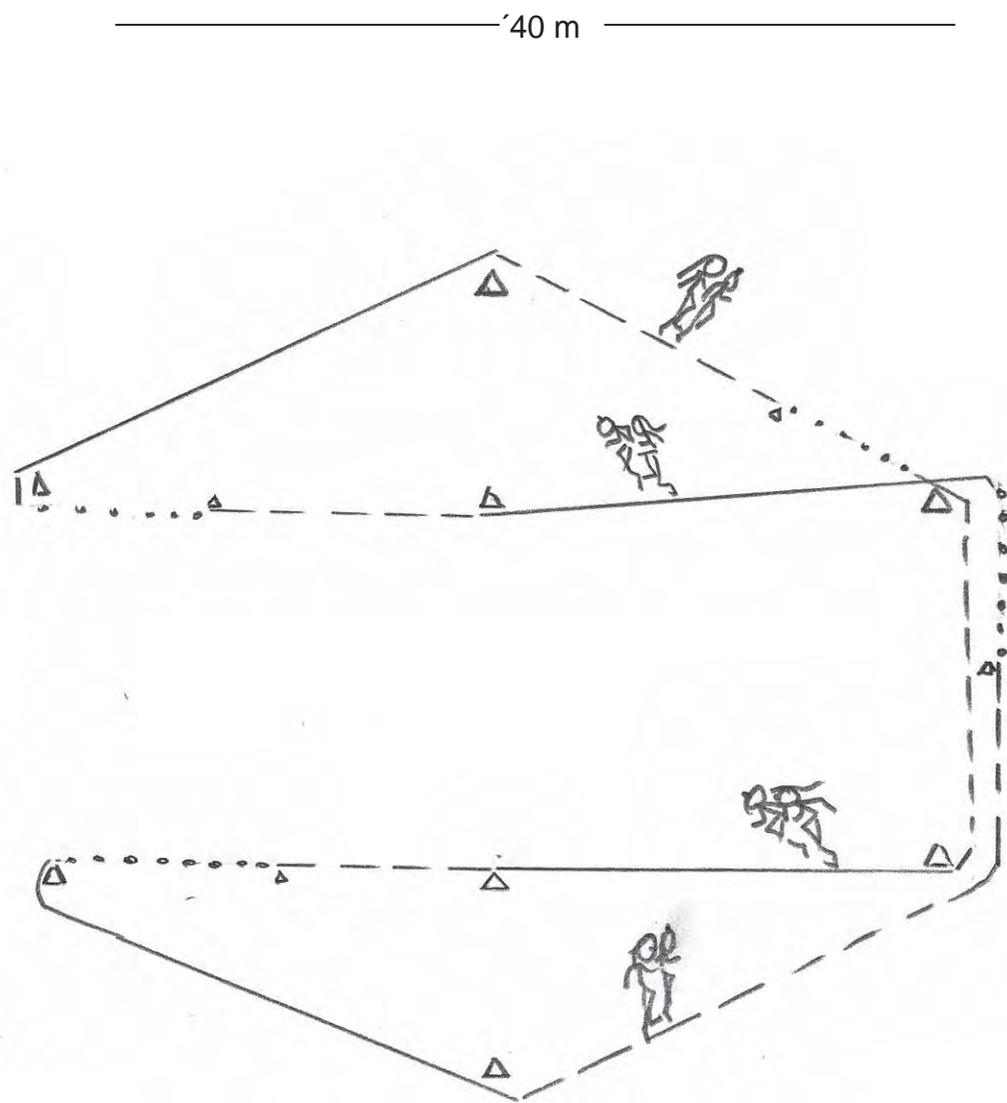




4" x E1 - E2 - E3

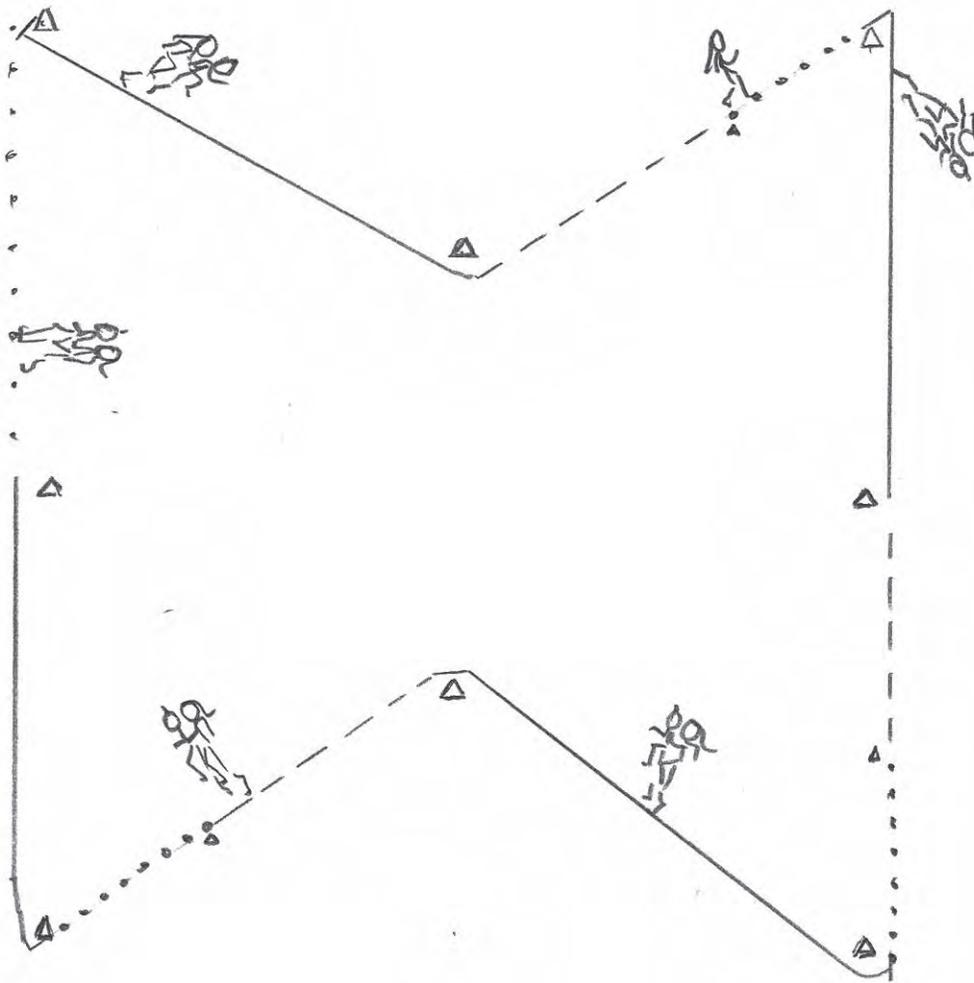


6 - 8 Rondas
90" Pausa

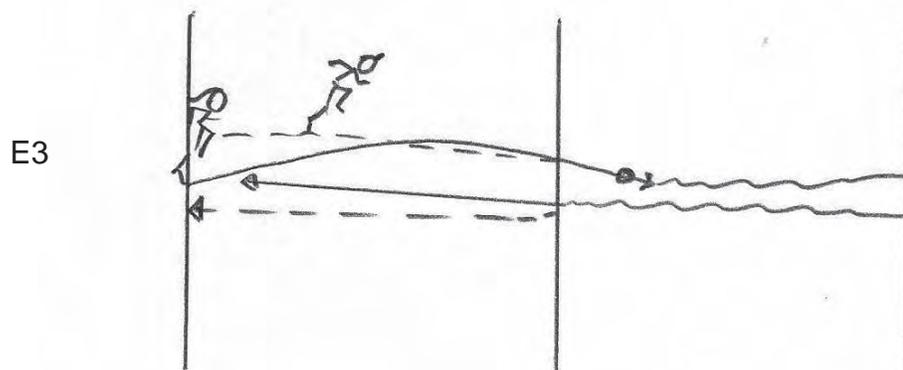
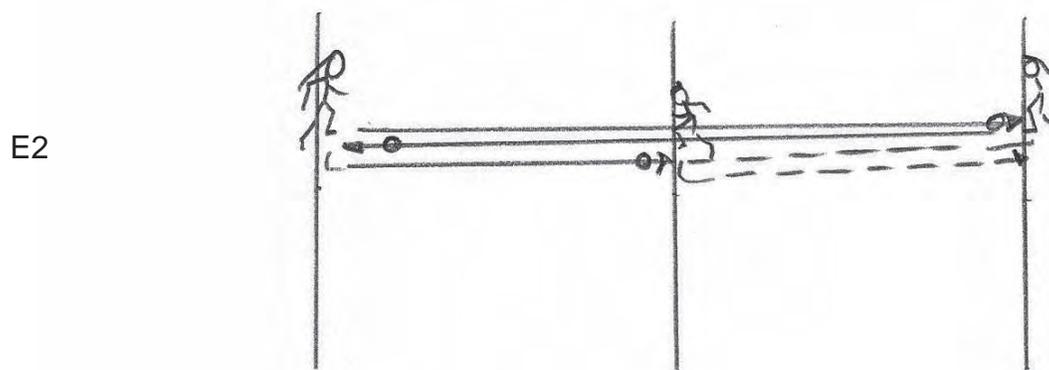
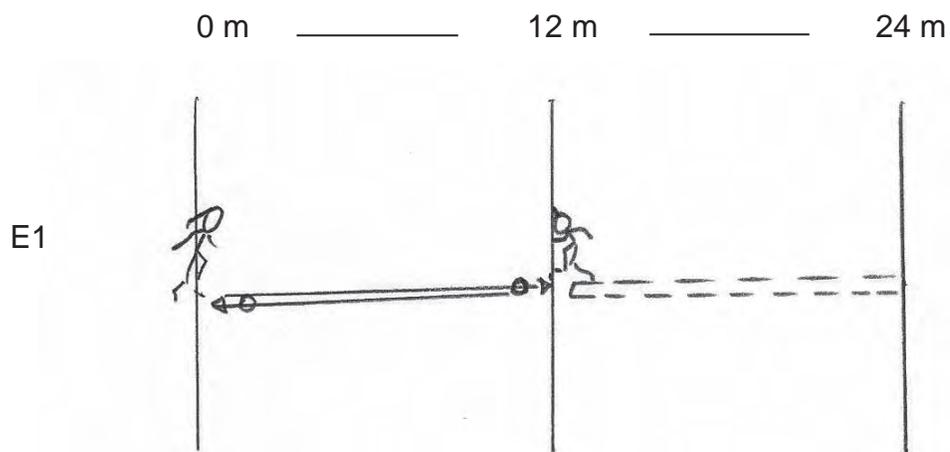


8 -10 Rondas
90" Pausa

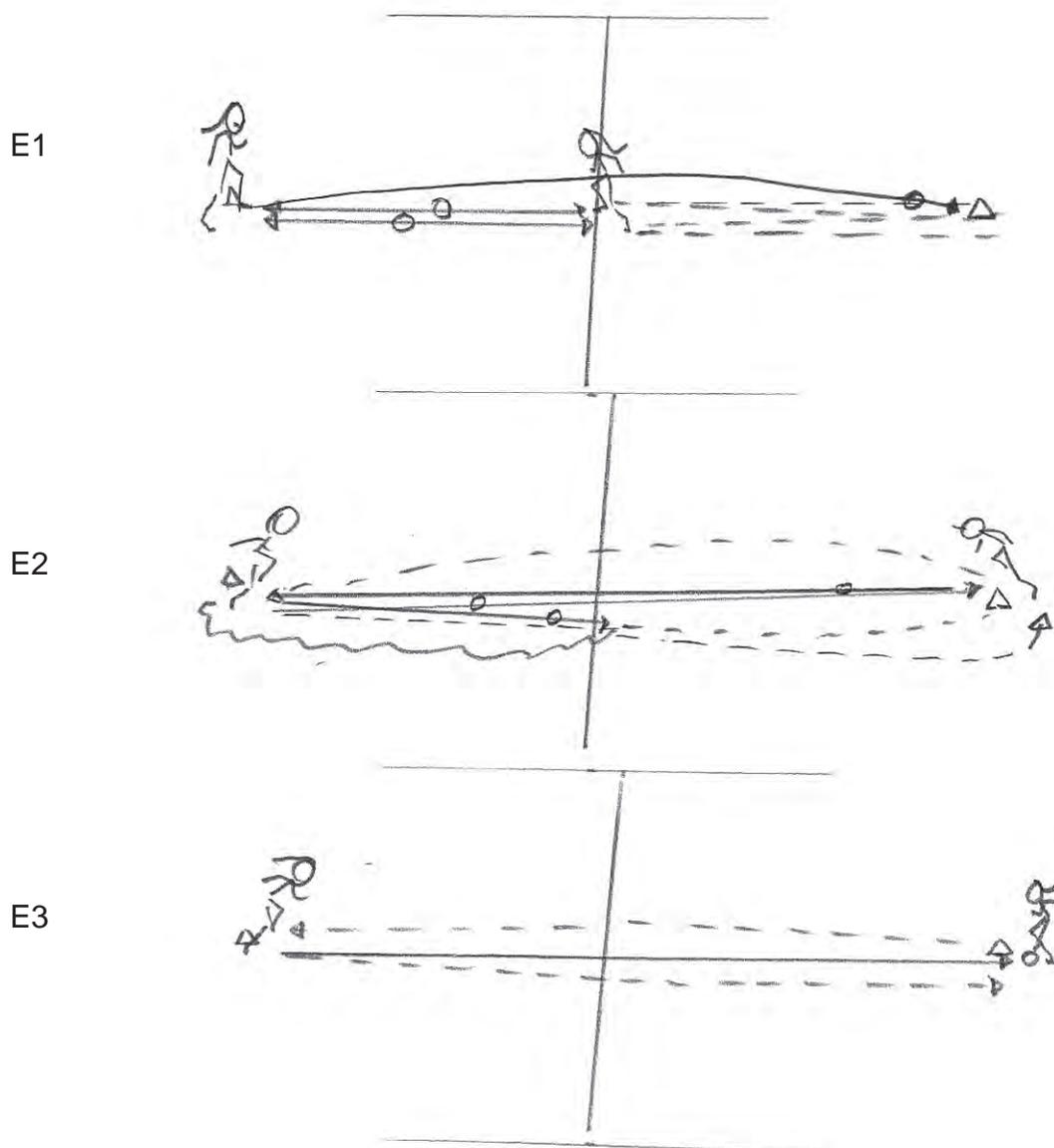
40 m



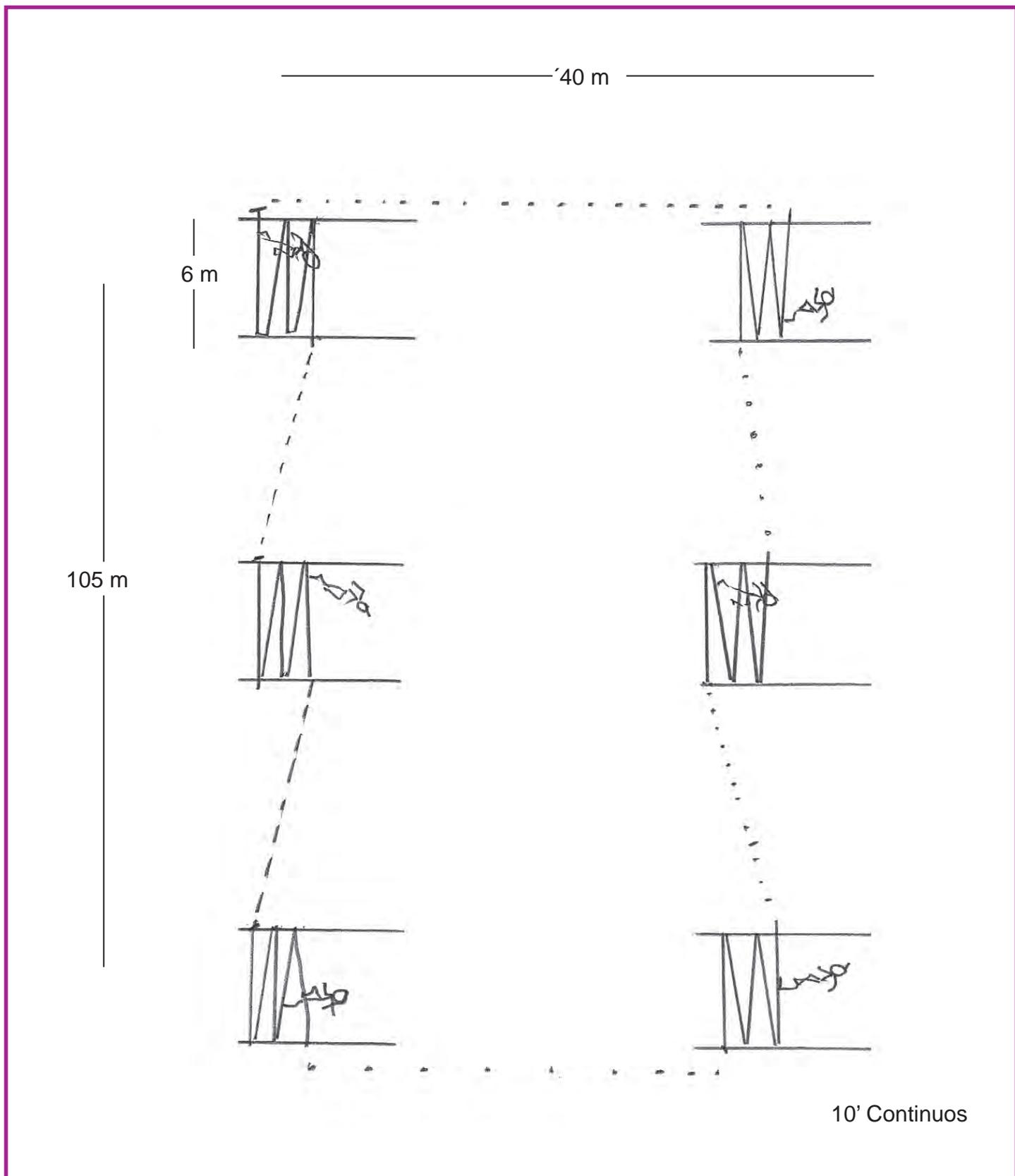
8 -10 Rondas
90" Pausa



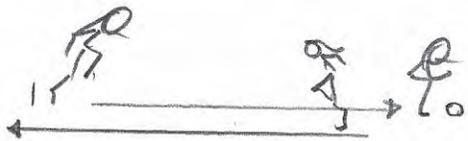
3 x 30" Trabajo
Reg. 60" x E1 - E2 - E3



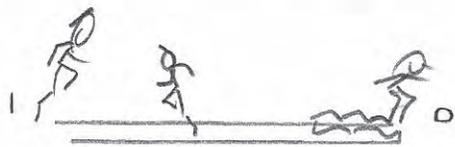
3 x 1' Trabajo
30" Pausa x E1 - E2 -E3



5 m



2' x 30" Trabajo + 30" Pausa



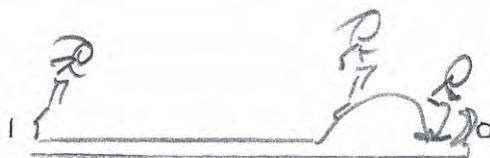
2' x 30" Trabajo + 30" Pausa



2' x 30" Trabajo + 30" Pausa



2' x 30" Trabajo + 30" Pausa



2' x 30" Trabajo + 30" Pausa



2' x 30" Trabajo + 30" Pausa

E1



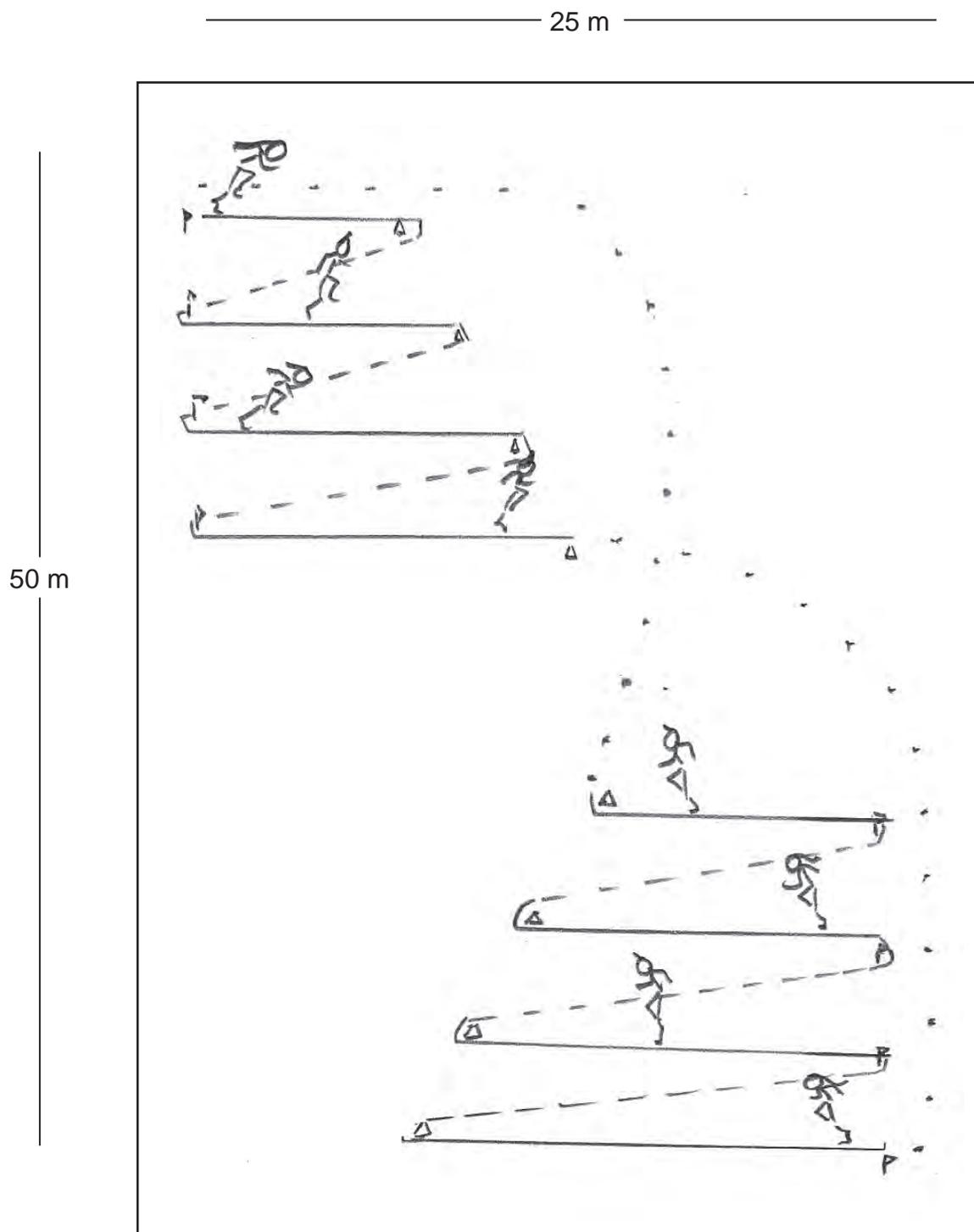
E2



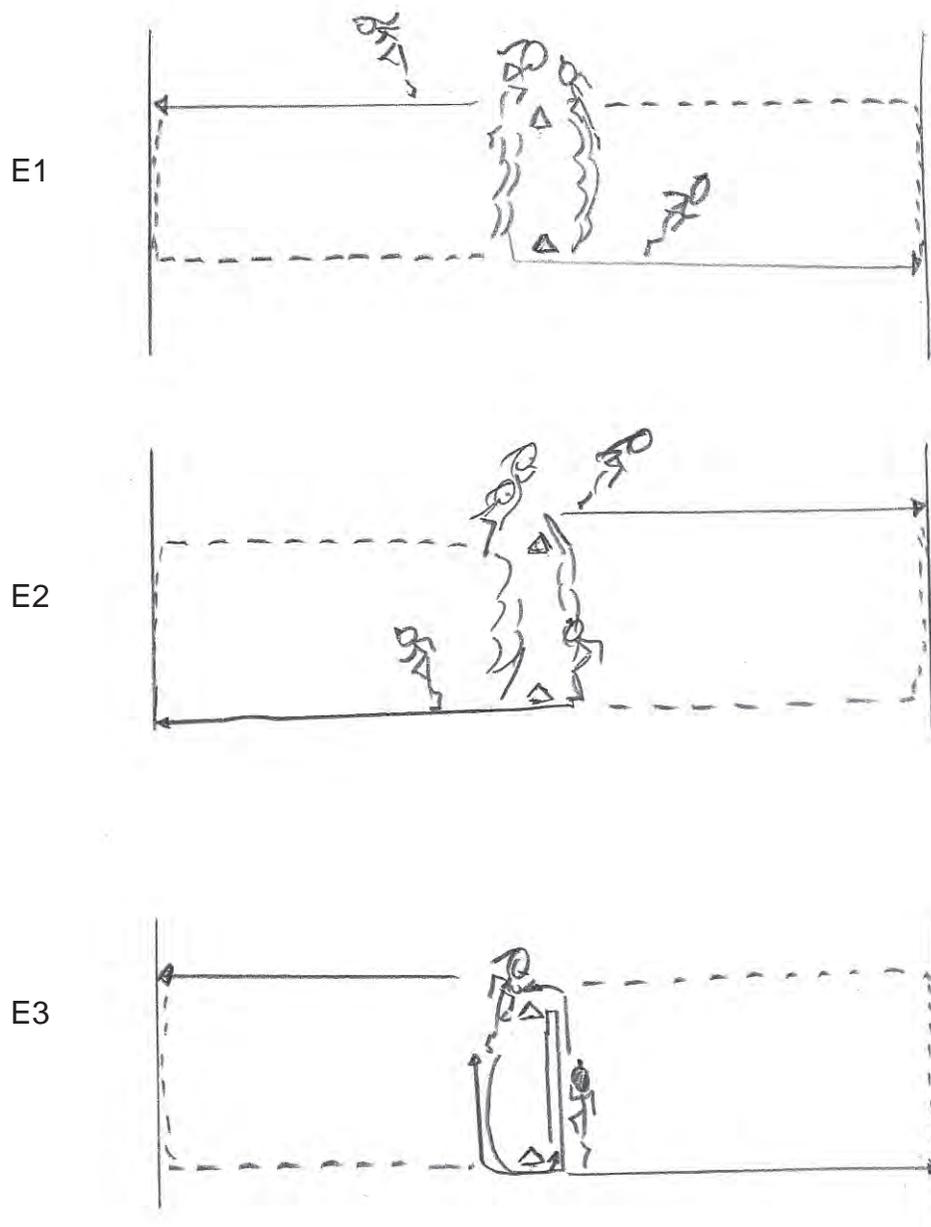
E3



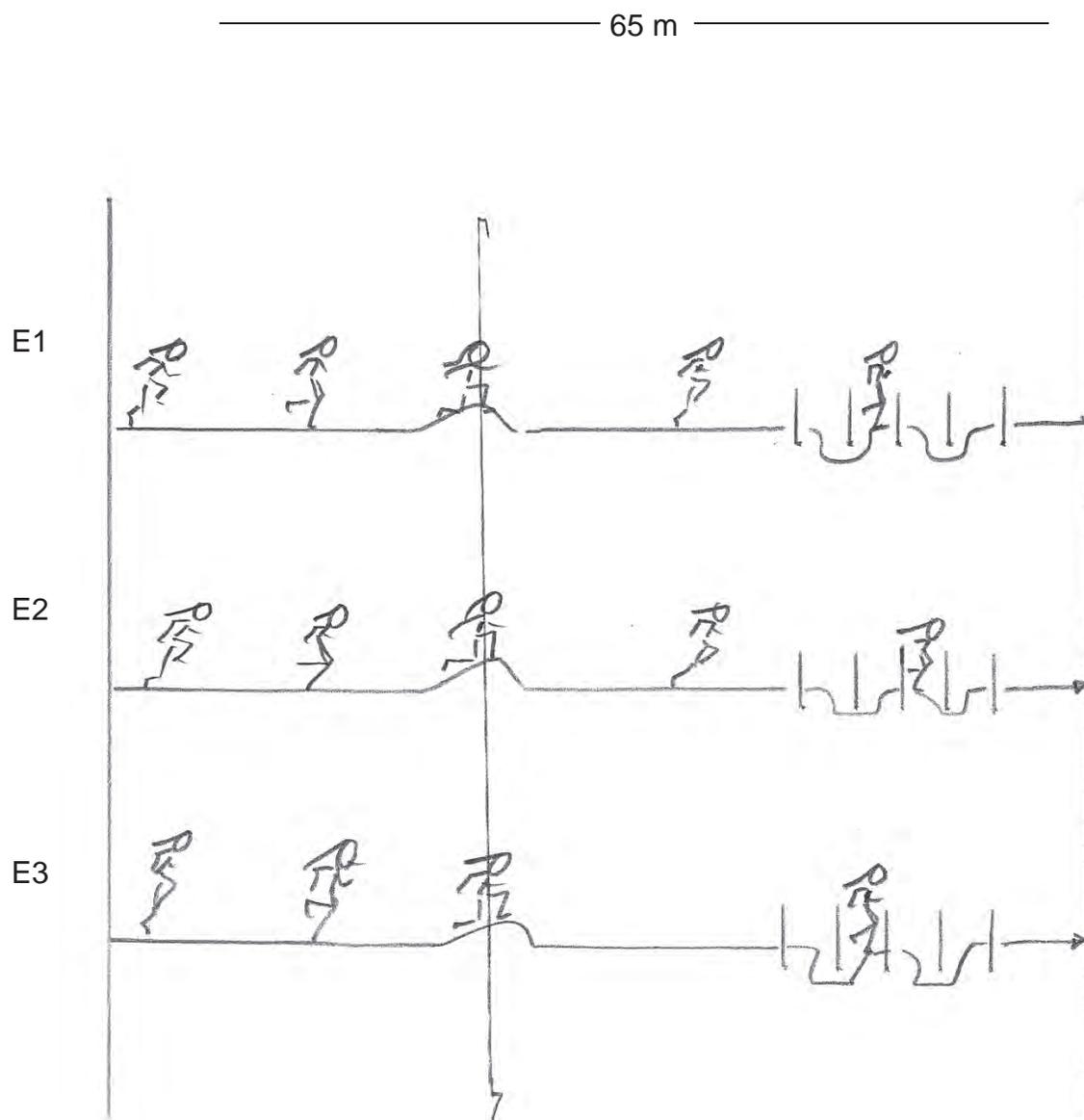
3 x 20" Trabajo + 40" Pausa x E1 - E2 - E3



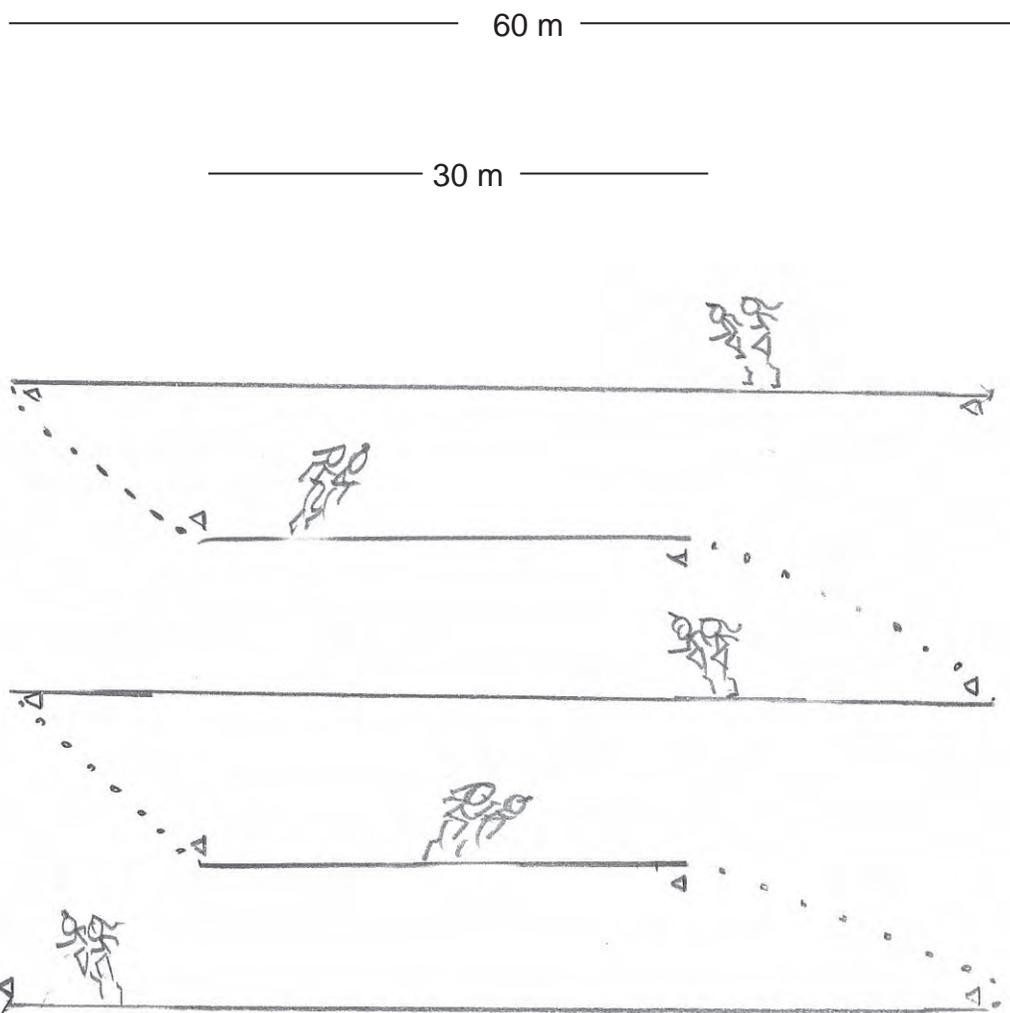
6 - 8 Rondas
Pausa 1'



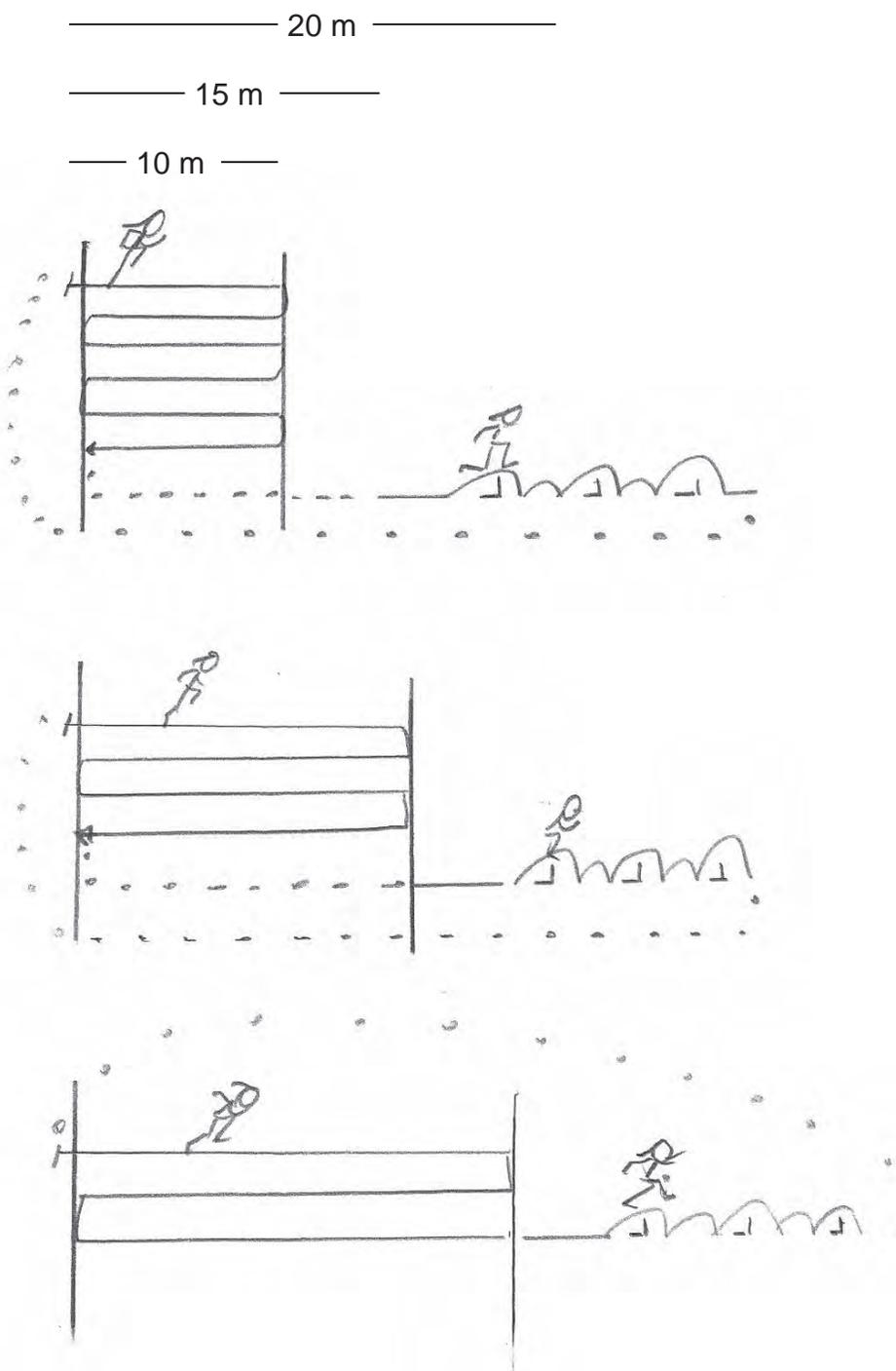
3 x 1' + Pausa 30" x E1 - E2 - E3



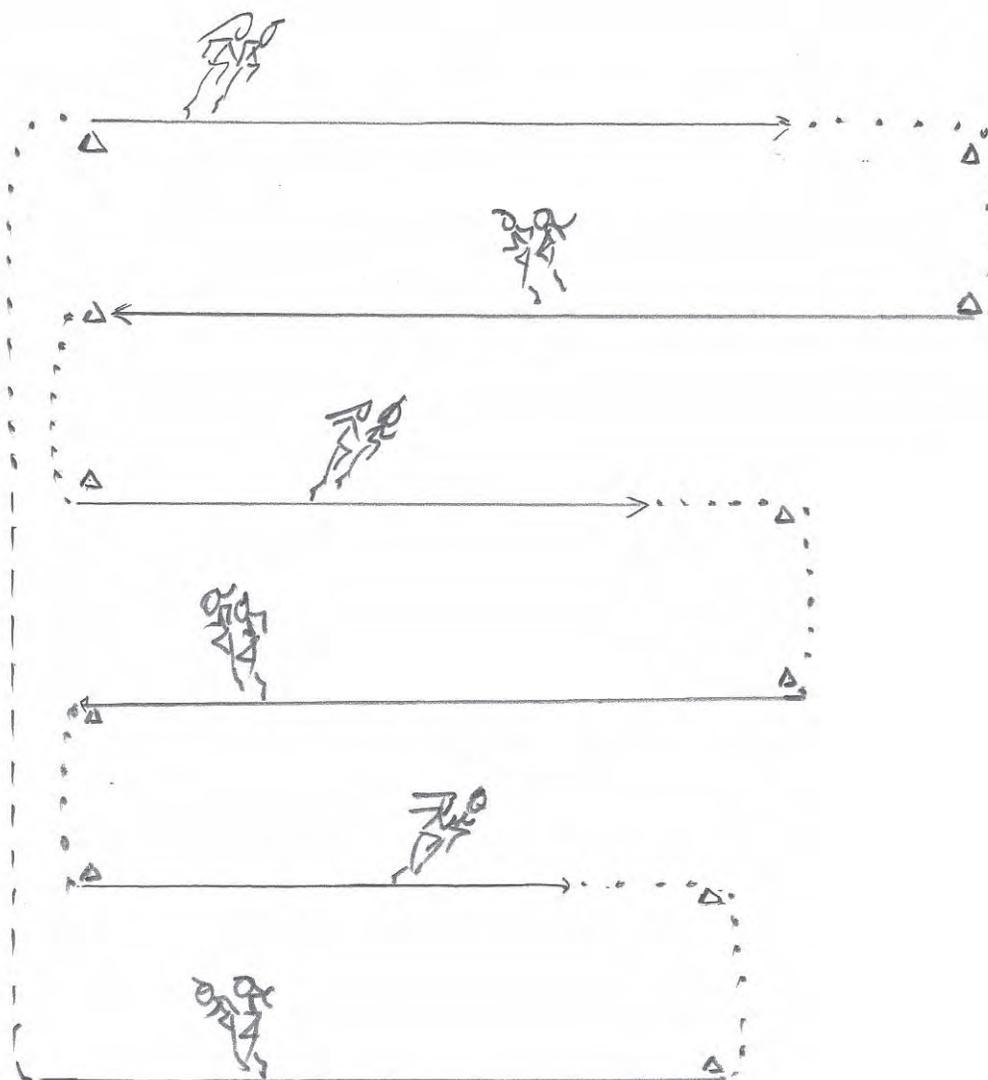
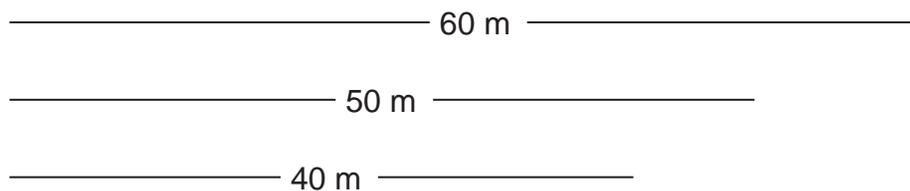
2 x 5 Rep. / Reg. 40" / 2' Pausa de serie
Estaciones reversibles (← →)



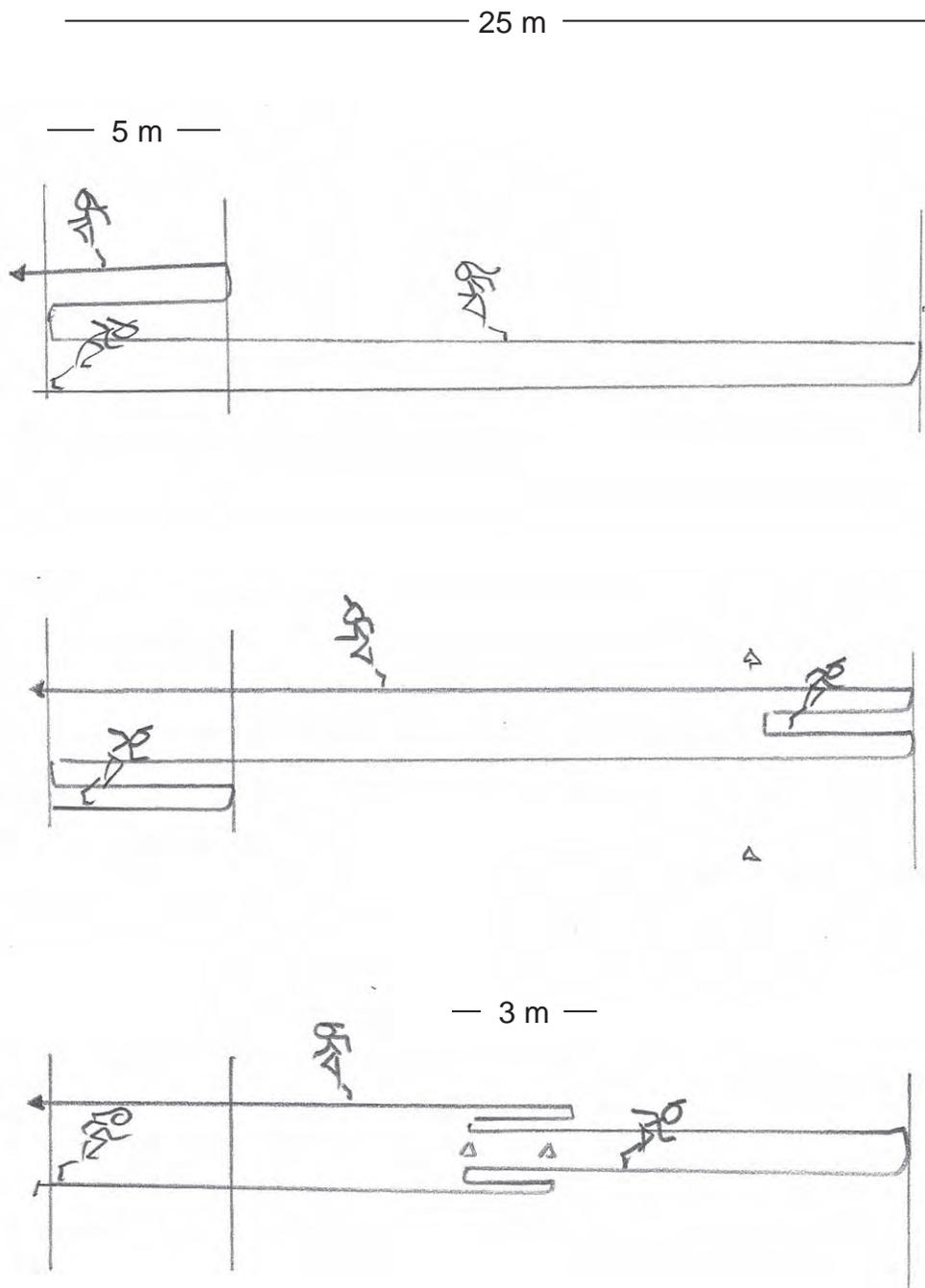
4 Ronda / Reg. 3'



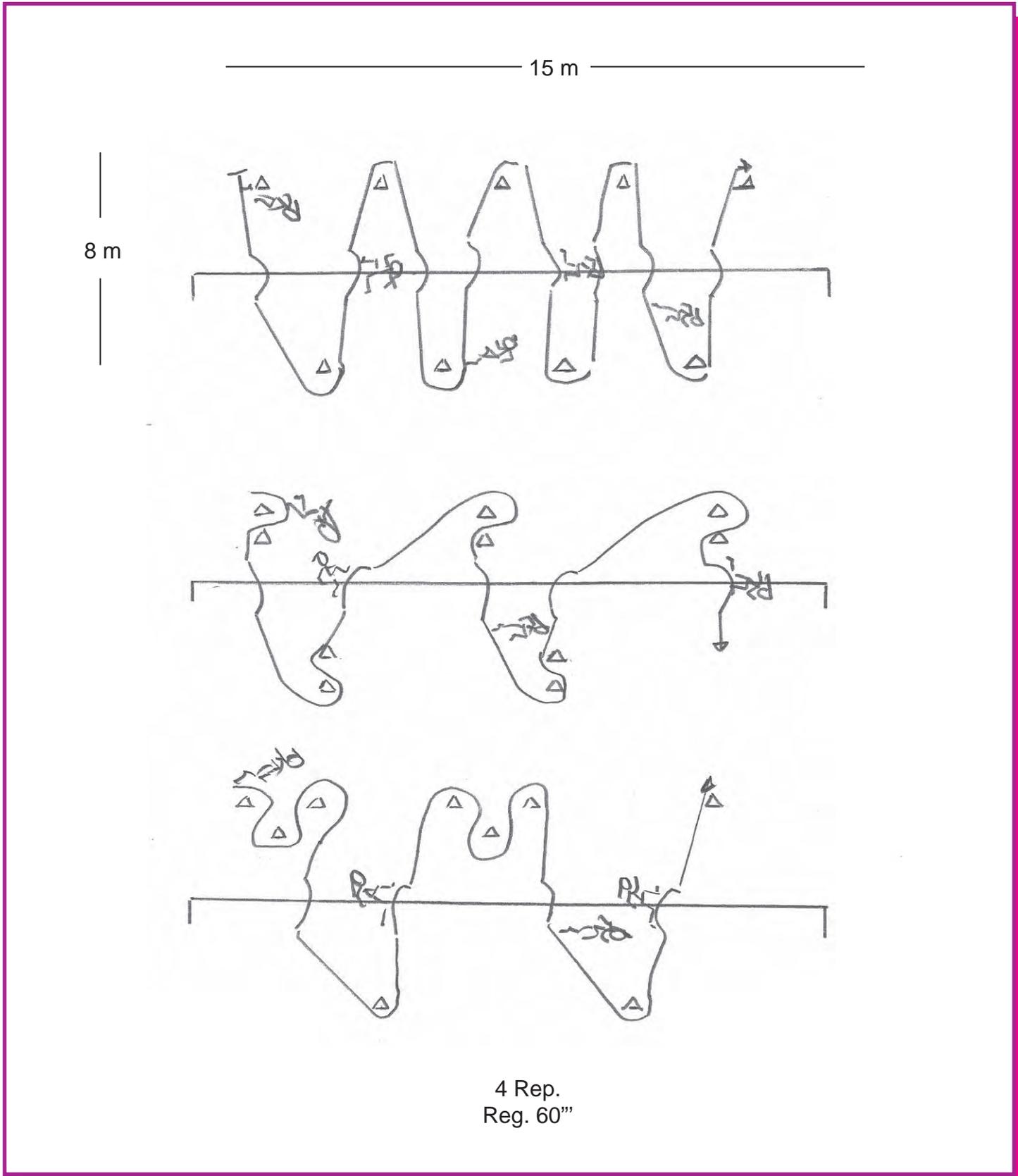
4' Continuos + 1' pausa de ejercicio



4 Rondas
Reg. 3'

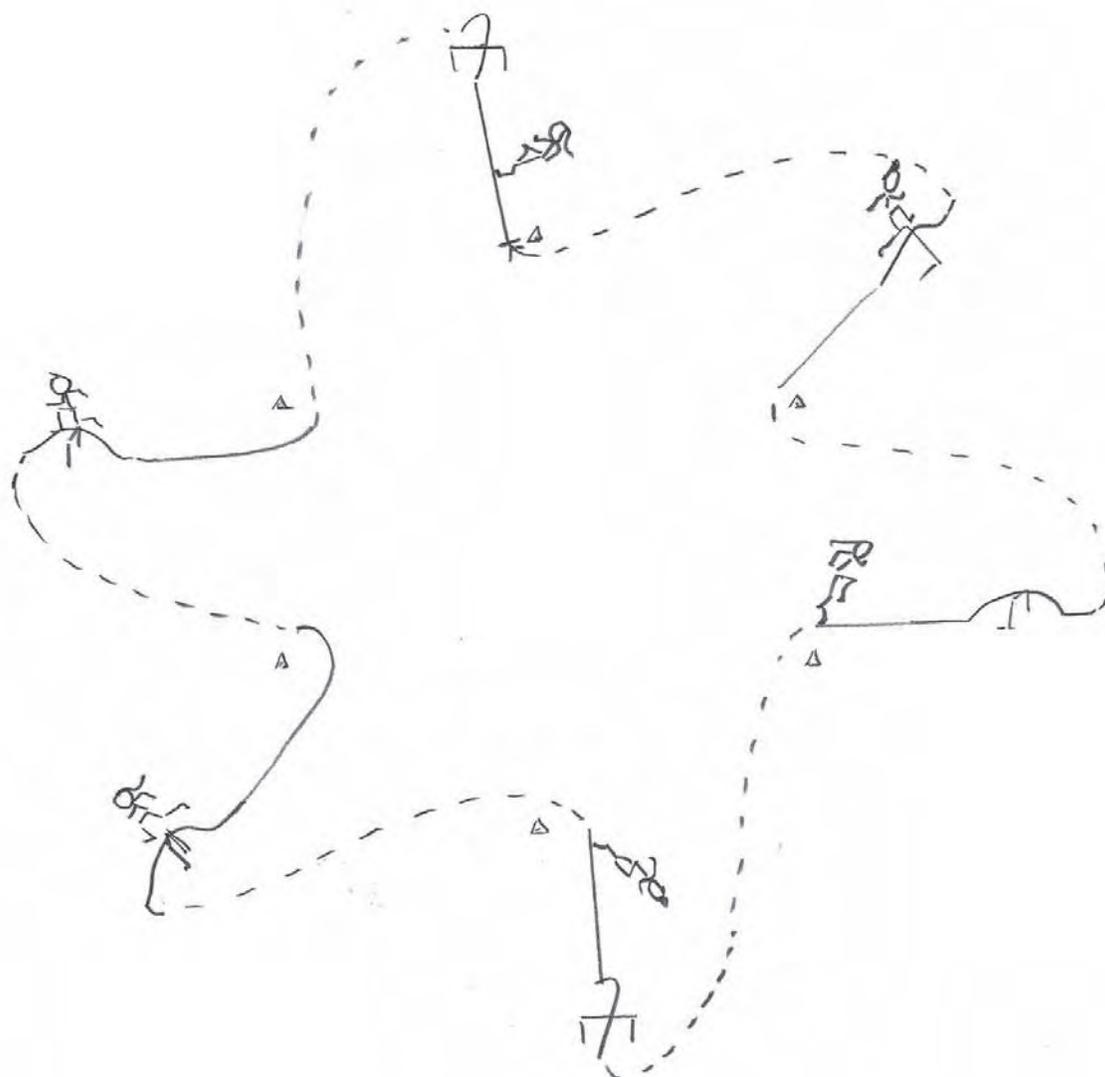


4 Rep.
Reg. 60''



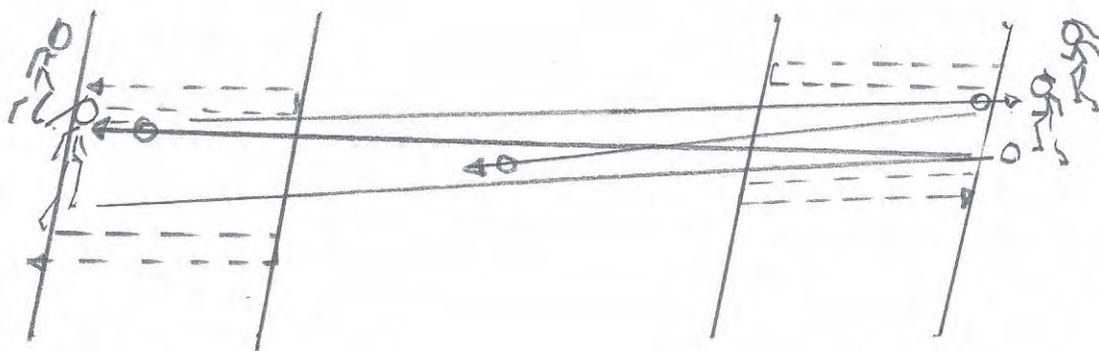
4 Rep.
Reg. 60''

40 m



6 Rondas / Reg. 2''

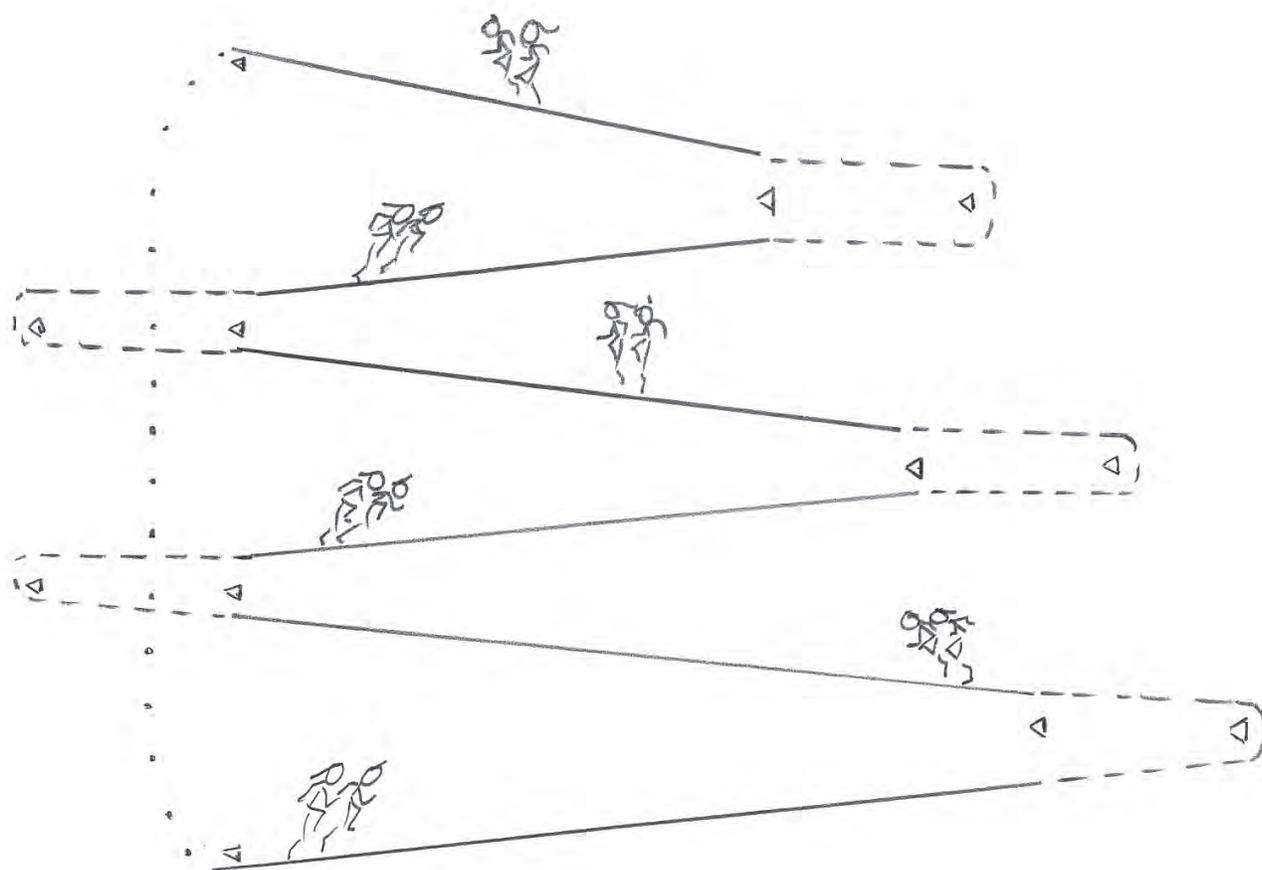
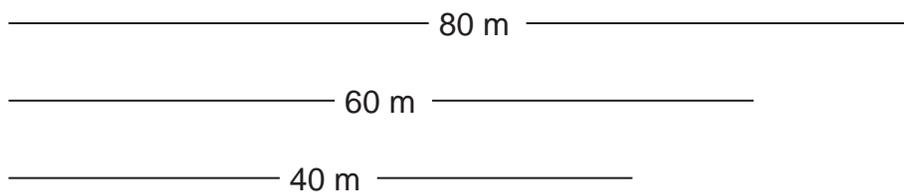
—— 5 m —— ——— 10 m ——— ——— 5 m ——



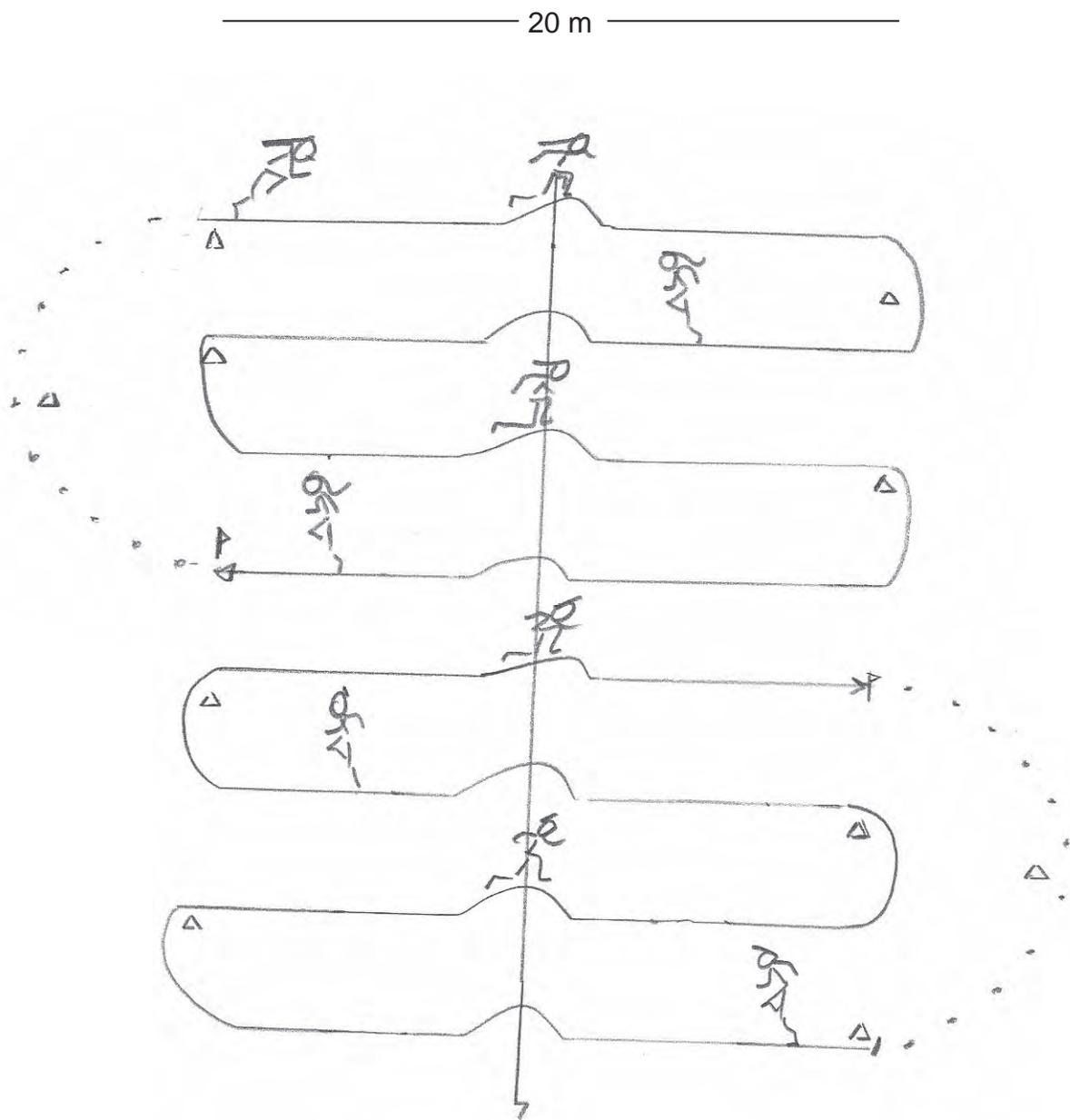
1. 90" Tocar + sprintar ida y vuelta
2. 90" Tocar + skipping ida y vuelta
1. 90" Tocar + sprintar ida y vuelta
3. 90" Tocar + carrera en zig zag ida y vuelta

Cuarteto

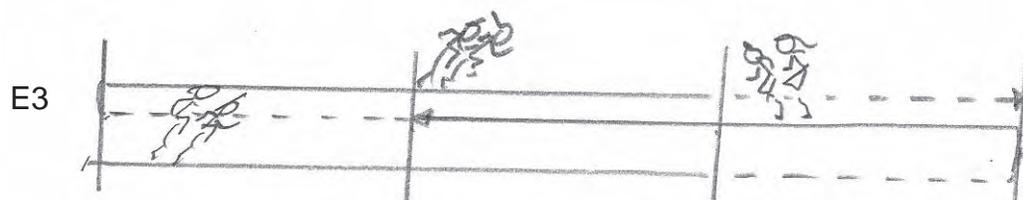
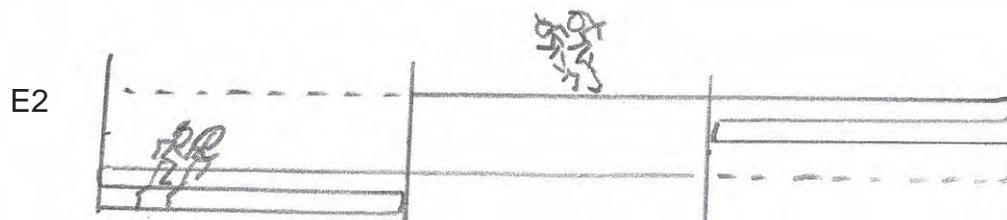
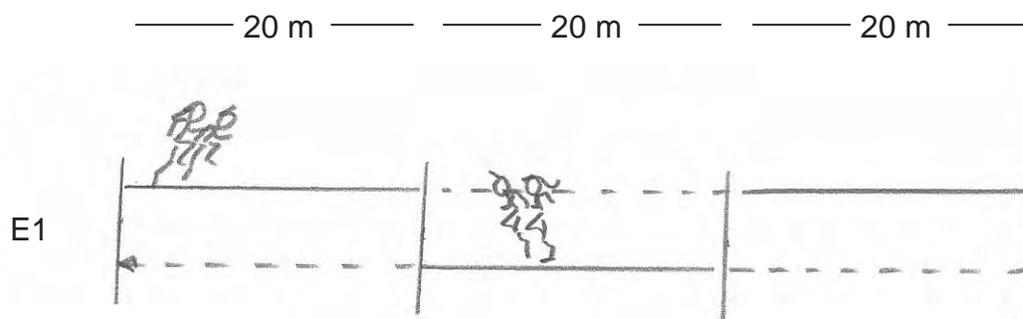
1 —> 2 —> 3 —> 4



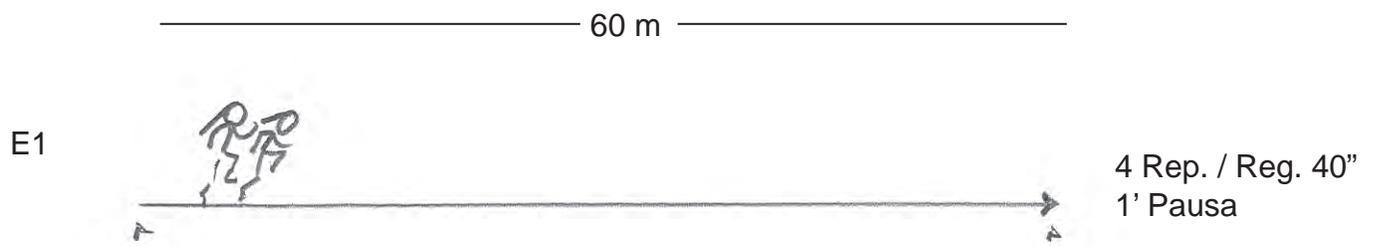
12' Continuos

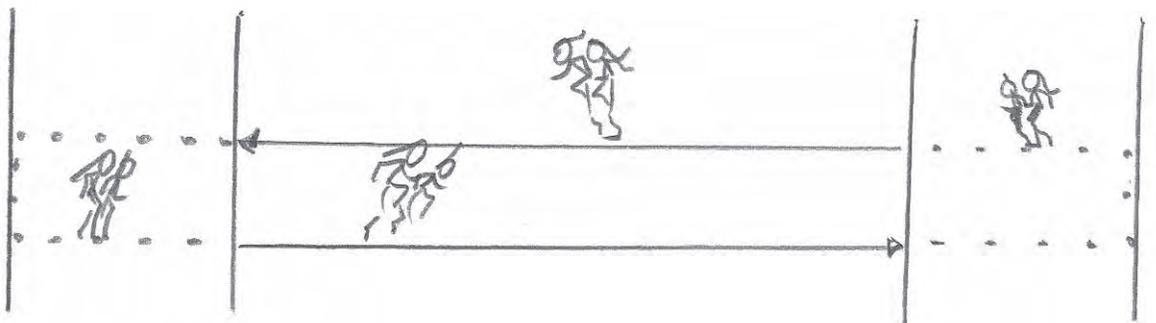
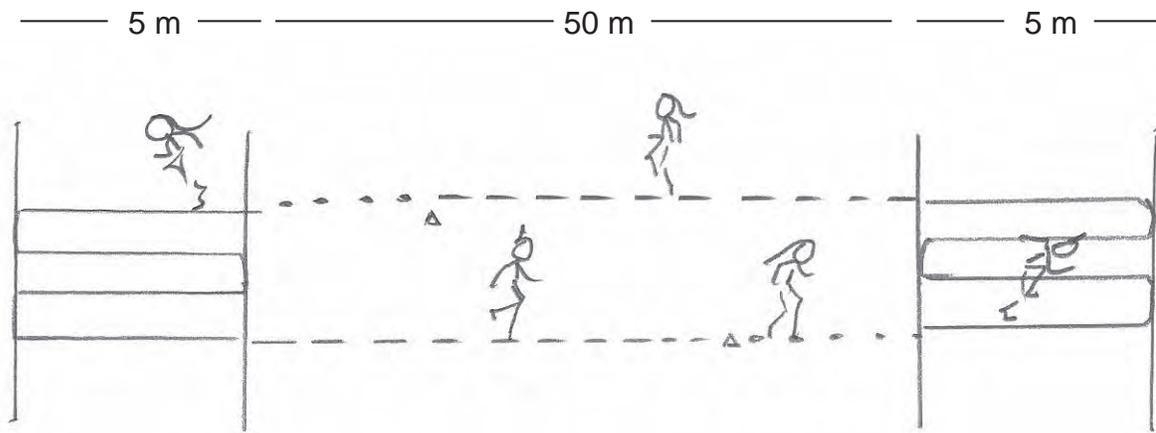


12' Continuos

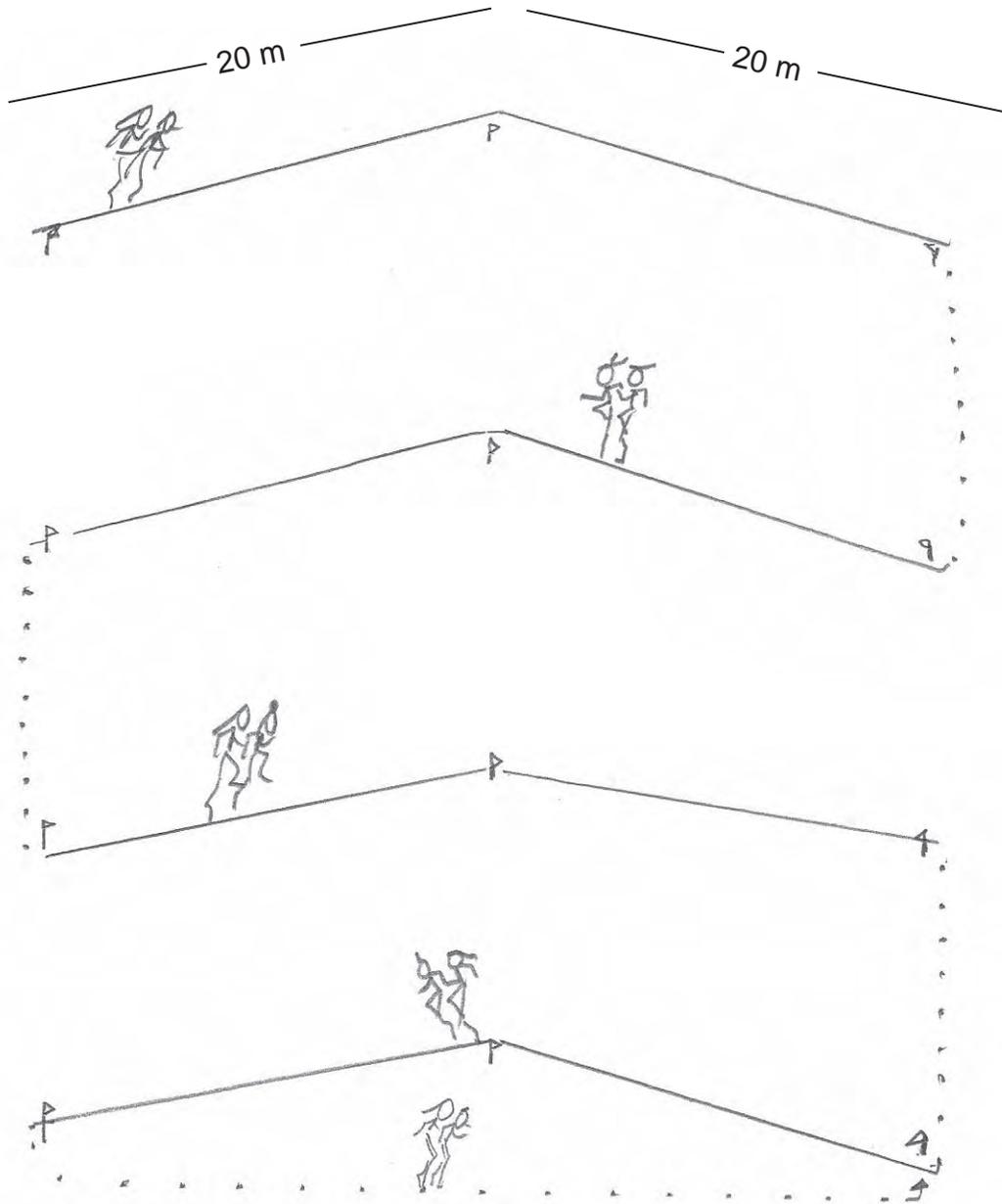


4 Rep. + 30" PR x E1 - E2 - E3

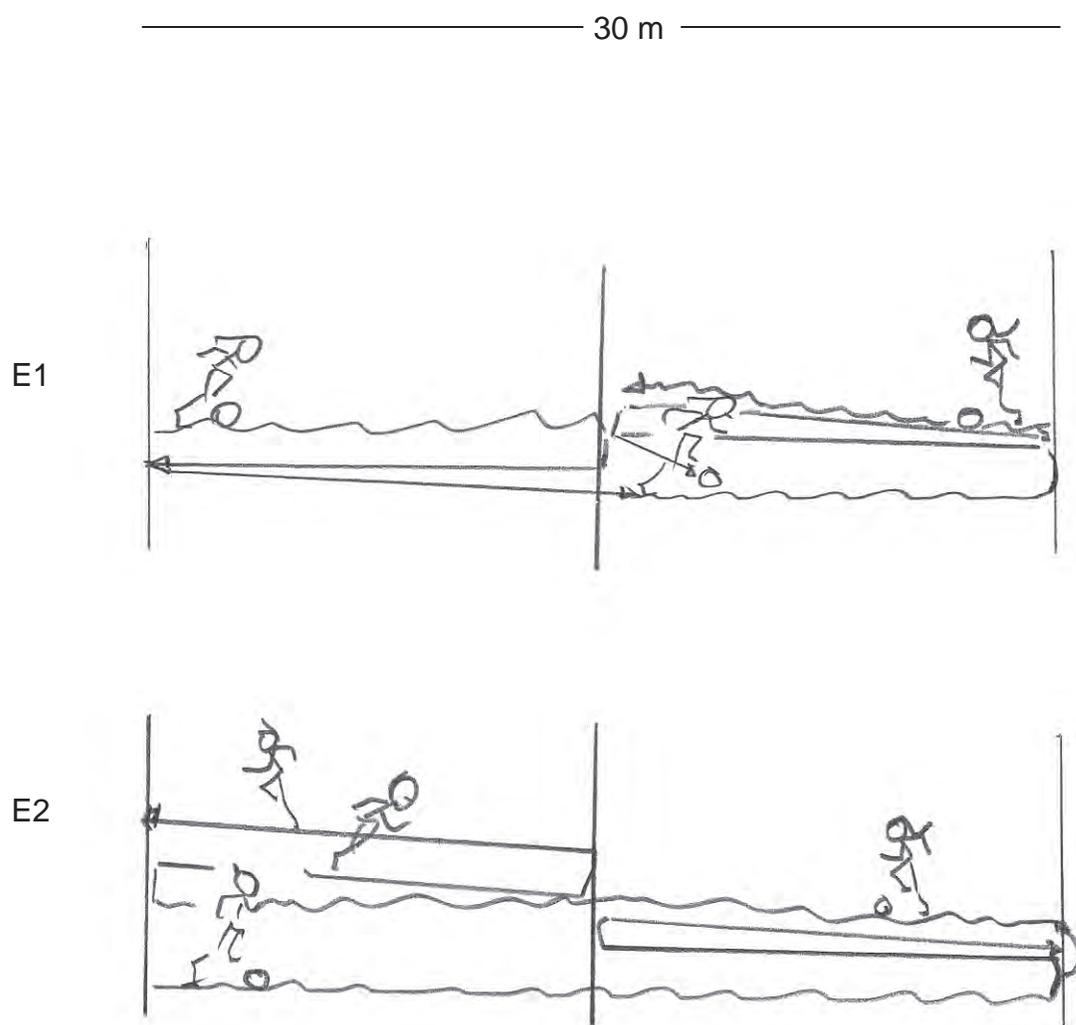




5' Continuos

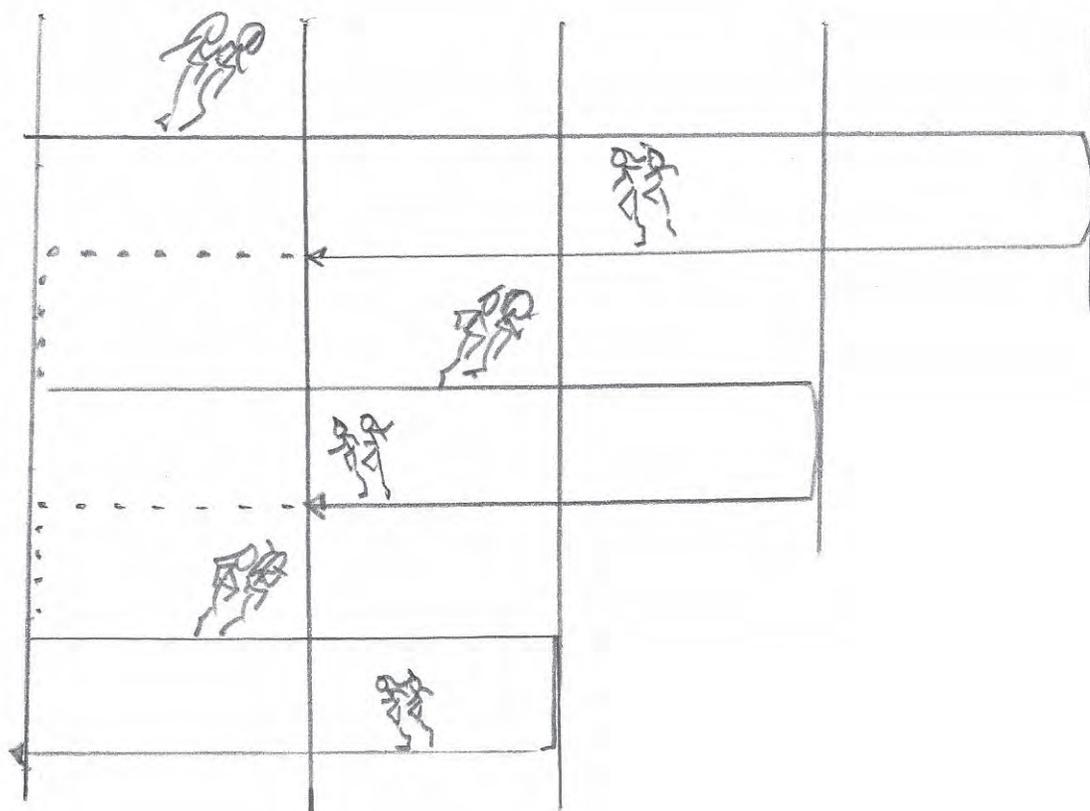


6 Rondas / Reg. 2'30"

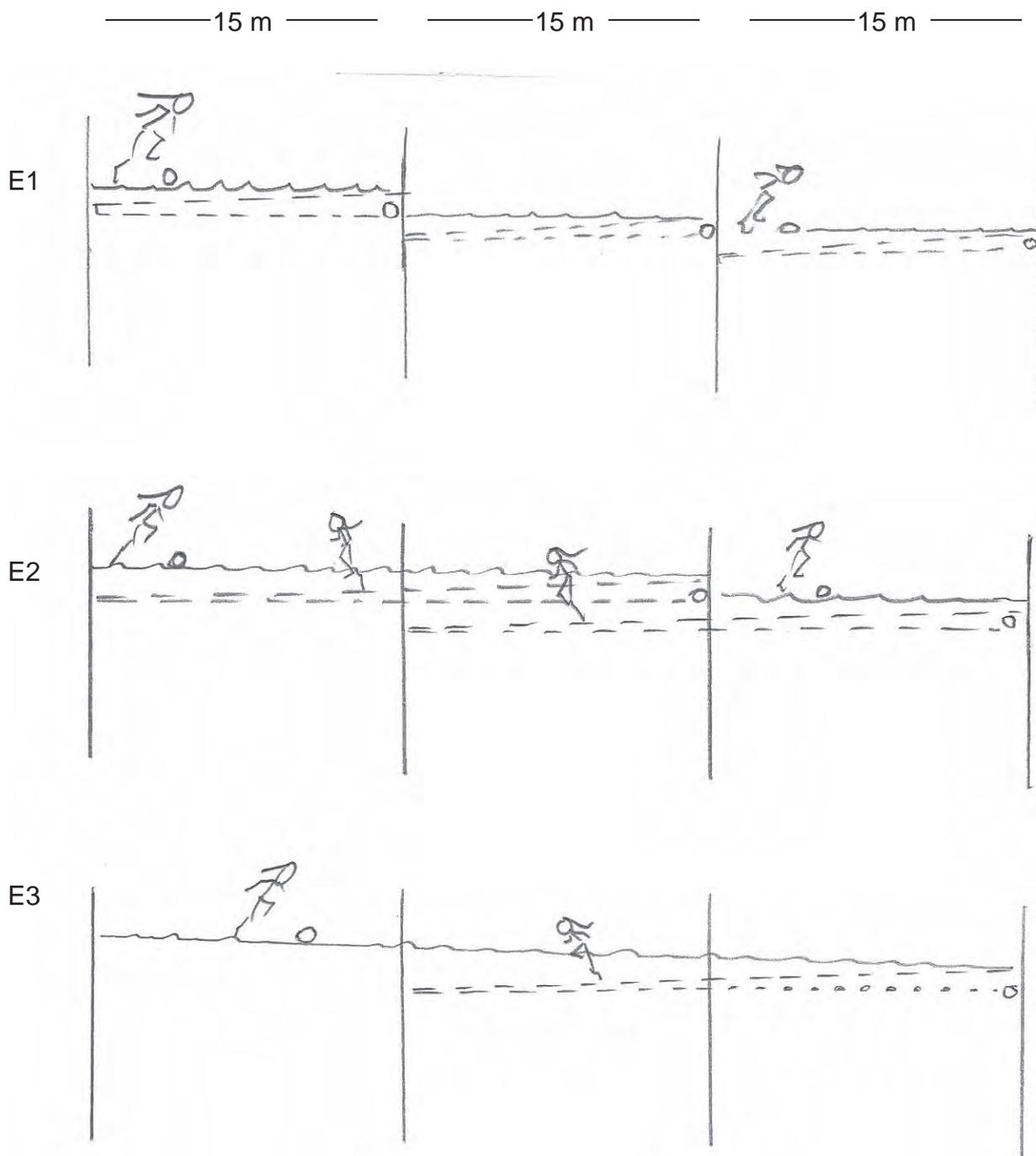


3 x 1' Continuos + 1' Pausa x E1 - E2

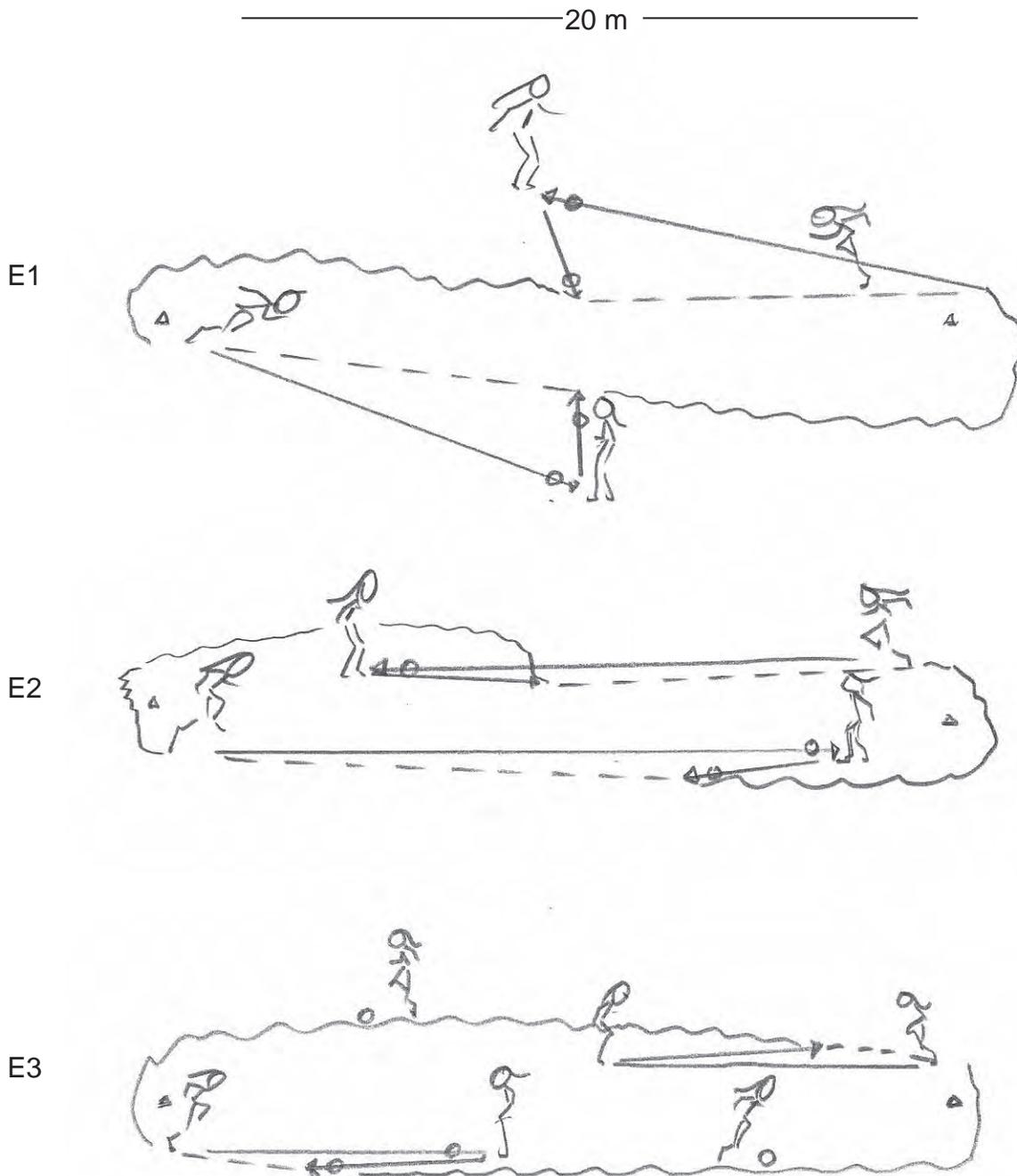
— 15 m — — 15 m — — 15 m — — 15 m —



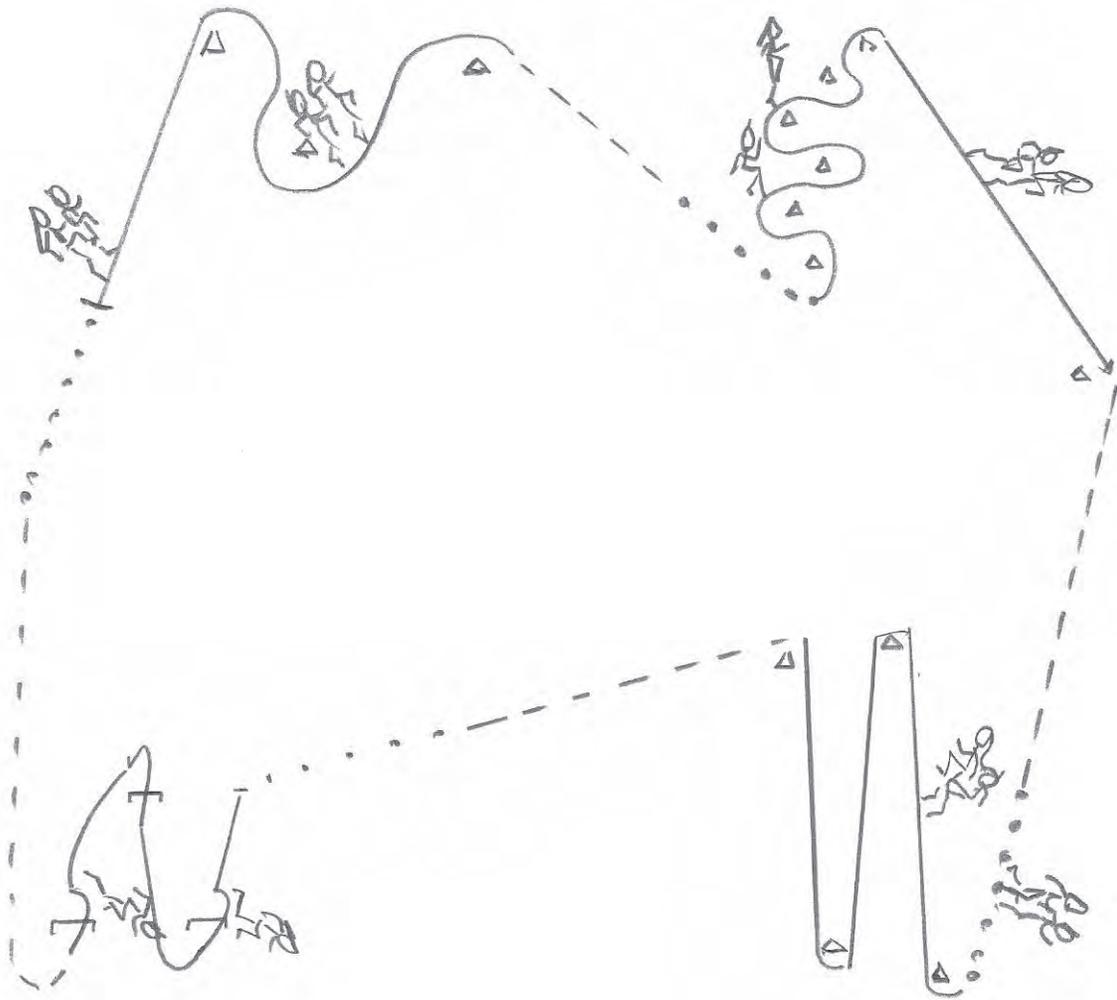
5 Rondas / Reg 2'30"



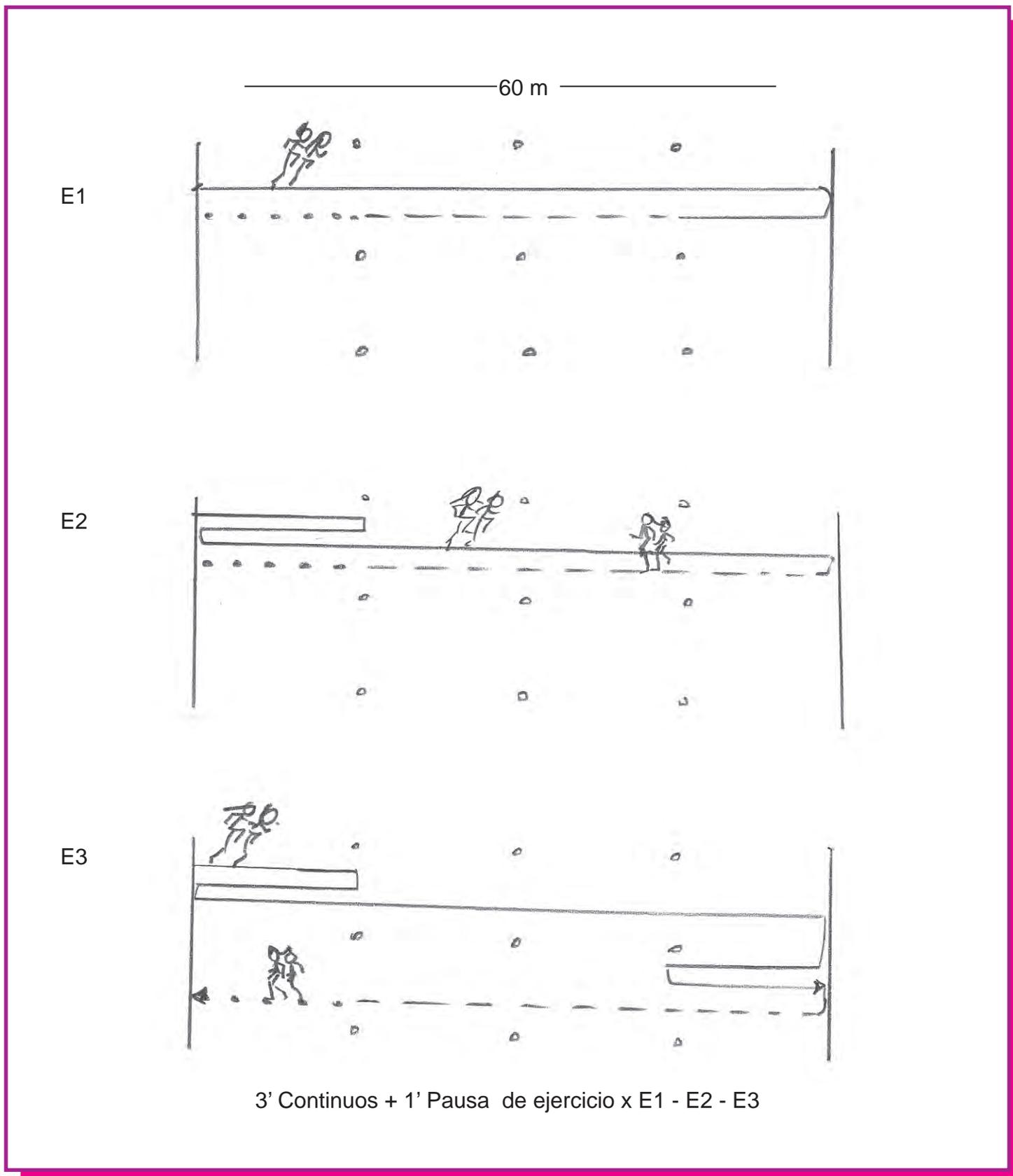
3 x 1' Continuos + 1' Pausa de ejercicio x E1 - E2 - E3

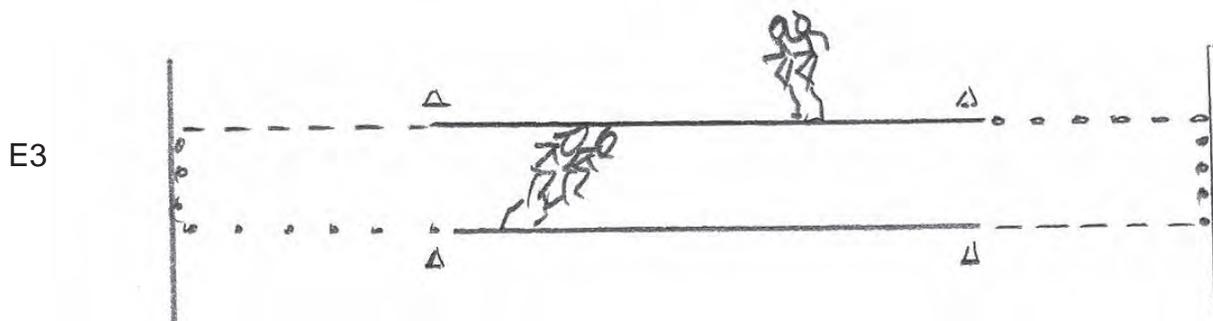
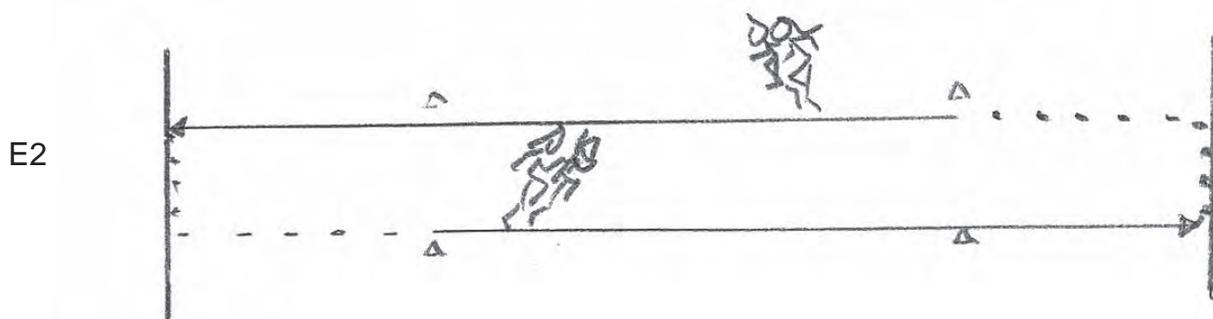
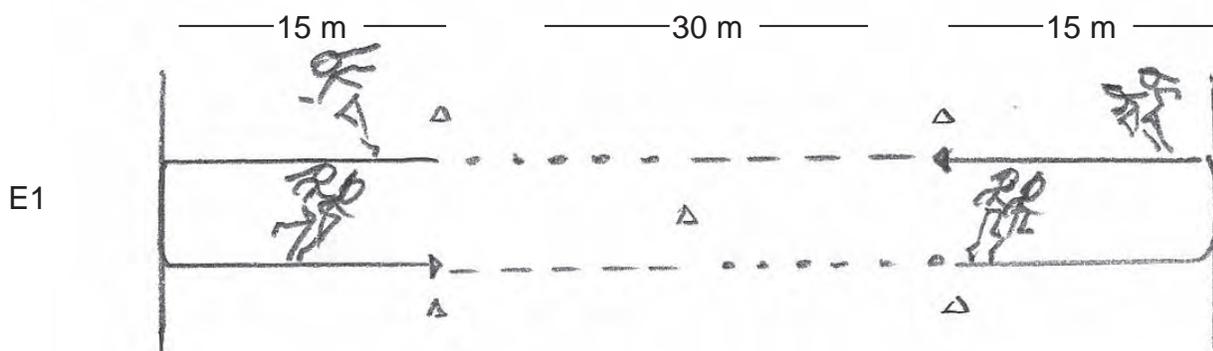


2 x 1' Trabajo + 1' Pausa de ejercicio x E1 - E2 - E3
Cuarteros, cada minuto cambian las posiciones.

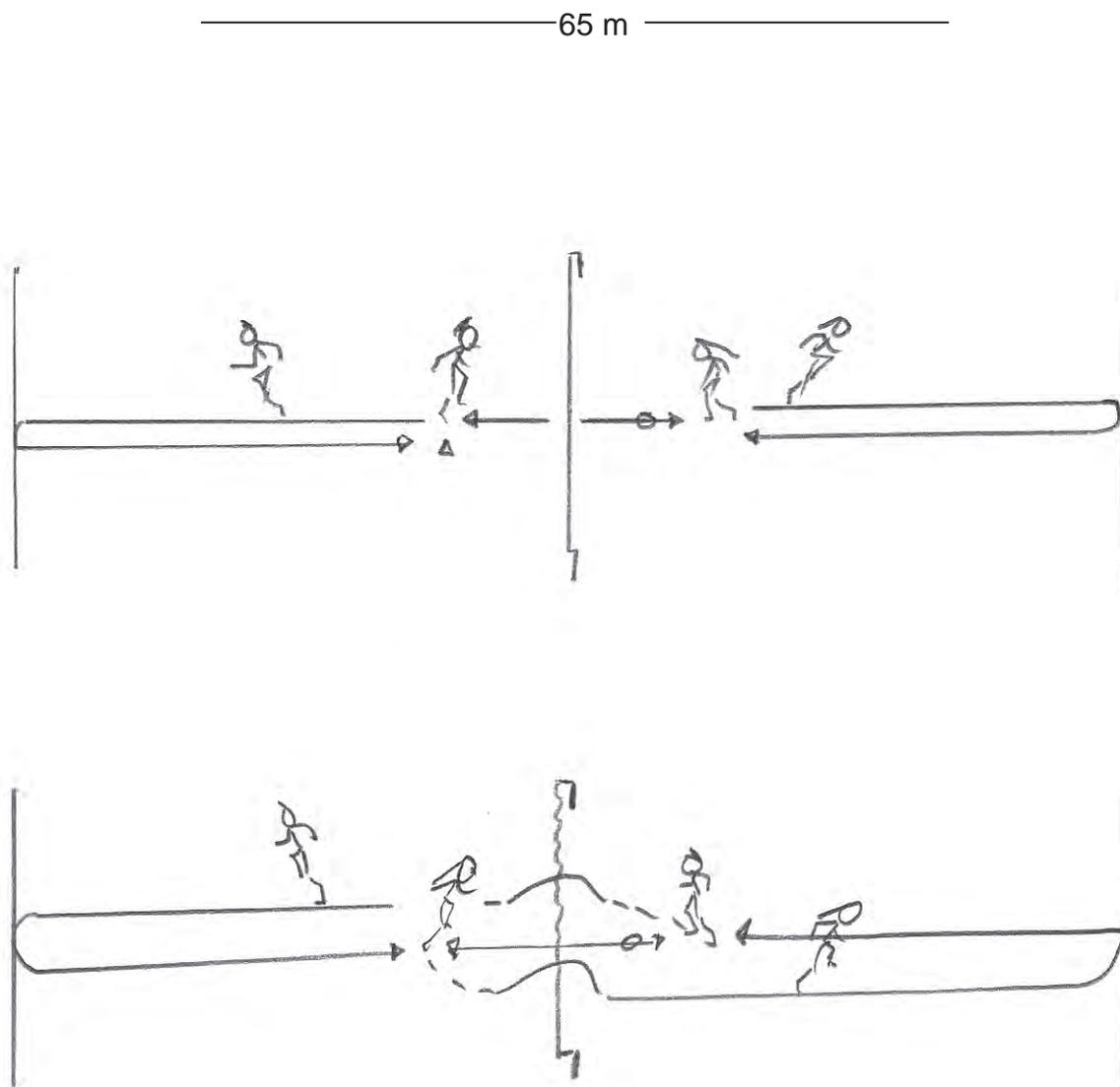


12' Continuos

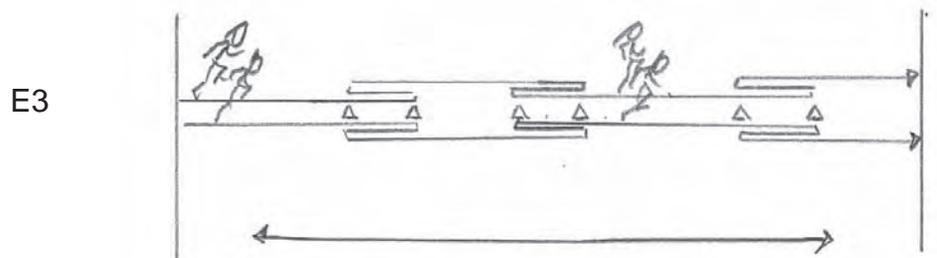
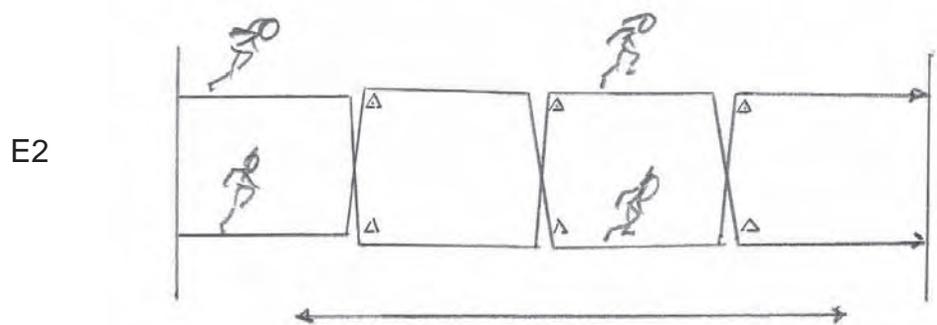
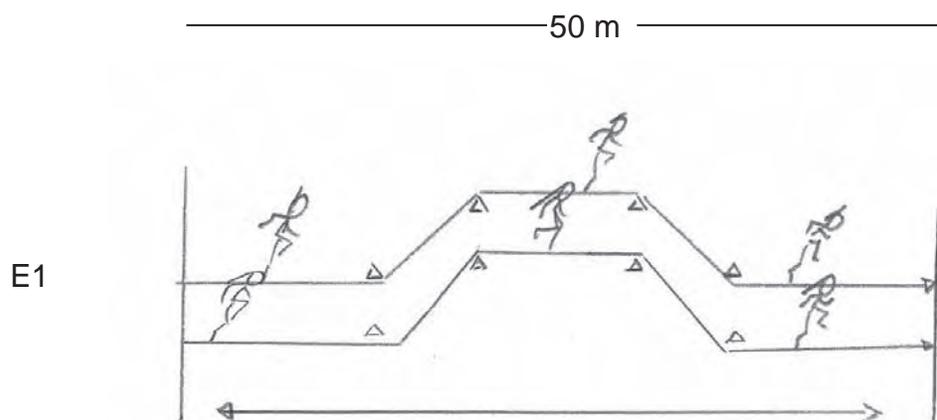




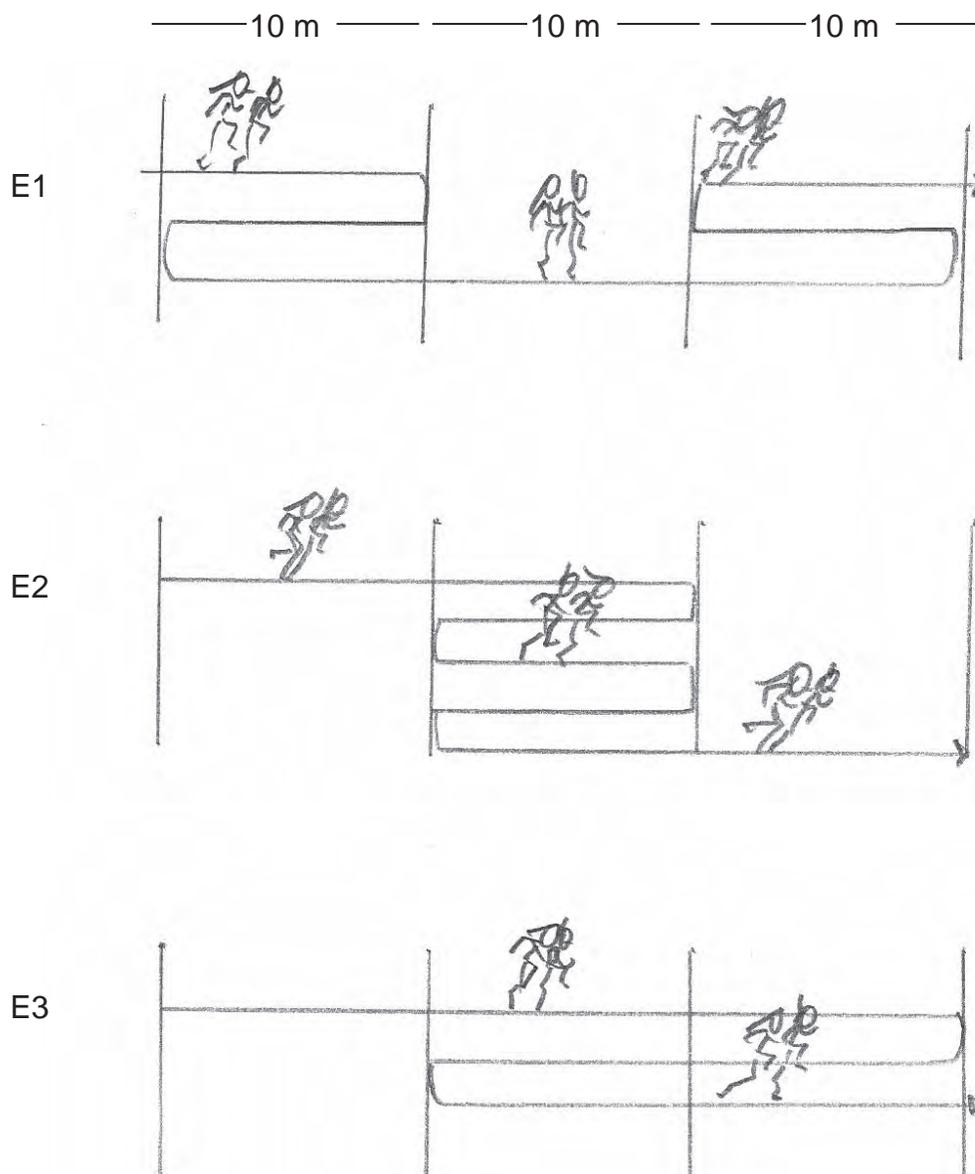
3' Continuos + 2' Pausa de ejercicio x E1 - E2 - E3



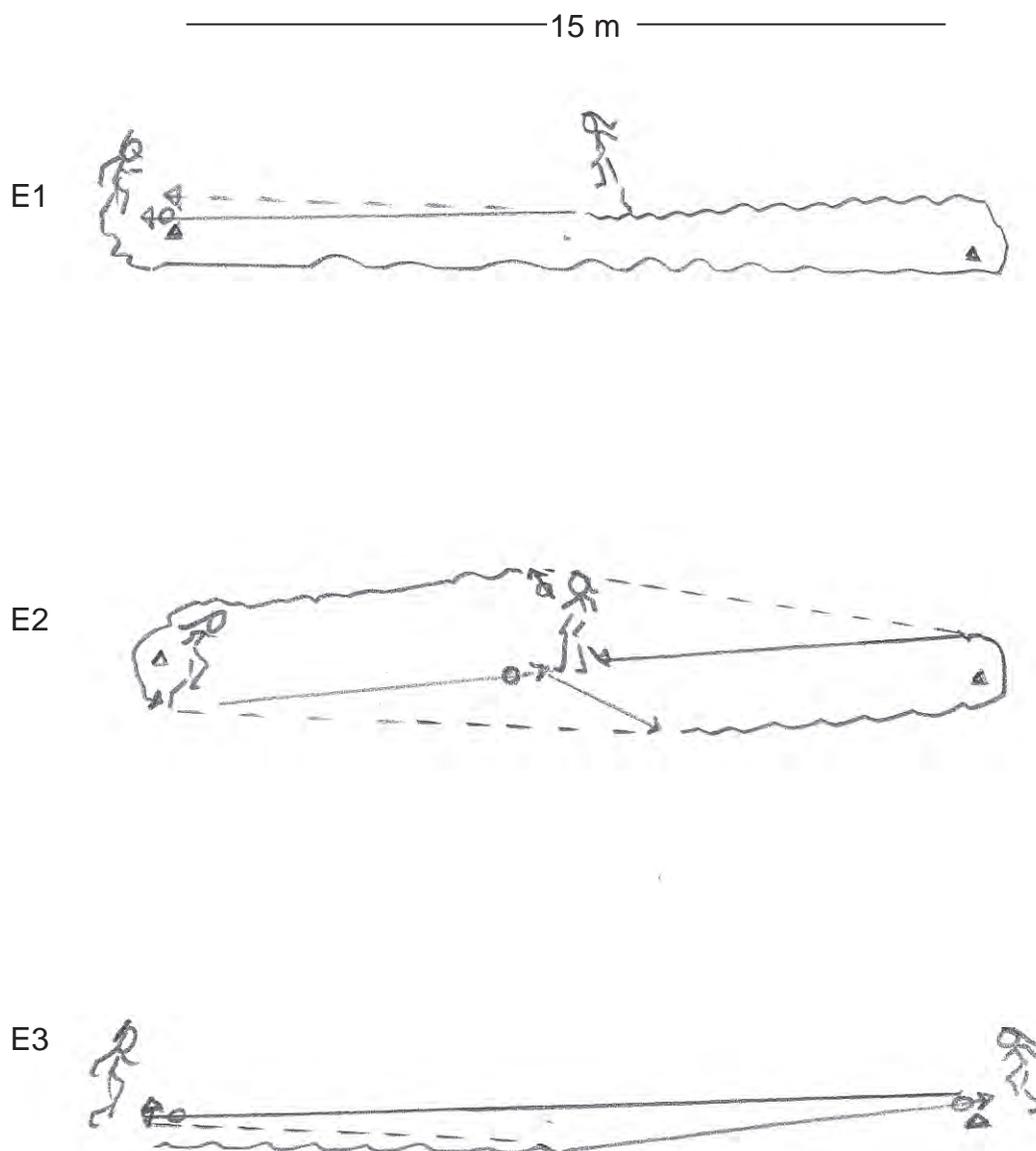
5' Continuos / 30" de pases rasos /
Sprint ida y vuelta, y continuar
2' de pausa de ejercicio.



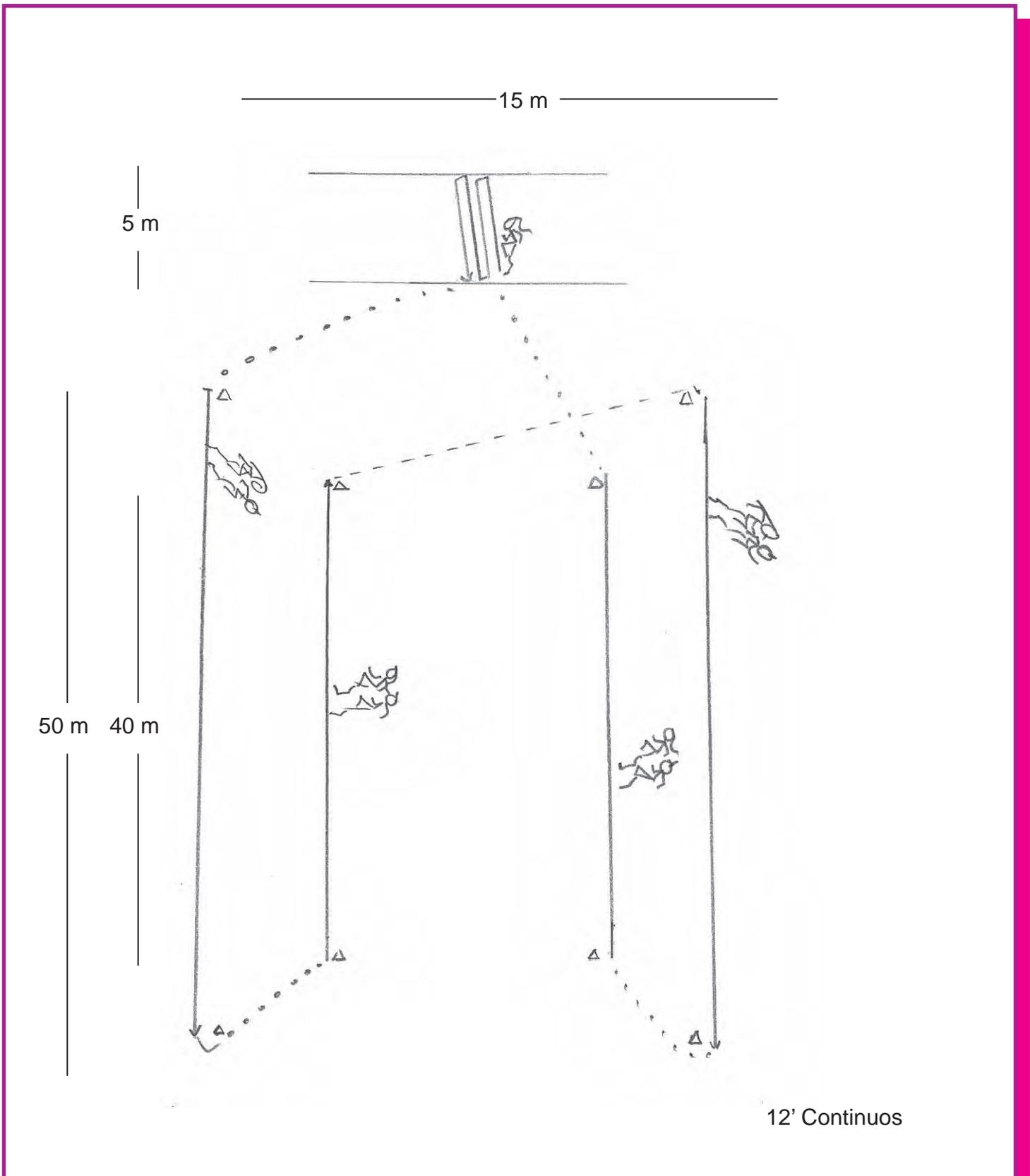
5 Rep. / Reg. 45"
2' de pausa de ejercicio. x E1 - E2 - E3

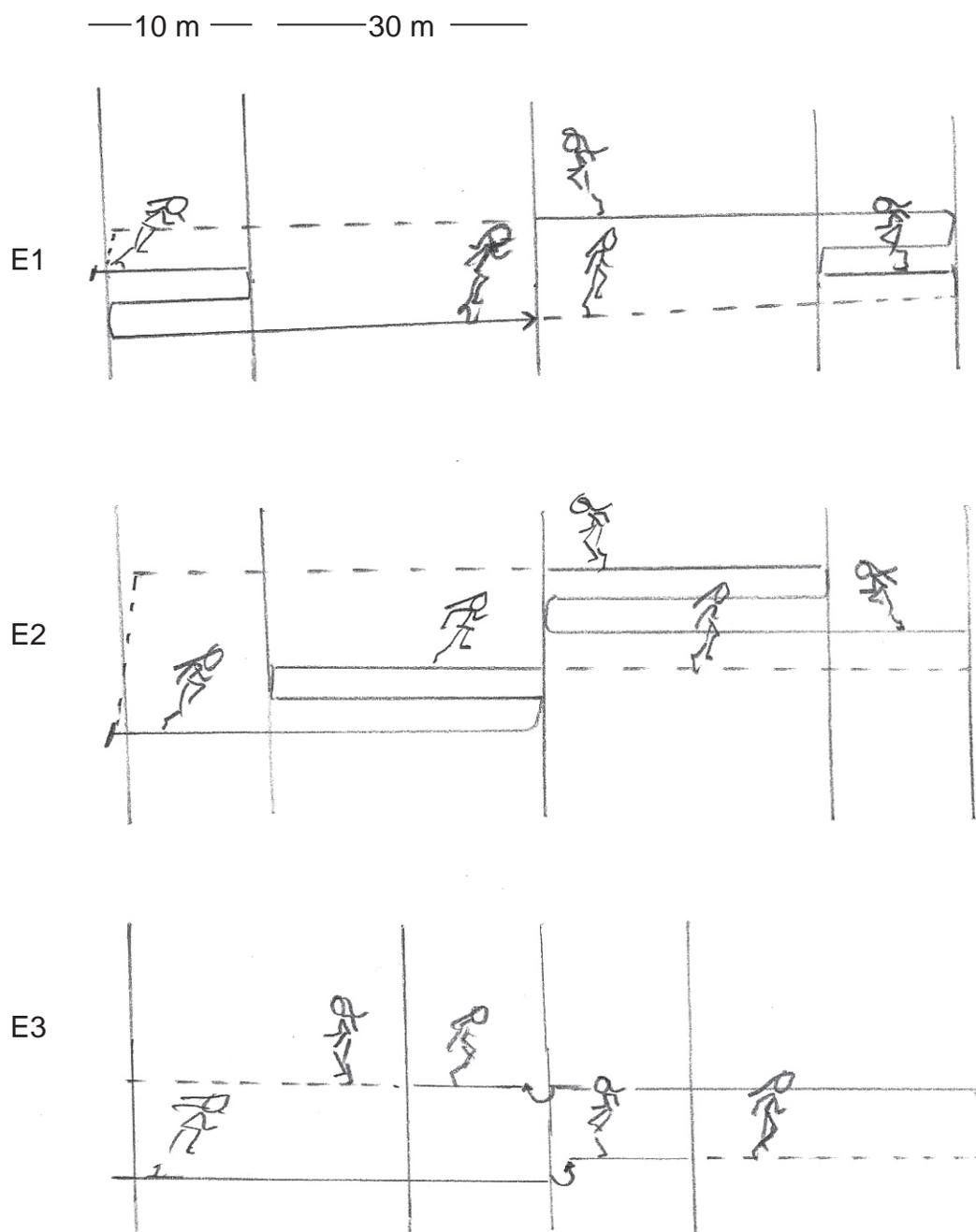


5 Rep. / Reg. 45"
2' de pausa de ejercicio. x E1 - E2 - E3



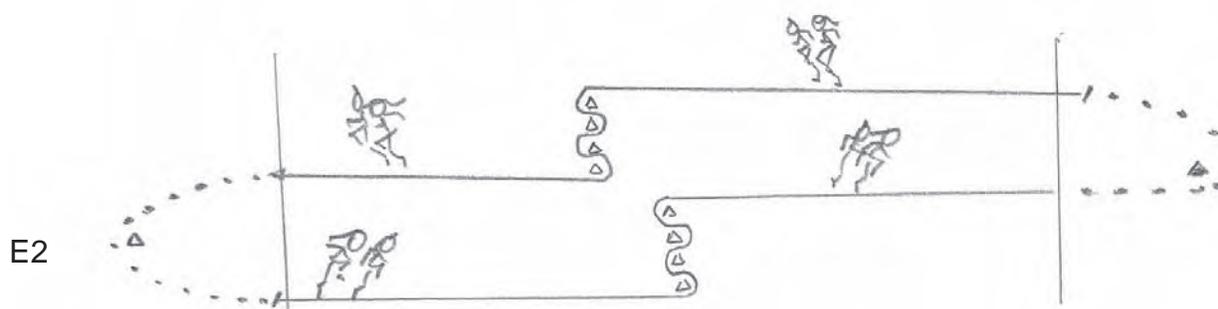
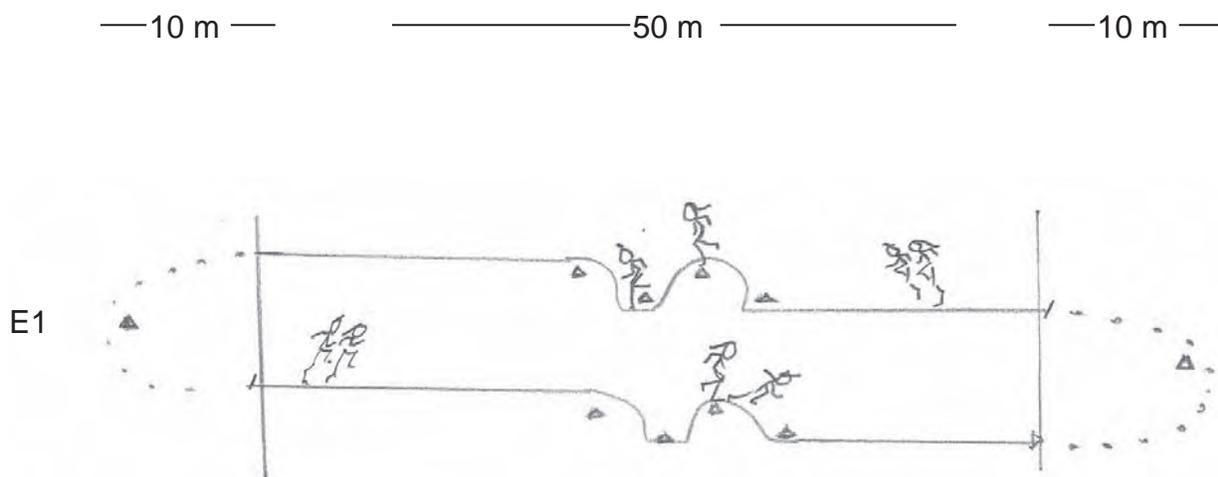
Parejas
2' + 1' de Trabajo + 1' de Pausa x E1 - E2 - E3



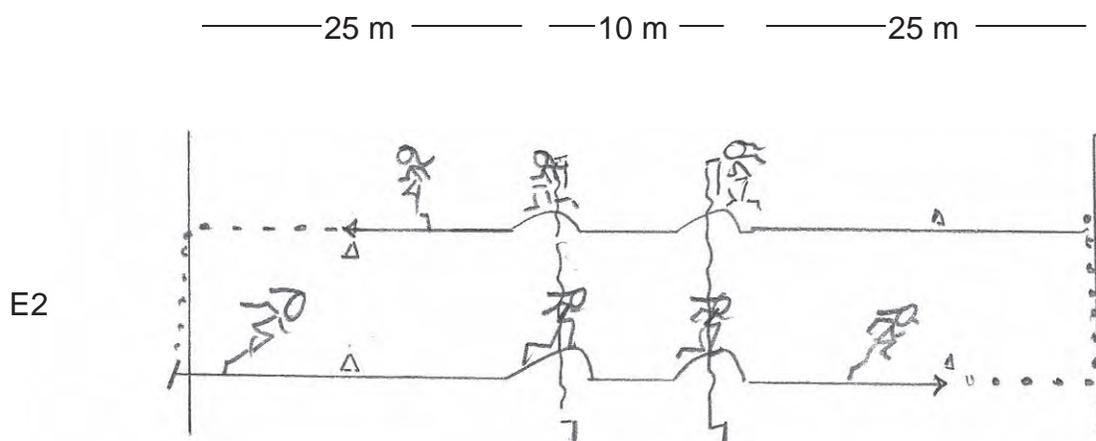
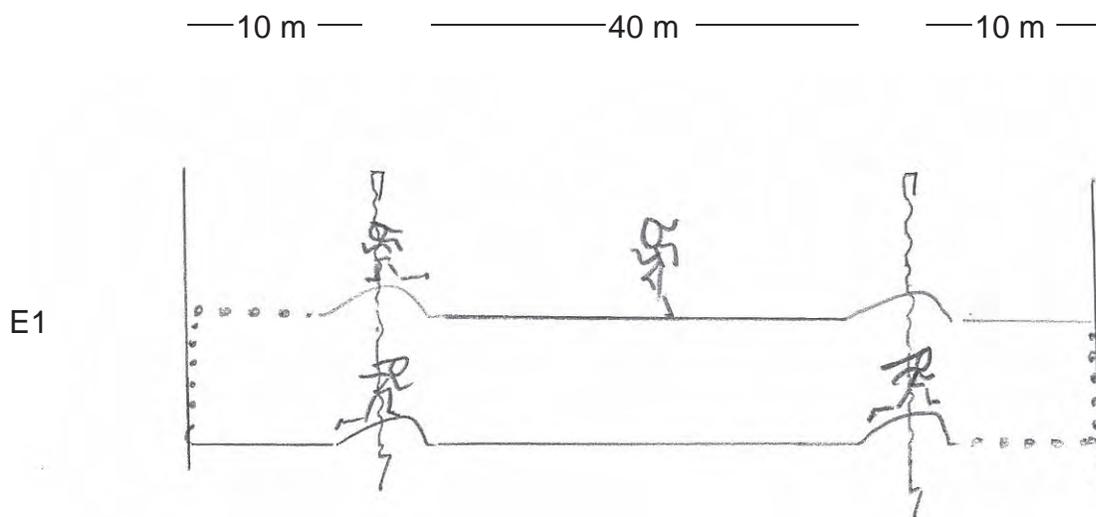


3' Continuos

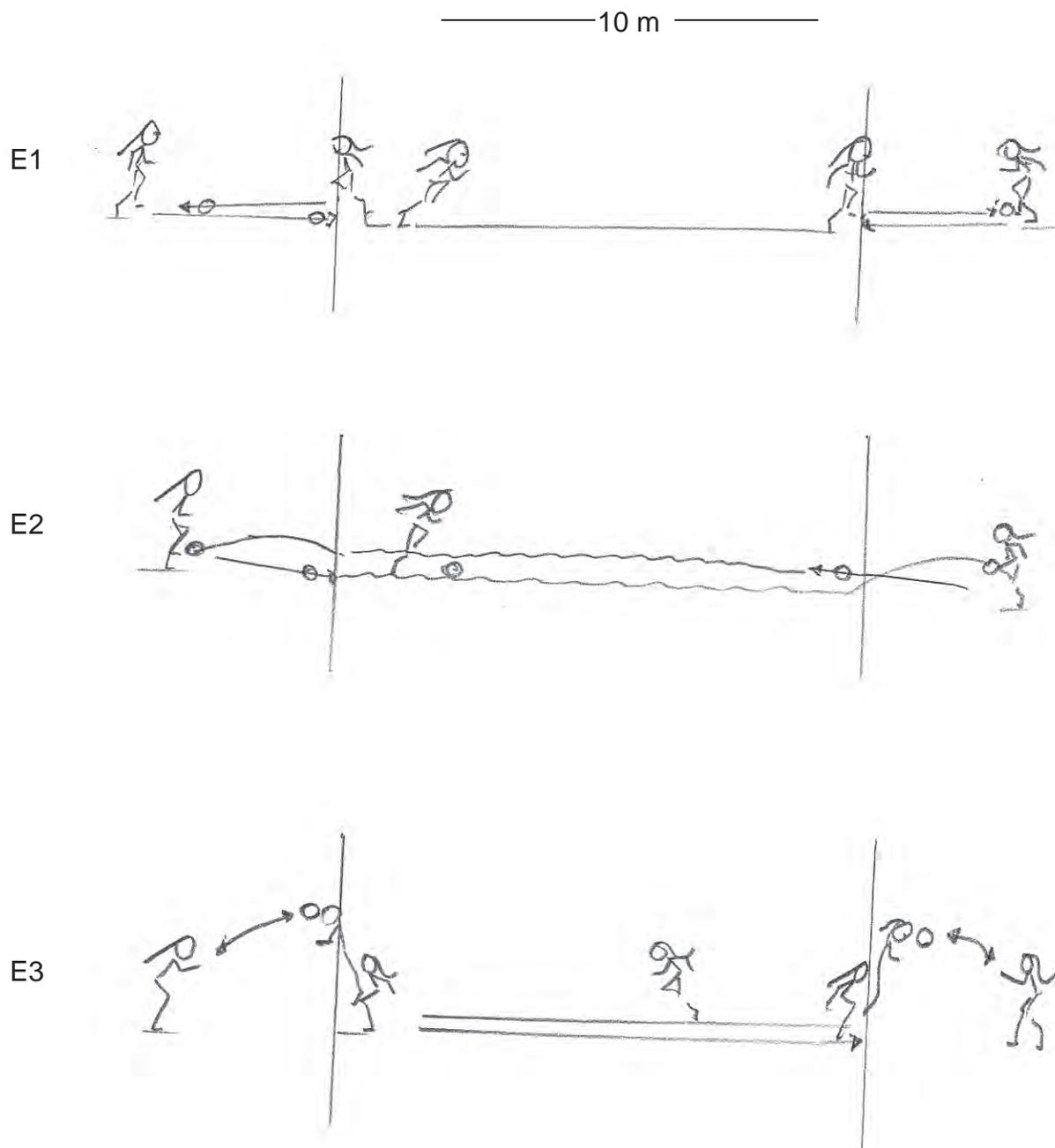
2' de pausa de ejercicio. x E1 - E2 - E3



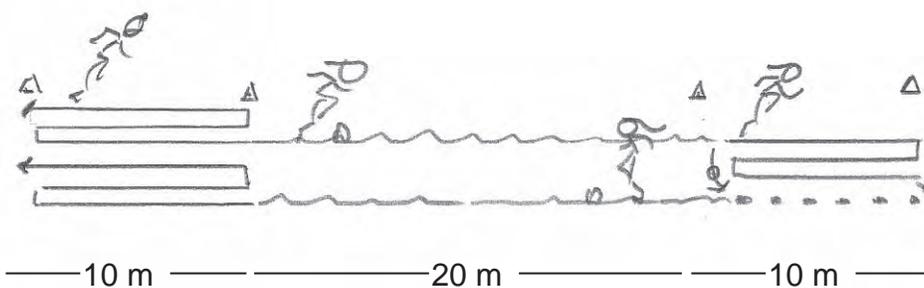
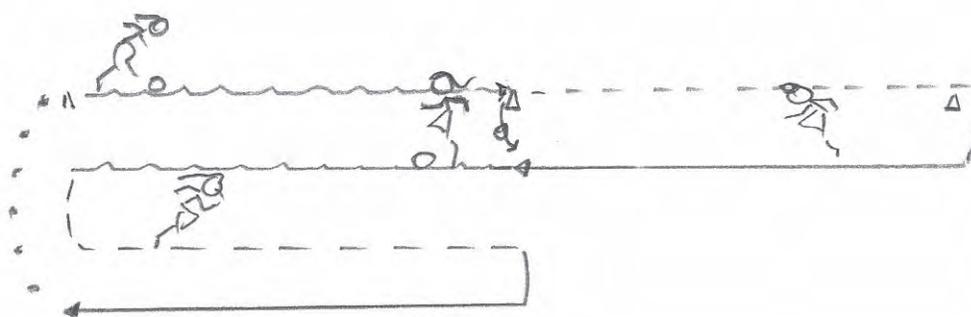
5' Continuos
2' de pausa de ejercicio. x E1 - E2



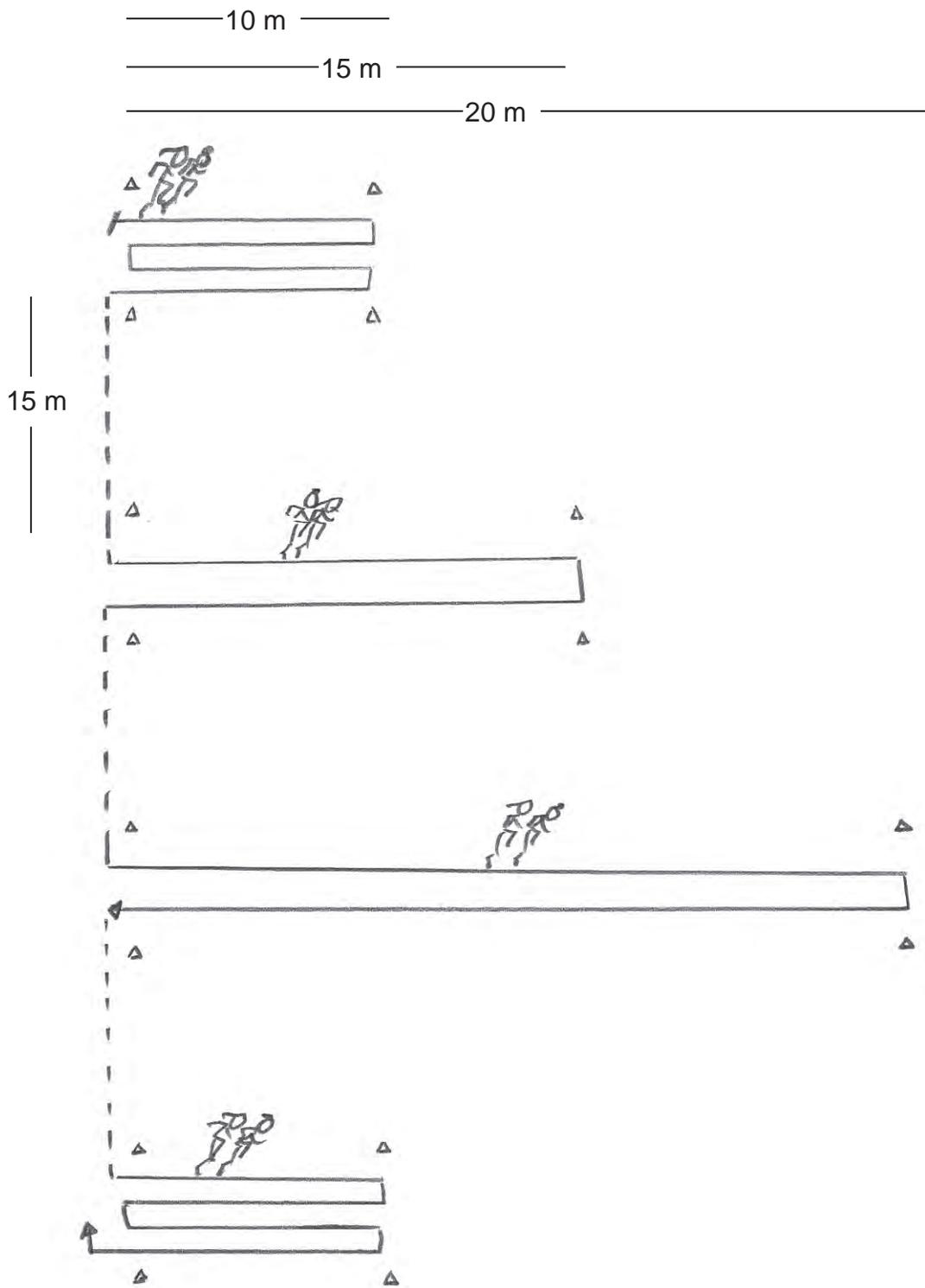
5' Continuos
2' de pausa de ejercicio. x E1 - E2



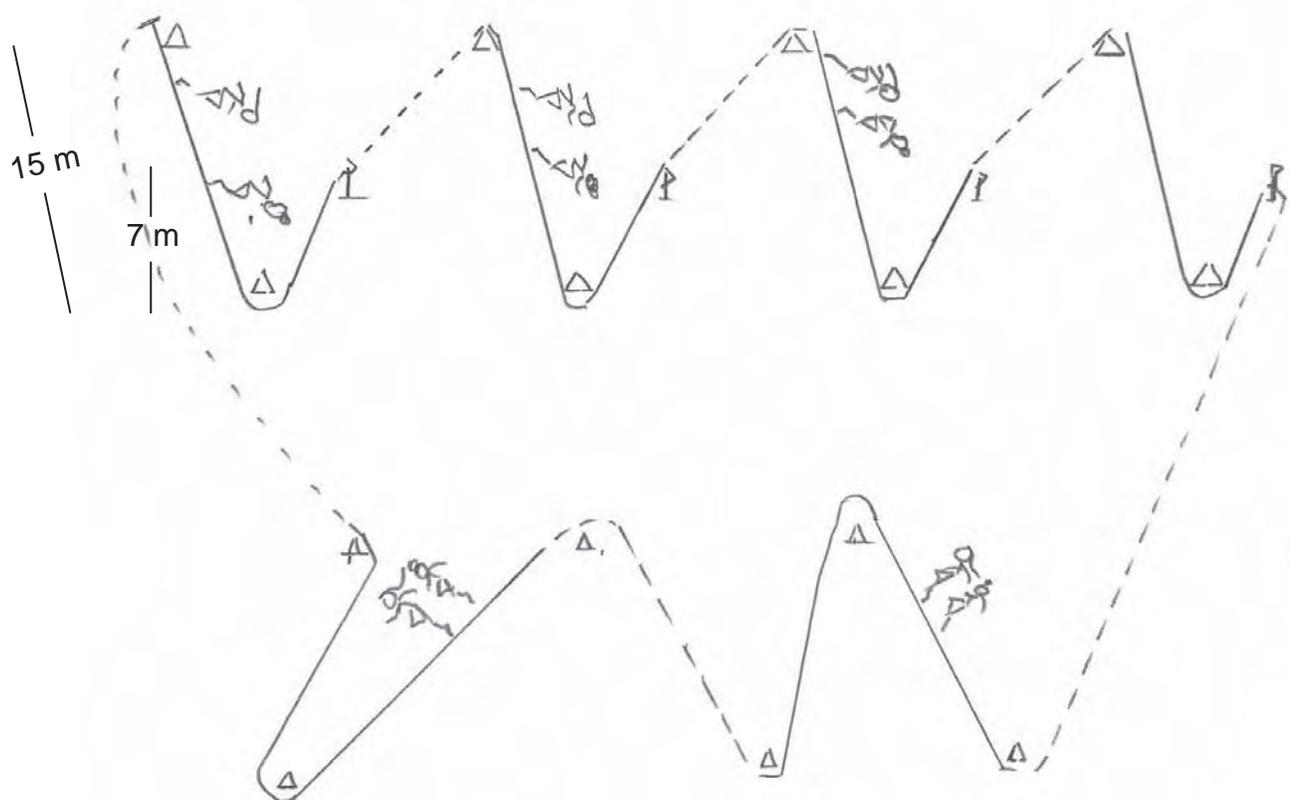
Trios
3 Rep. / 30" de Trabajo
60" de pausa
x E1 - E2 - E3



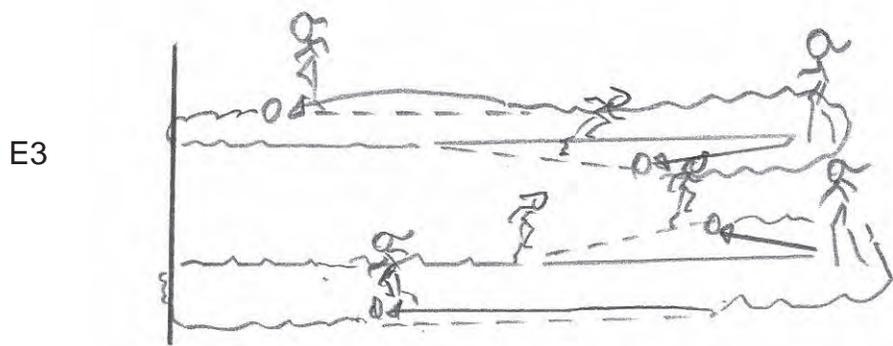
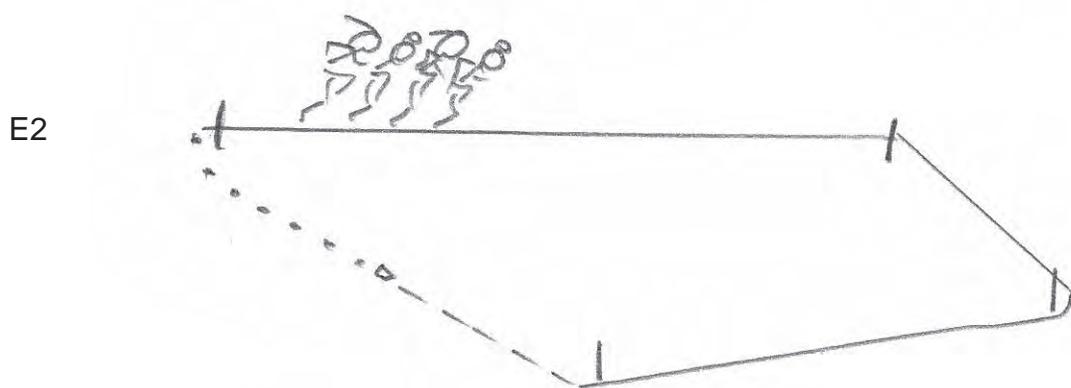
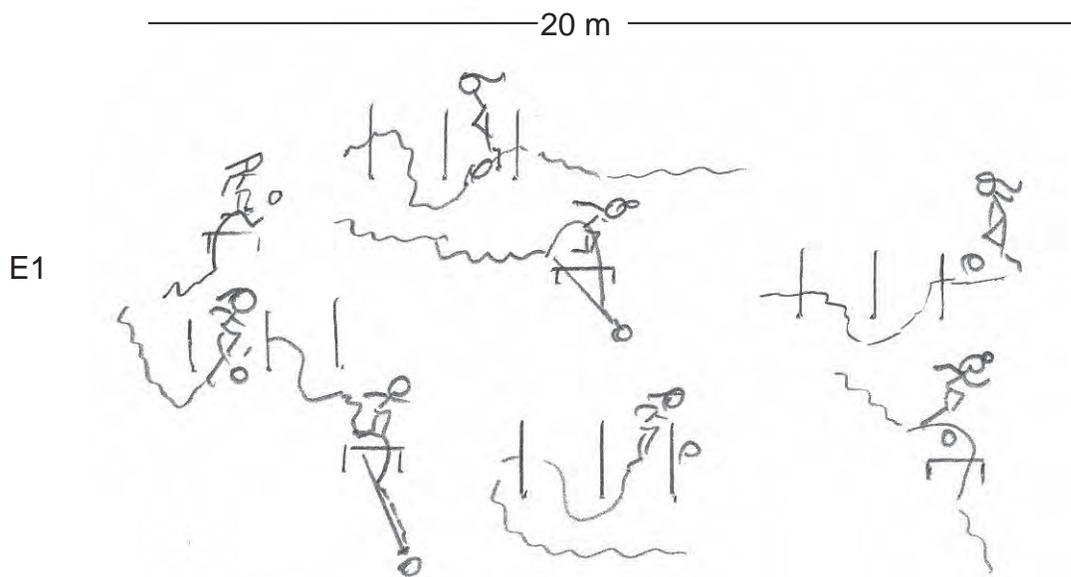
3' Continuos + 2' Pausa de ejercicio



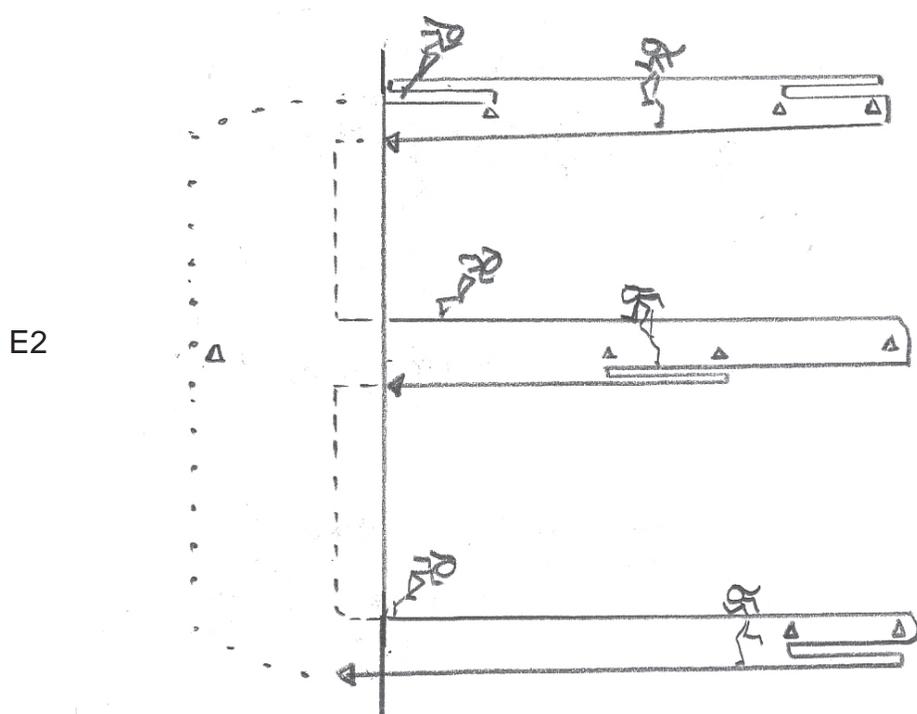
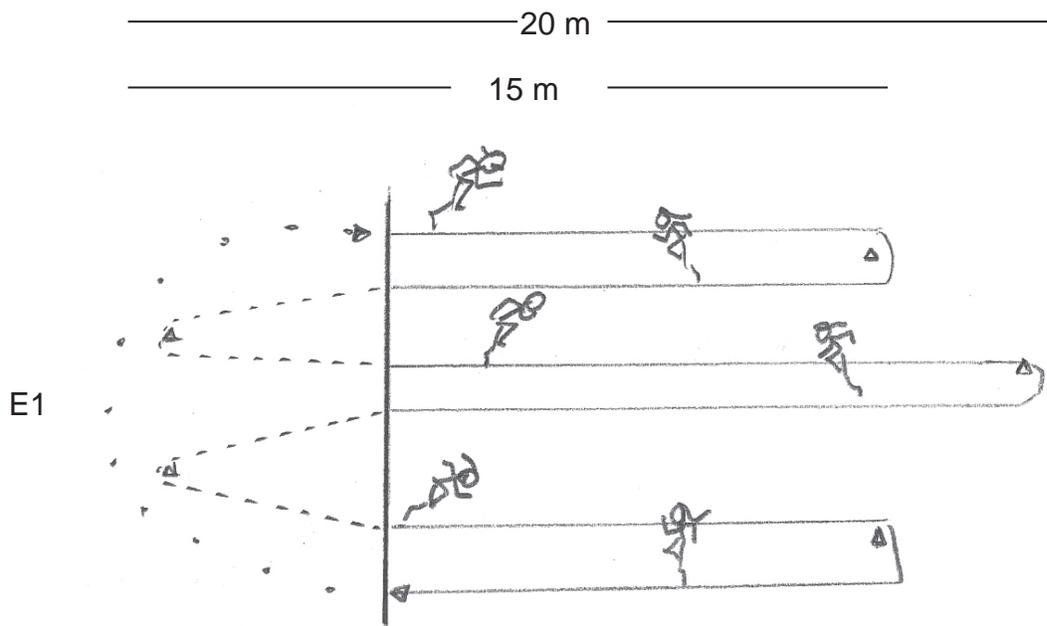
6 Rondas / Reg. 3'



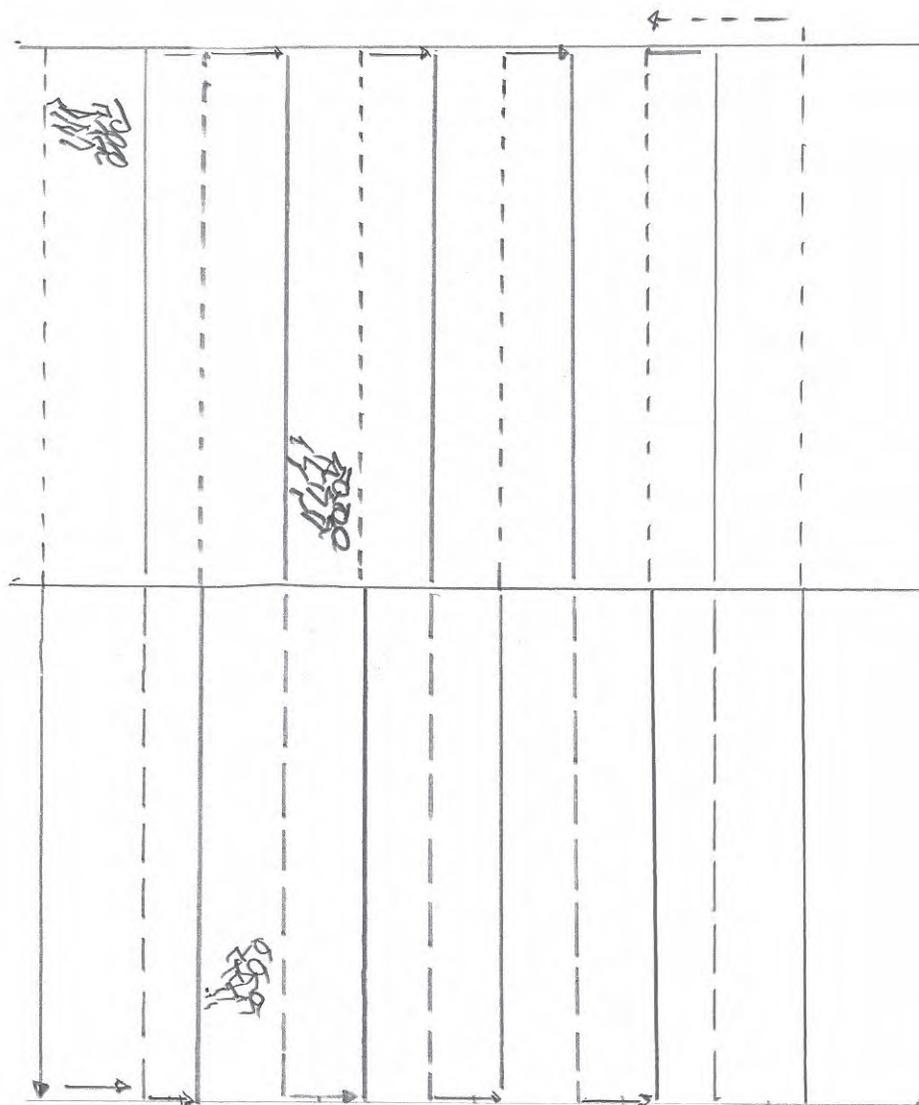
3 x 3' continuos
2' Pausa de serie



4' Continuos
1' Pausa de ejercicio
x E1 - E2 - E3



6' Continuos
2' Pausa de ejercicio
x E1 - E2

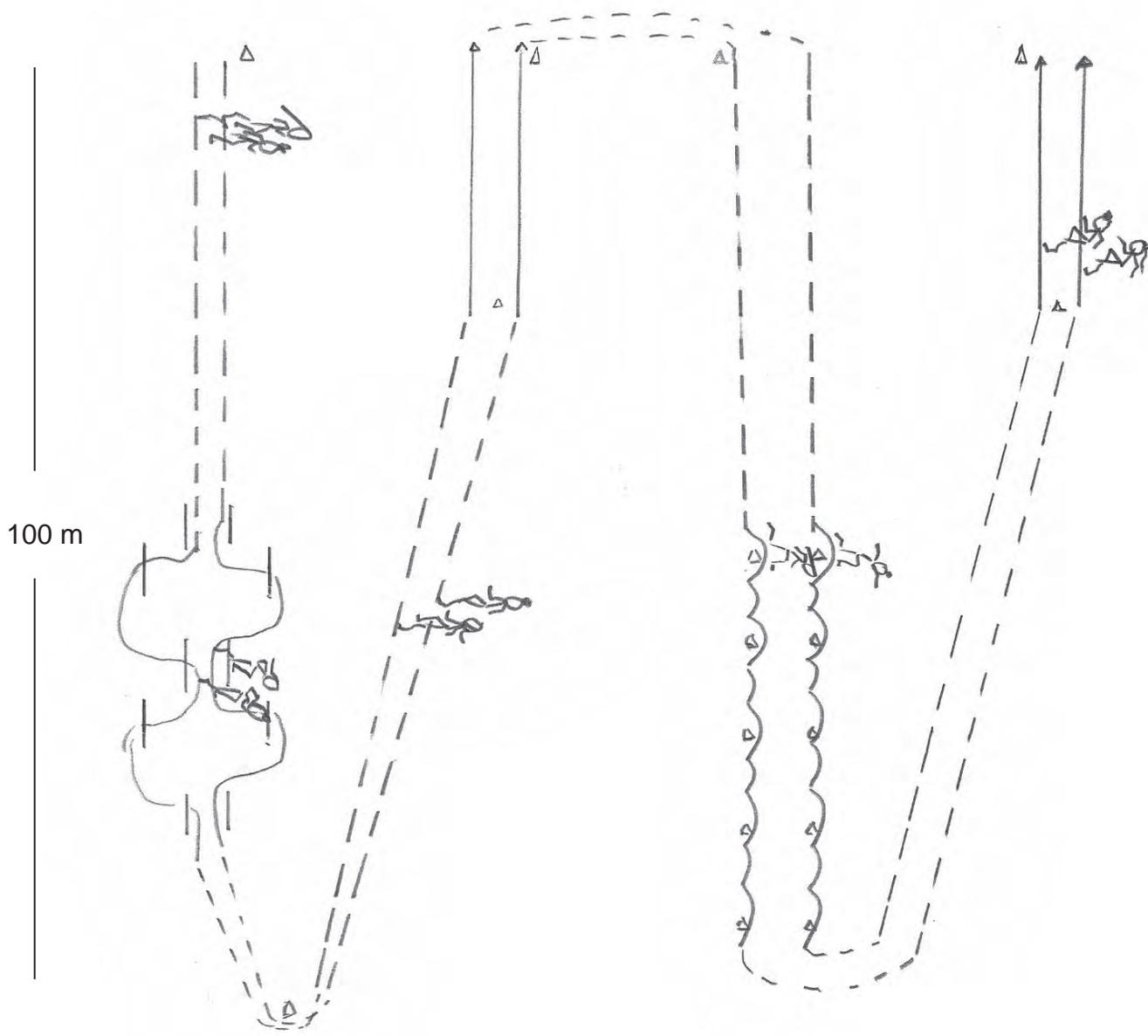


3 Rondas / Pausa de ronda 2'

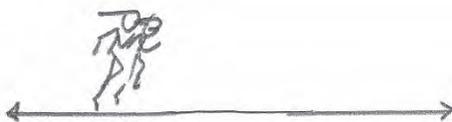
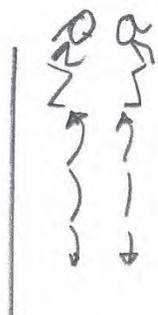
----- Trote lento (30 - 40% Intensidad)

— — — Trote medio (50 - 60% Intensidad)

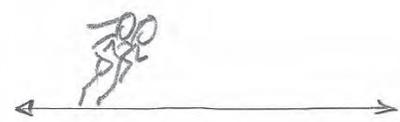
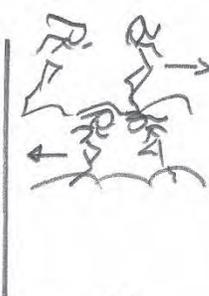
————— Carrera rápida (75 - 80% Intensidad)



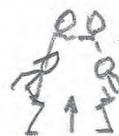
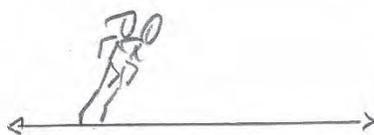
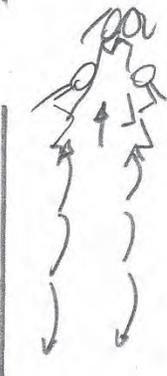
3 Rondas / Pausa de ronda 2' - 3'



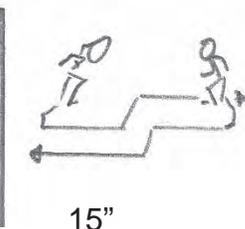
3 x
30" Trabajo
30" Pausa
2' Pausa Ejercicio



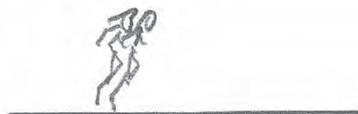
3 x
30" Trabajo
30" Pausa
2' Pausa Ejercicio



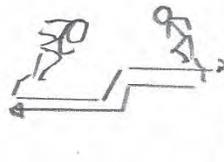
3 x
30" Trabajo
30" Pausa
2' Pausa Ejercicio



15"

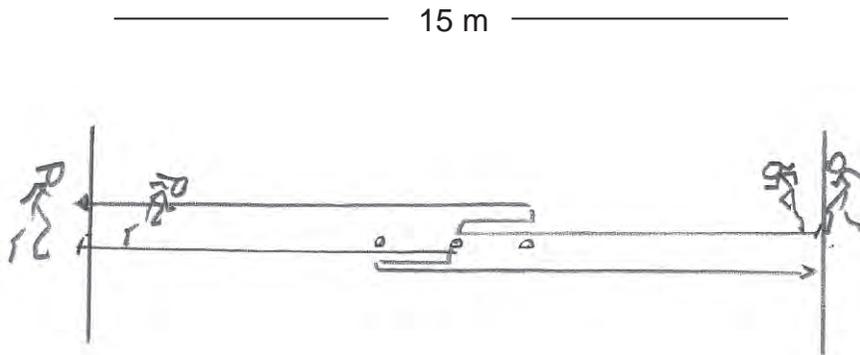


30" Pausa

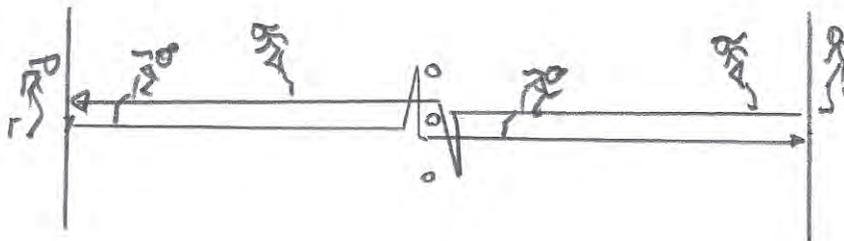


15"

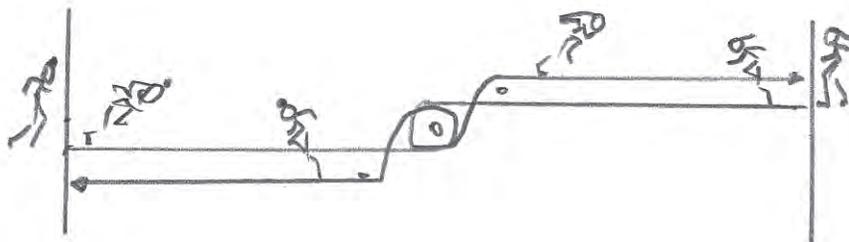
3 x
30" Trabajo
30" Pausa



3 x 1' 30" Trabajo
15" Pausa de repetición
2' Pausa de ejercicio



3 x 1' 30" Trabajo
15" Pausa de repetición
2' Pausa de ejercicio

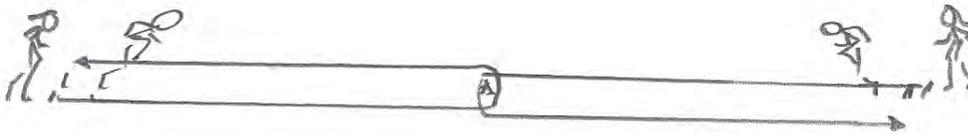


3 x 1' 30" Trabajo
15" Pausa de repetición

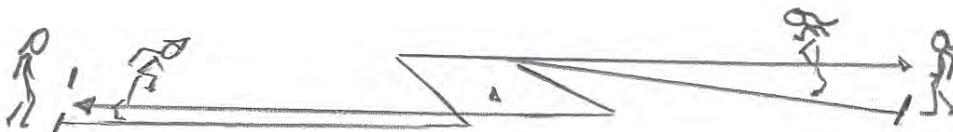
30 m



3 x 1' 30" Trabajo
15" Pausa de repetición
2' Pausa de ejercicio

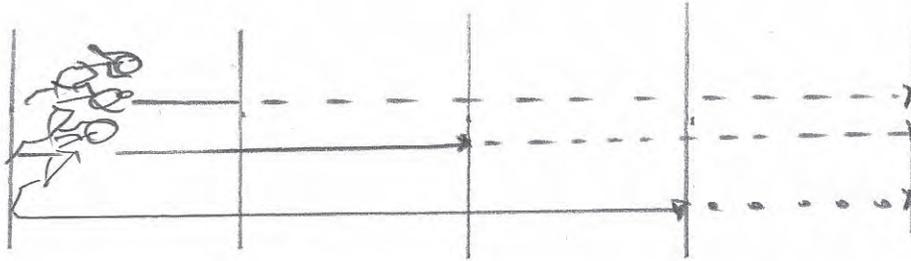


3 x 1' 30" Trabajo
15" Pausa de repetición
2' Pausa de ejercicio

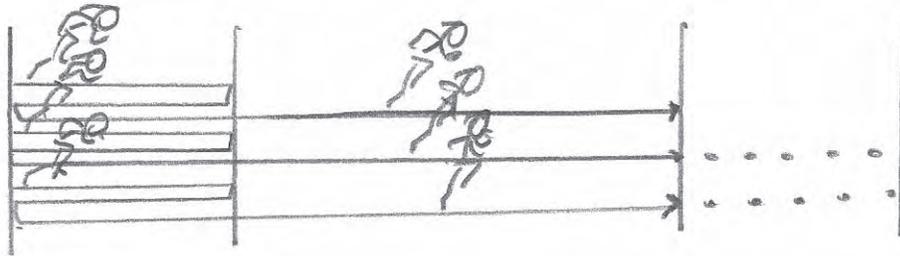


3 x 1' 30" Trabajo
15" Pausa de repetición

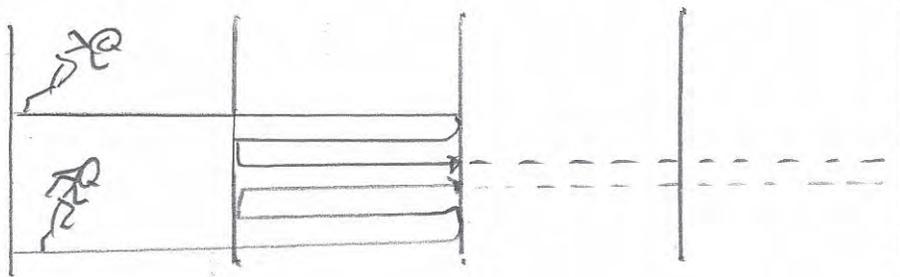
— 15 m — — 15 m — — 15 m — — 15 m —



3' Continuos
2' Pausa de ejercicio



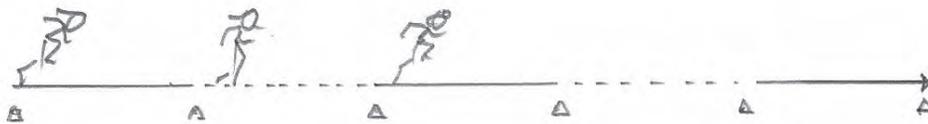
3' Continuos
2' Pausa de ejercicio



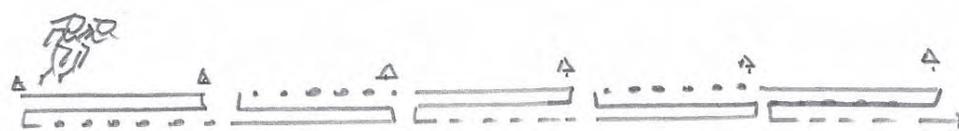
3' Continuos

75 m

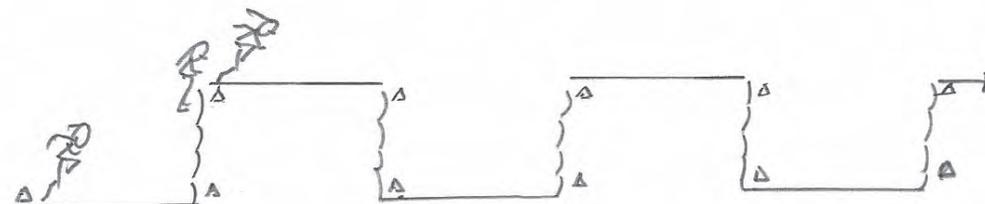
15 m



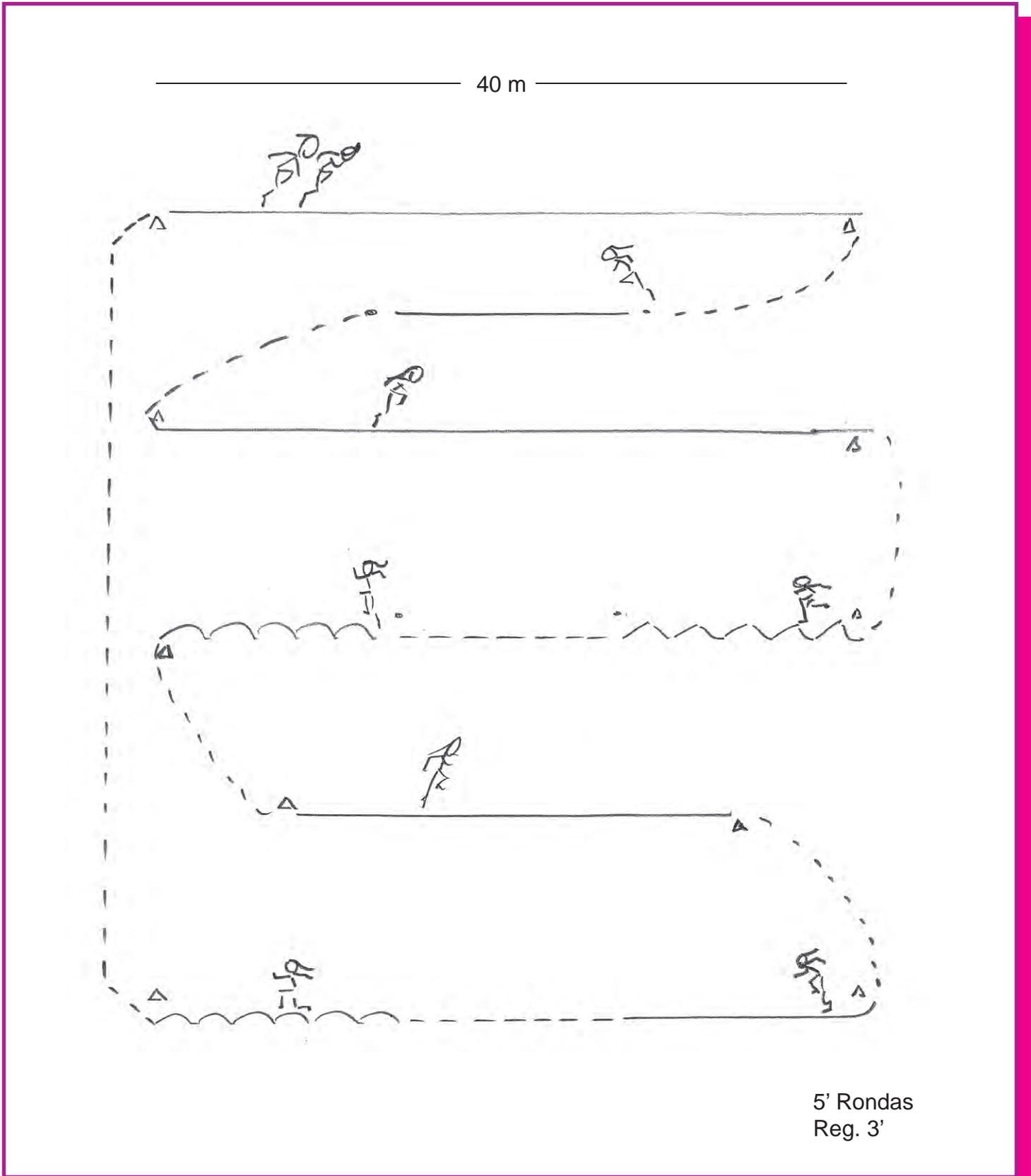
4' Continuos
20" Pausa de repetición
2' Pausa de ejercicio



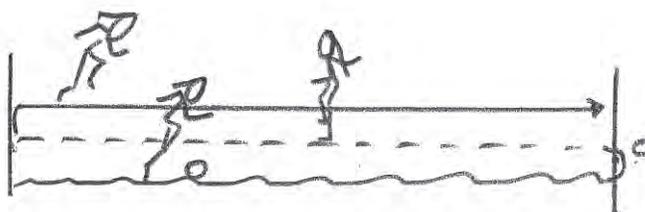
4' Continuos
45" Pausa de repetición
2' Pausa de ejercicio



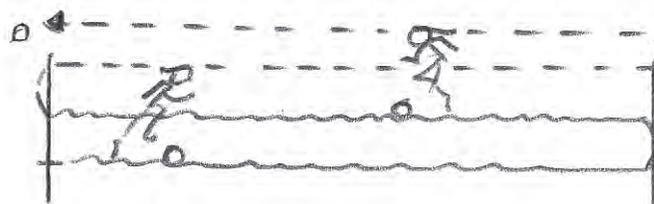
4' Continuos
30" Pausa de repetición



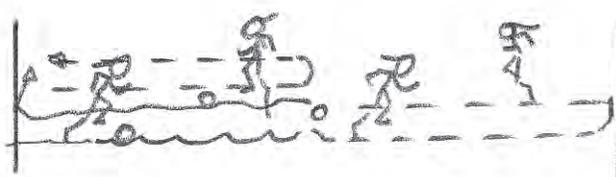
5' Rondas
Reg. 3'



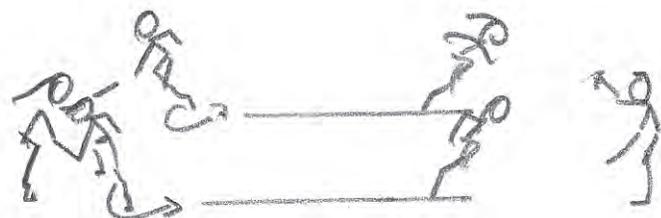
' Continuos
' Pausa de jercicio



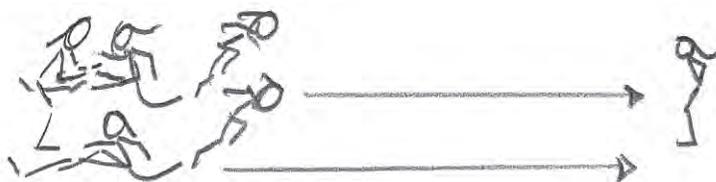
3' Continuos
1' Pausa de jercicio



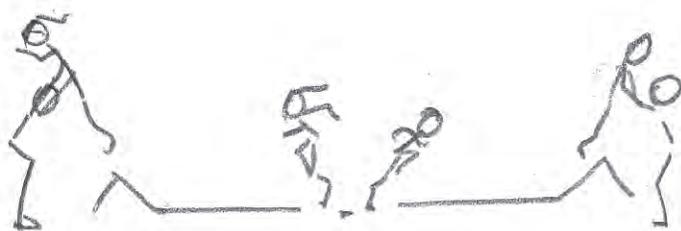
3' Continuos
1' Pausa de jercicio



3 x 30"
Reg. 60"



3 x 30"
Reg. 60"

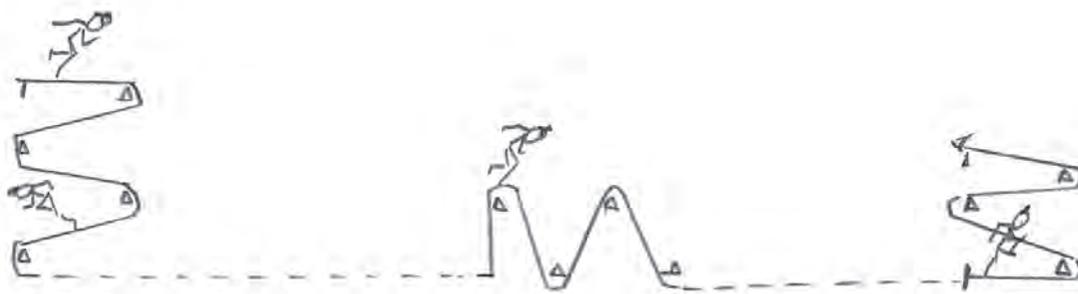


3 x 30"
Reg. 60"

30 m



4 Rep.
Reg. 90"

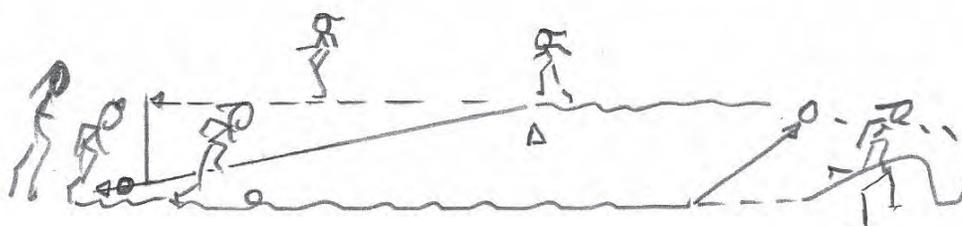
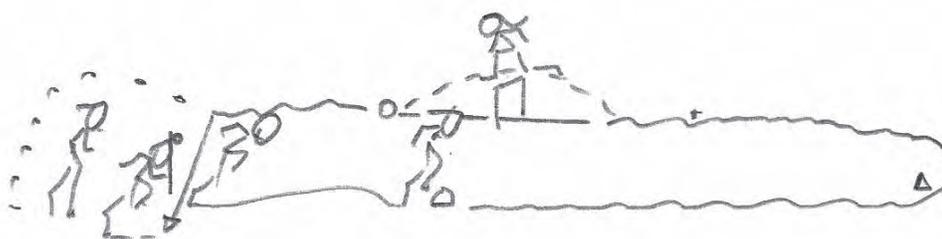
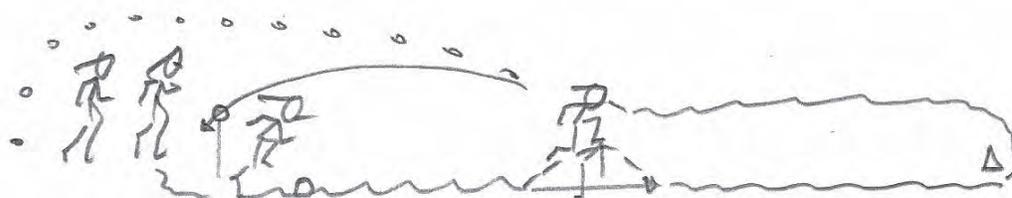


4 Rep.
Reg. 90"

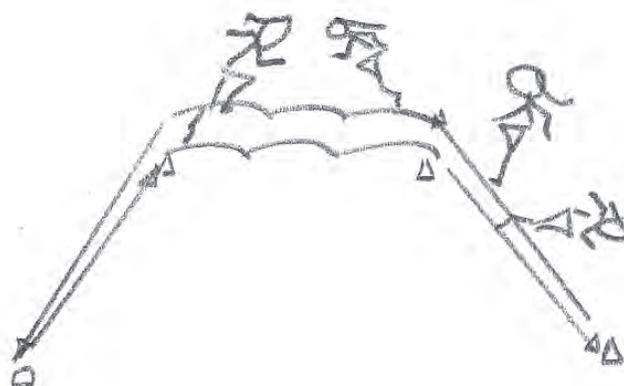


4 Rep.
Reg. 90"

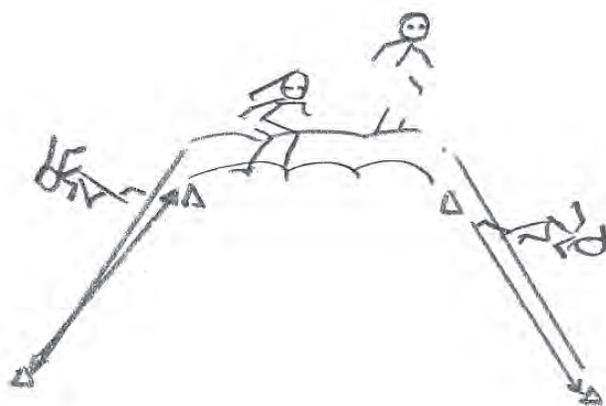
15 m



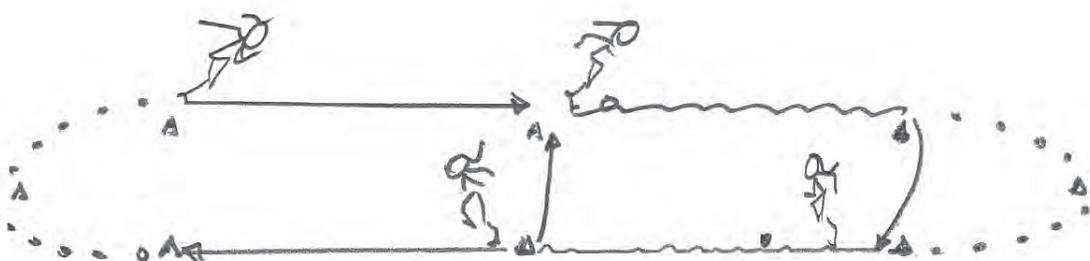
3' Continuos + 1' Pausa de ejercicio



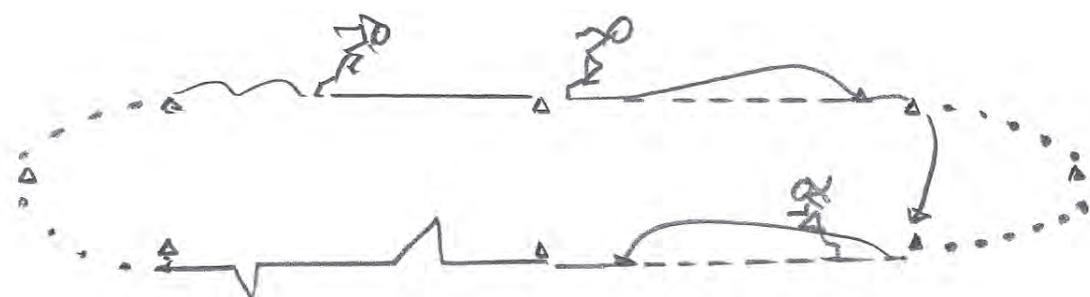
3 x 30"
Reg.90"



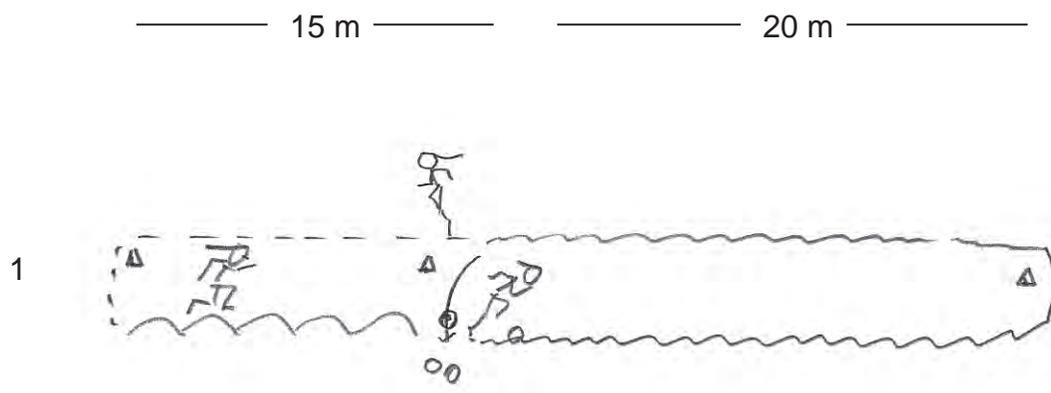
3 x 30"
Reg.90"



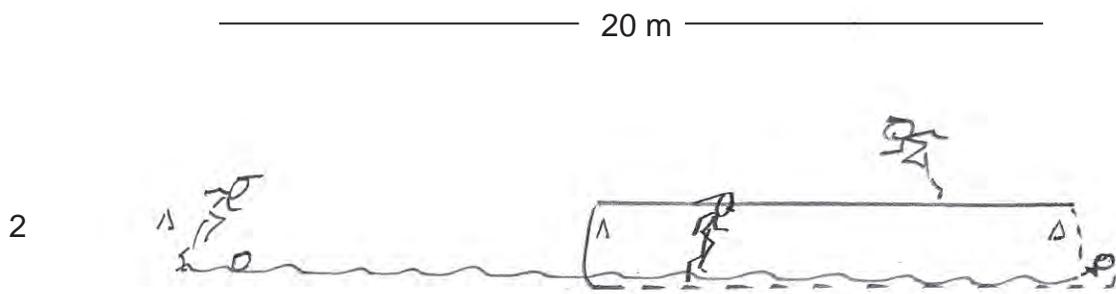
3' Continuos
1' Pausa
de ejercicio



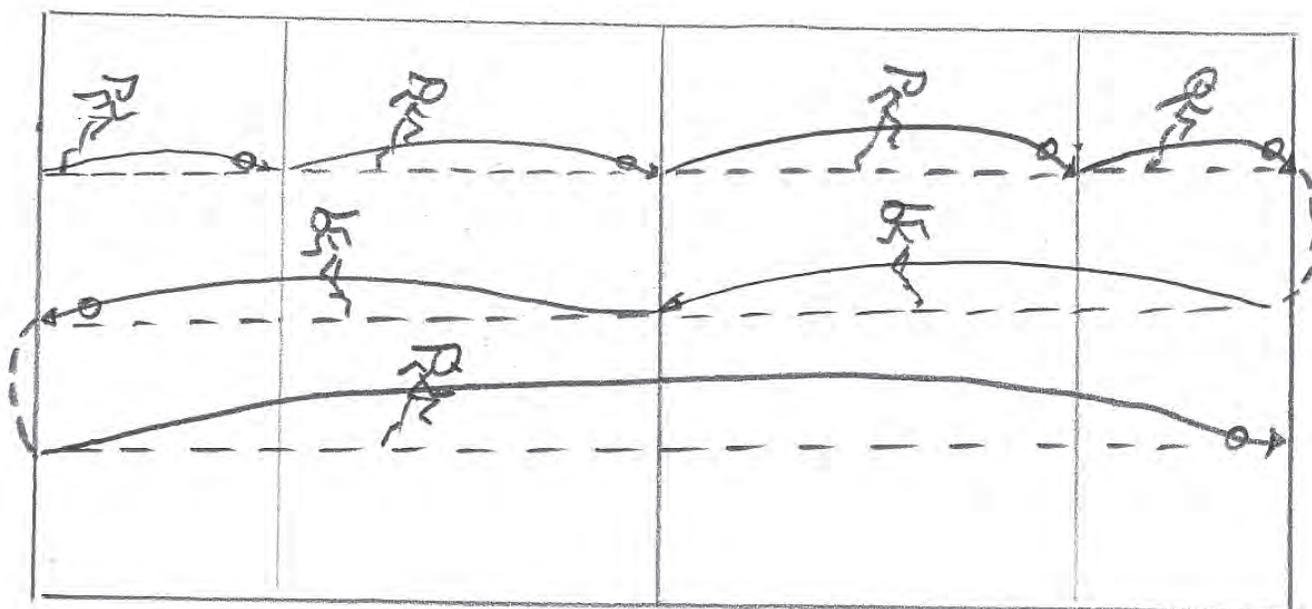
3' Continuos
1' Pausa
de ejercicio



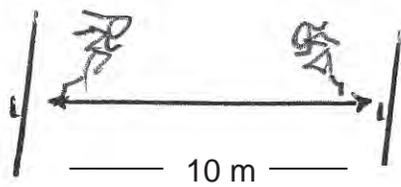
4' Continuos
2' Pausa
de ejercicio



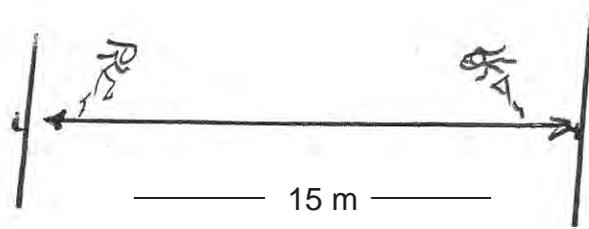
4' Continuos



2 x 5' + 2' Pausa de ejercicio

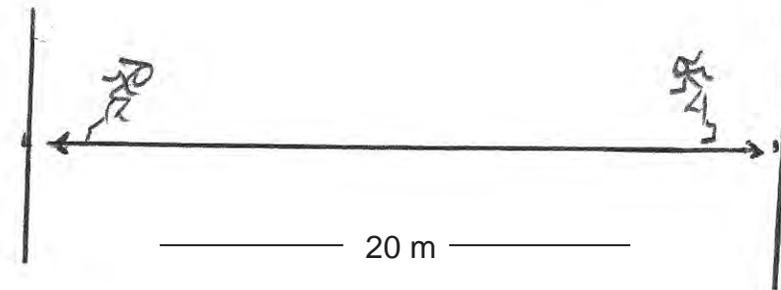


10 x 10 m
Reg. 75"



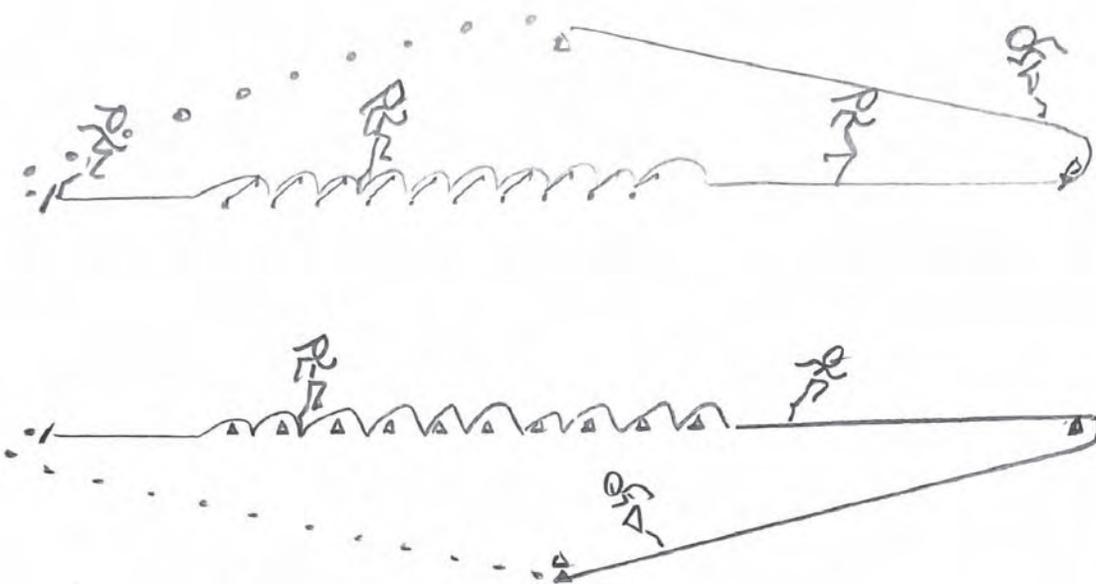
2 x

8 x 15 m
Reg. 75"



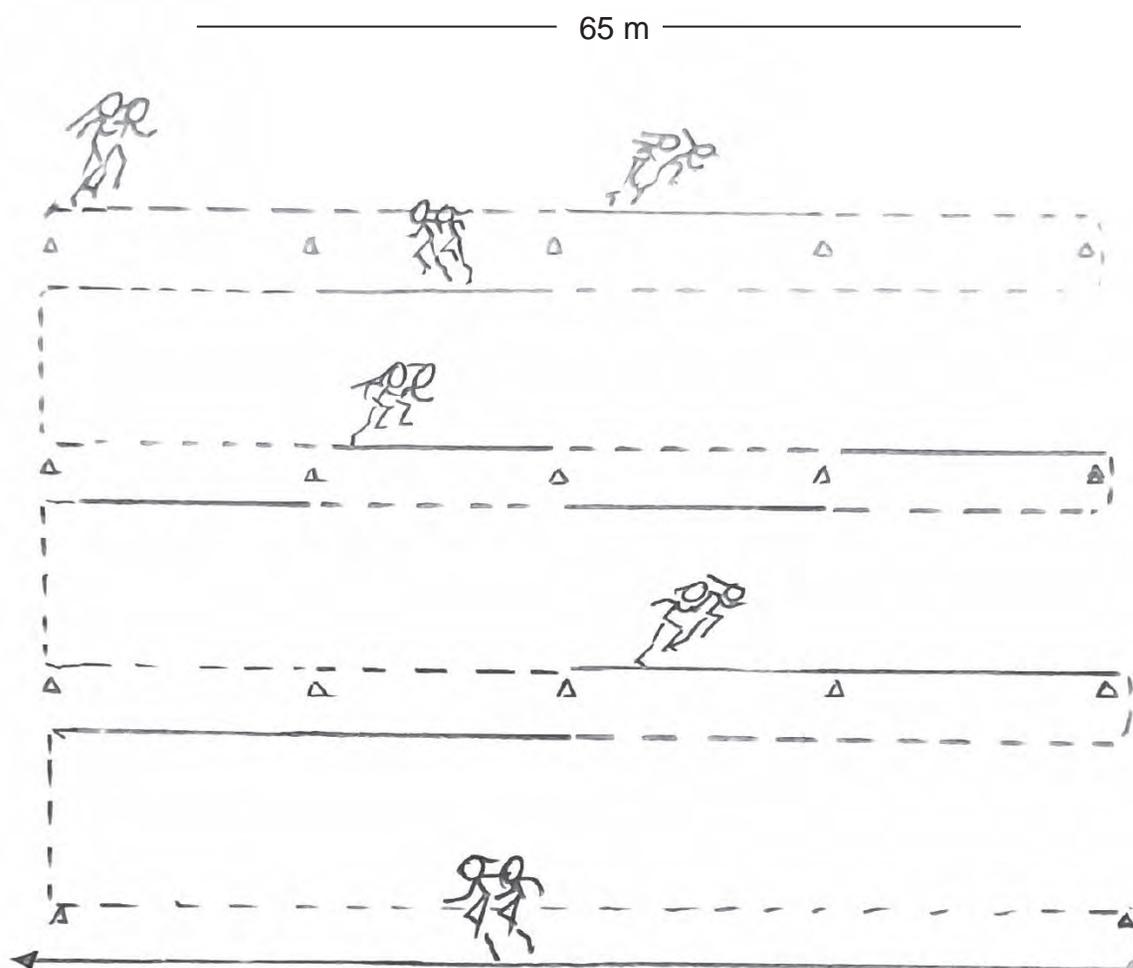
6 x 20 m
Reg. 90"

30 m



5 Rep.
Reg. 75"

5 Rep.
Reg. 75"



3 Rondas con 2' de Pausa de Ronda