



3 Series
Elevación rápida de rodillas
20 Rep.



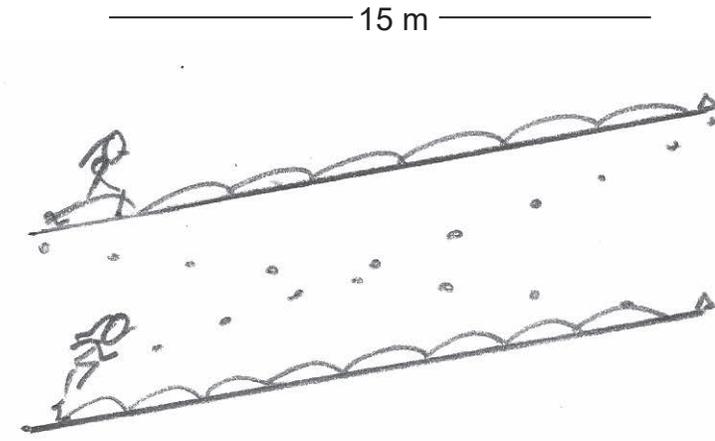
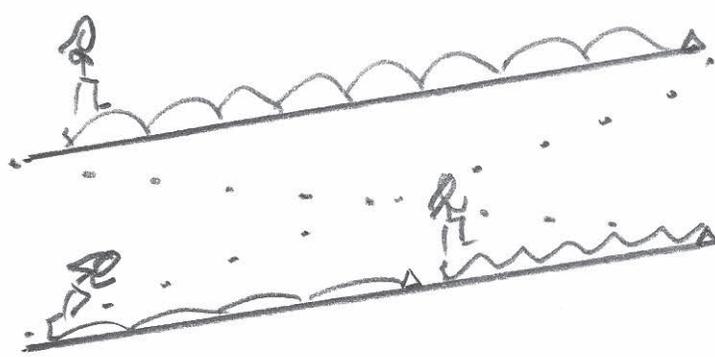
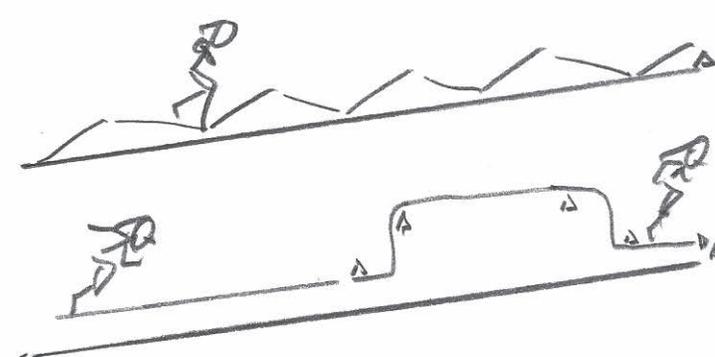
3 Series
Elevación unilateral
10 Rep. Izquierda
10 Rep. Derecha



3 Series
Patada recta
20 Rep.



3 Series
Patada recta
20 Rep.

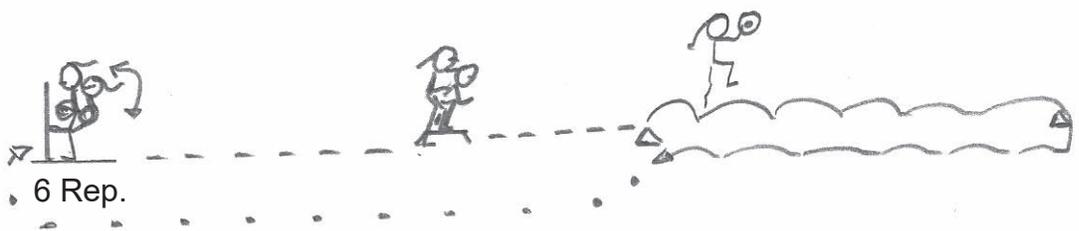
	<p>4 Rondas Reg. 90"</p>
	<p>4 Rondas Reg. 90"</p>
	<p>4 Rondas Reg. 90"</p>

15 m



6 Rep.

4 Rep.
Reg. 75"



6 Rep.

4 Rep.
Reg. 75"

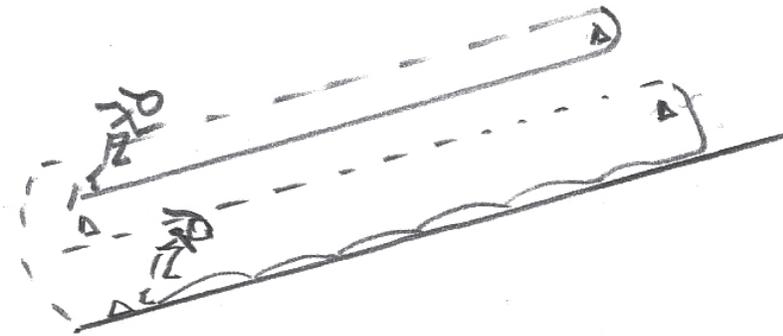


6 Rep.

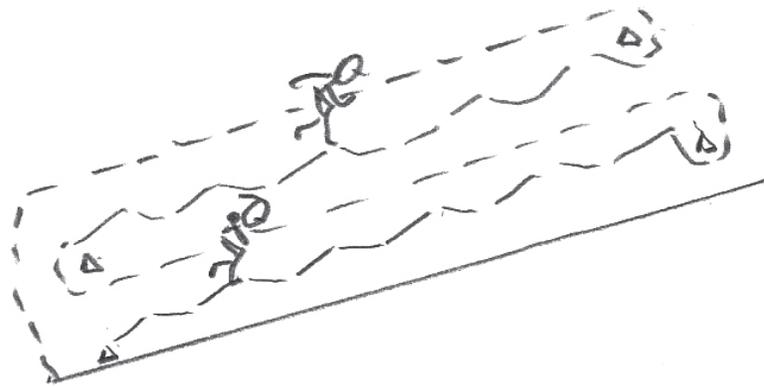
4 Rep.
Reg. 75"

Cinturón ruso
Bolsa de pierna
Mancuernas

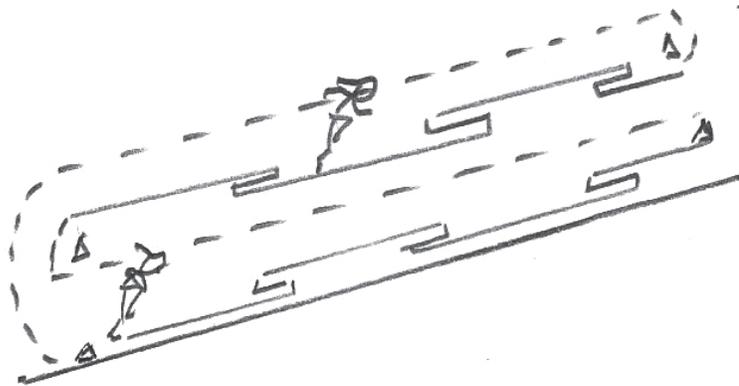
15 m



4 Rep.
Reg. 45"

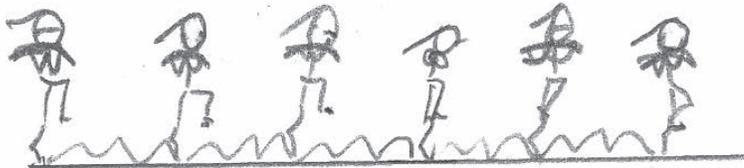


4 Rep.
Reg. 45"

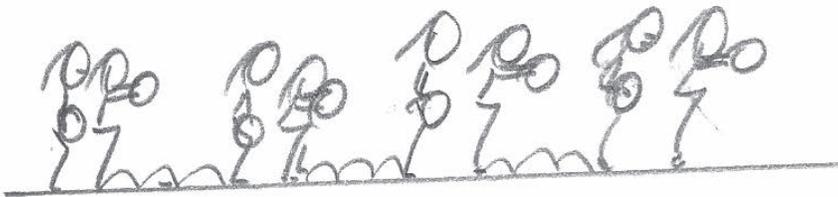


4 Rep.
Reg. 45"

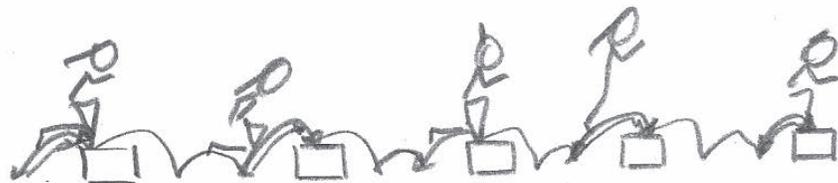
15 m



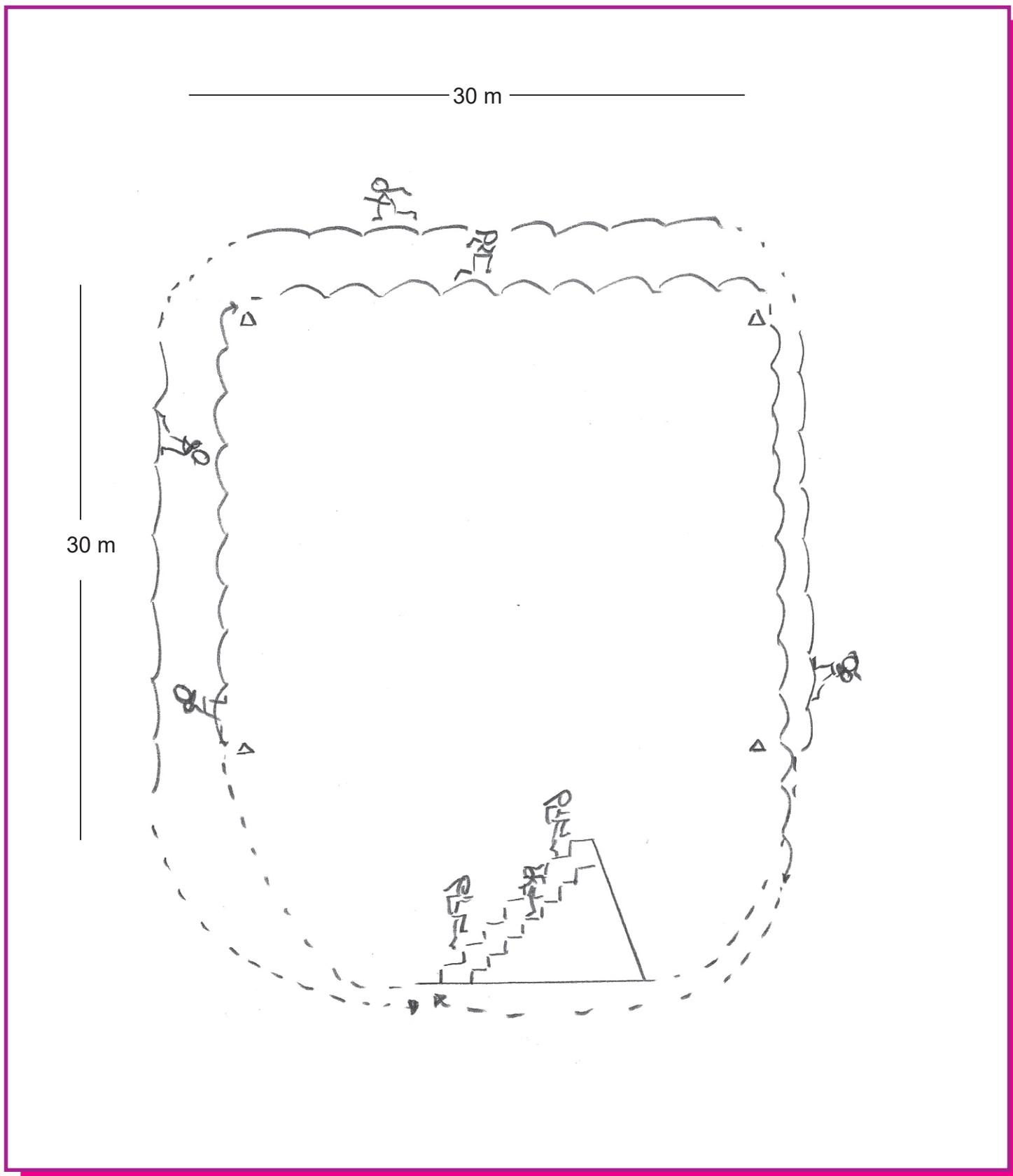
4 Rep.
Reg. 45"

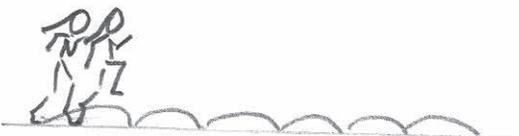
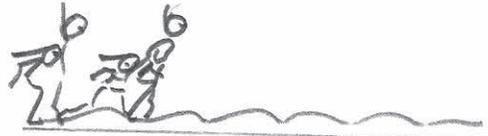
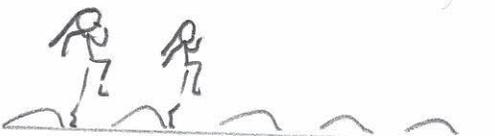
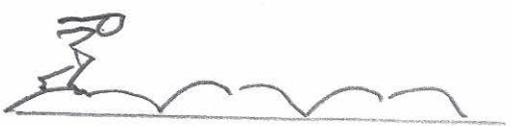
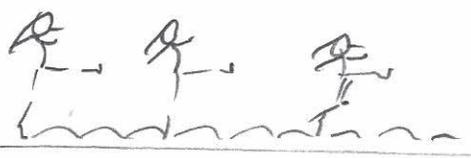


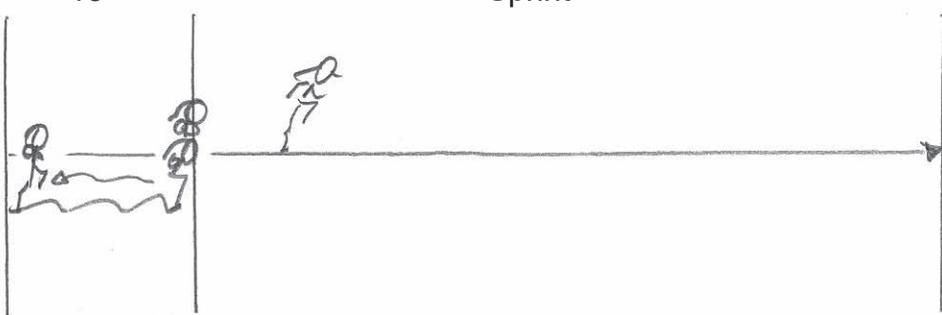
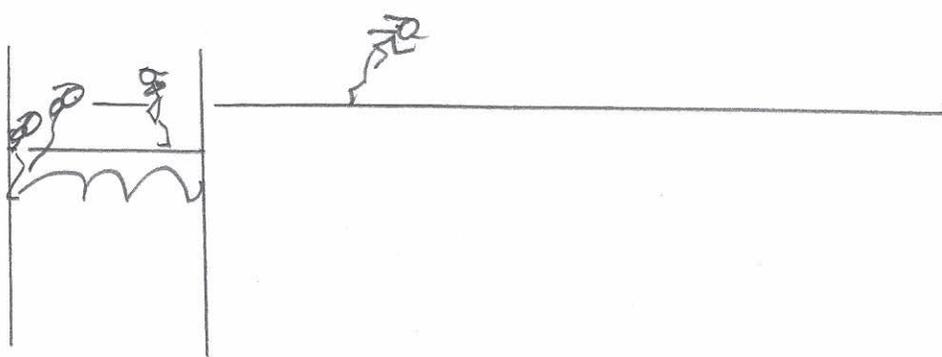
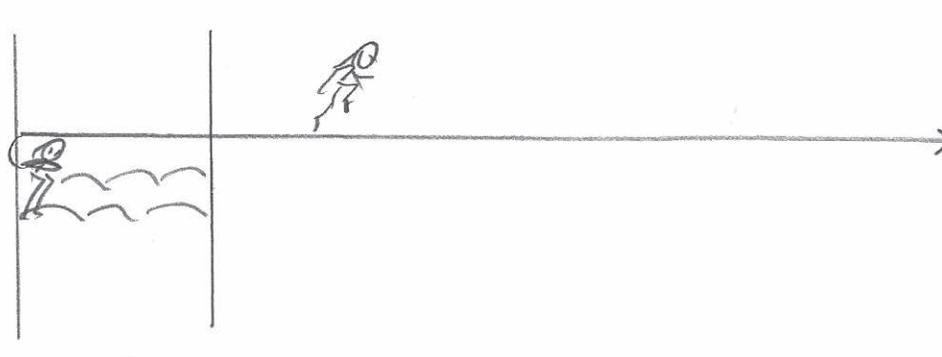
4 Rep.
Reg. 45"

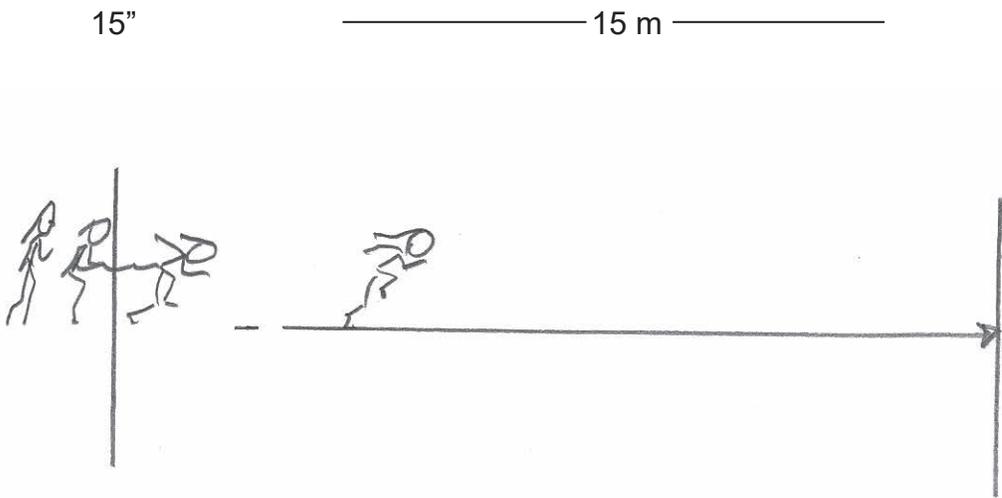
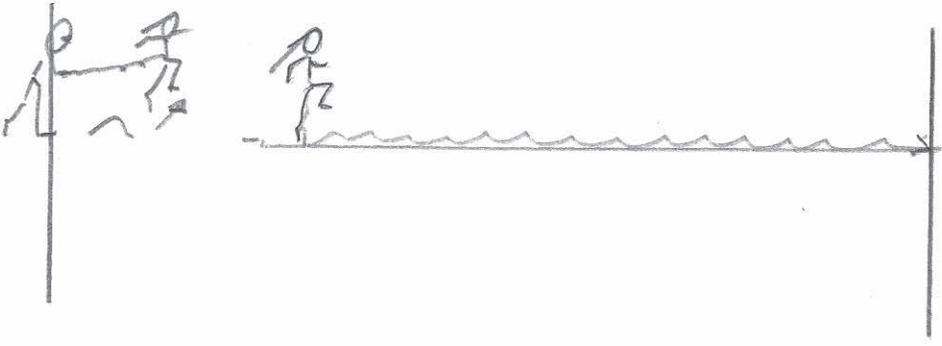
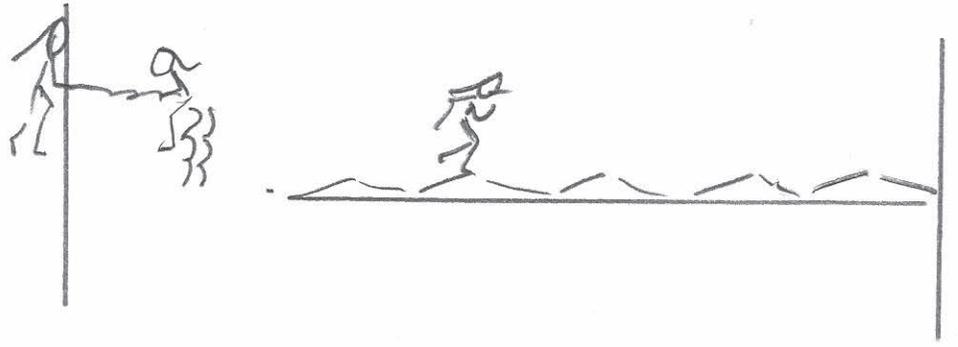


4 Rep.
Reg. 45"



<p>15 m</p>  <p>Todo puntillas</p>	<p>15 m</p>  <p>Paso atrás</p>
 <p>Paso largo puntillas</p>	 <p>Extensión paso extensión</p>
 <p>Paso mantener</p>	 <p>Cambio de piernas + frecuencia</p>
 <p>Laterales puntillas</p>	 <p>sentadilla lateral sentadilla</p>
<p>2 Rep. / Reg. 45" / de cada ejercicio</p>	

<p>— 3 m — — 20 m —</p> <p>15" Sprint</p>  <p>A diagram showing a horizontal line representing a track. The first 3 meters (15 feet) are marked with a wavy line and two stick figures, representing a warm-up zone. The remaining 20 meters are marked with a straight line and an arrow, representing the sprint zone. A stick figure is shown in a running posture within the sprint zone.</p>	<p>4 Rep. Reg. 75"</p>
 <p>A diagram showing a horizontal line representing a track. The first 3 meters are marked with a wavy line and two stick figures, representing a warm-up zone. The remaining 20 meters are marked with a straight line and an arrow, representing the sprint zone. A stick figure is shown in a running posture within the sprint zone.</p>	<p>4 Rep. Reg. 75"</p>
 <p>A diagram showing a horizontal line representing a track. The first 3 meters are marked with a wavy line and two stick figures, representing a warm-up zone. The remaining 20 meters are marked with a straight line and an arrow, representing the sprint zone. A stick figure is shown in a running posture within the sprint zone.</p>	<p>4 Rep. Reg. 75"</p>

<p>15" ————— 15 m —————</p> 	<p>4 Rep. Reg. 60"</p>
	<p>4 Rep. Reg. 60"</p>
	<p>4 Rep. Reg. 60"</p>



4 Rondas
Reg. 90"



4 Rondas
Reg. 90"



4 Rondas
Reg. 90"

Disco 5 - 10 Kg

20 m



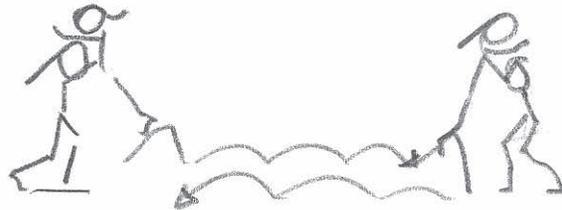
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



3 Rep.
30" Trabajo
60" Pausa



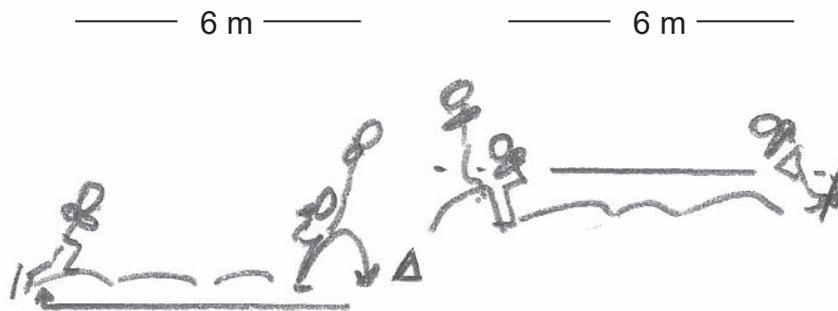
3 Rep.
30" Trabajo
60" Pausa



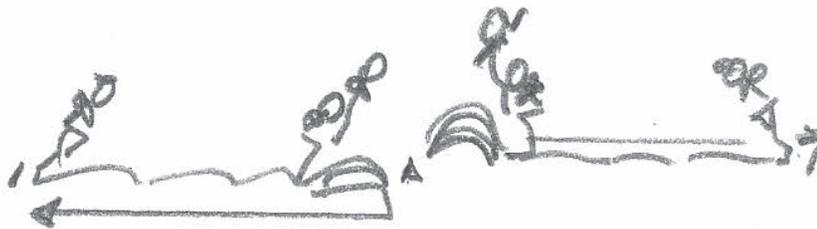
3 Rep.
30" Trabajo
60" Pausa



3 Rep.
30" Trabajo
60" Pausa



4 x 30"
Reg. 75"

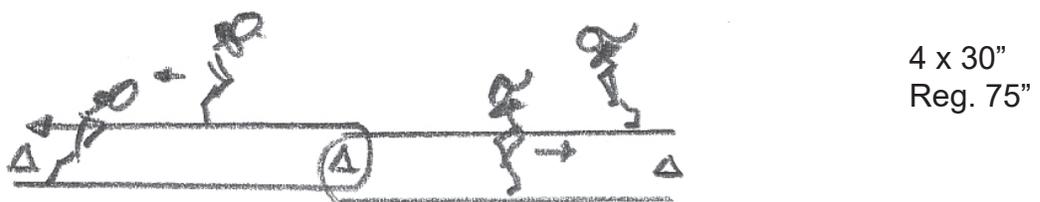
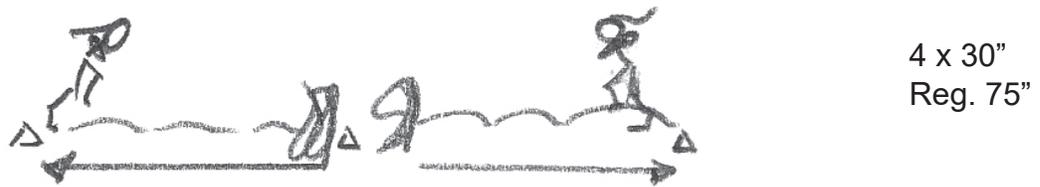


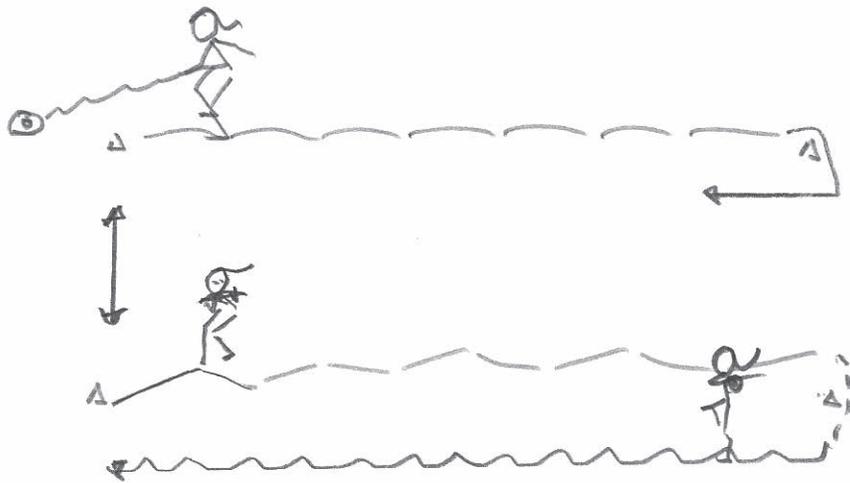
4 x 30"
Reg. 75"



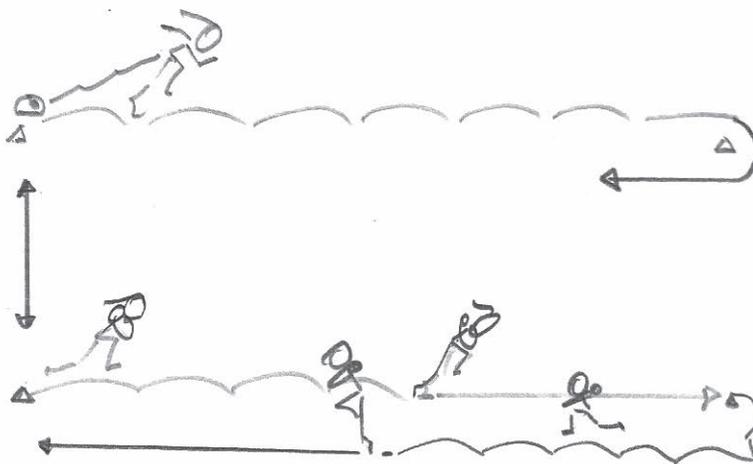
4 x 30"
Reg. 75"

Bolsa de arena



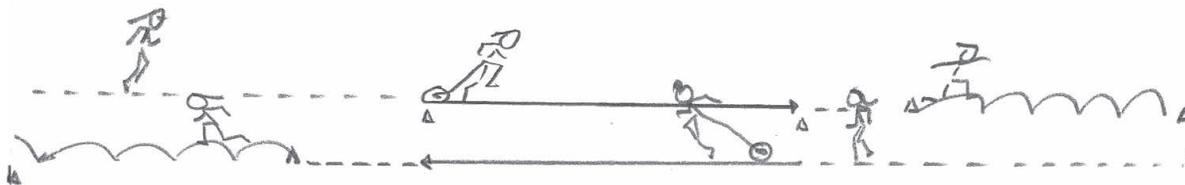


4 Rondas
Reg. 2'

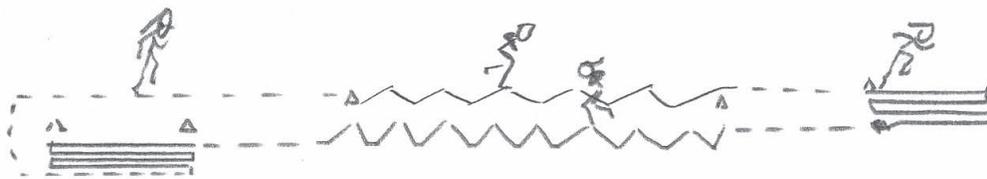


4 Rondas
Reg. 2'

— 5 m — — 5 m — ————— 20 m ————— — 5 m — — 5 m —



4 Rep.
Reg. 2'30"

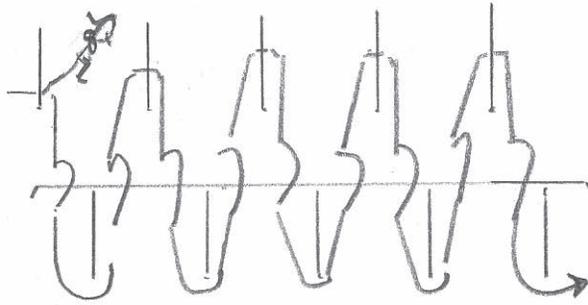


4 Rep.
Reg. 2'30"

Bolsa de arena

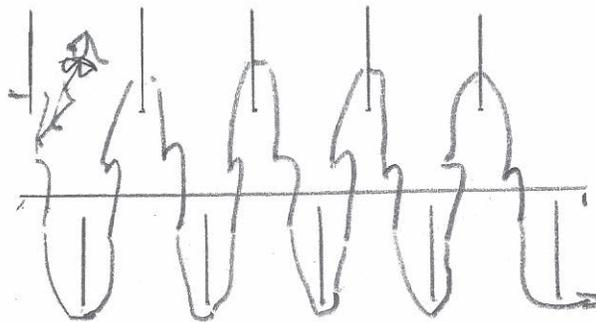
————— 12 m —————

Carrera frontal



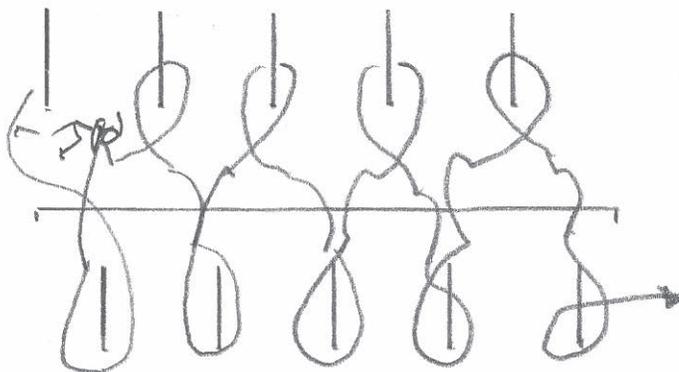
4 Rep.
Reg.1'

Carrera perfilada



4 Rep.
Reg.1'

Carrera frontal



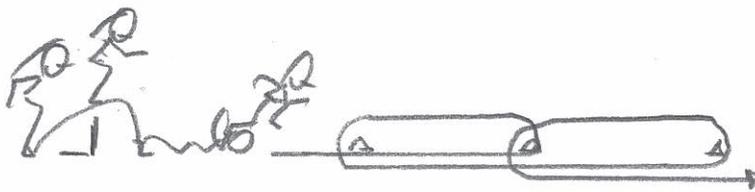
4 Rep.
Reg.1'

Arena

15 m



4 Rep.
Reg.45"



4 Rep.
Reg.45"



4 Rep.
Reg.45"

15 m



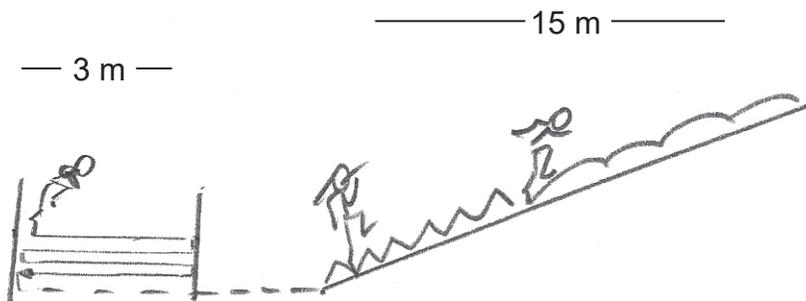
5 Rep.
Reg.60"



5 Rep.
Reg.60"



5 Rep.
Reg.60"



5 Rep.
Reg.60"



5 Rep.
Reg.60"



5 Rep.
Reg.60"

— 5 m —



— 5 m —



4 x30"
Reg.75"



4 x30"
Reg.75"



4 x30"
Reg.75"



4 Rep.
Reg.60"

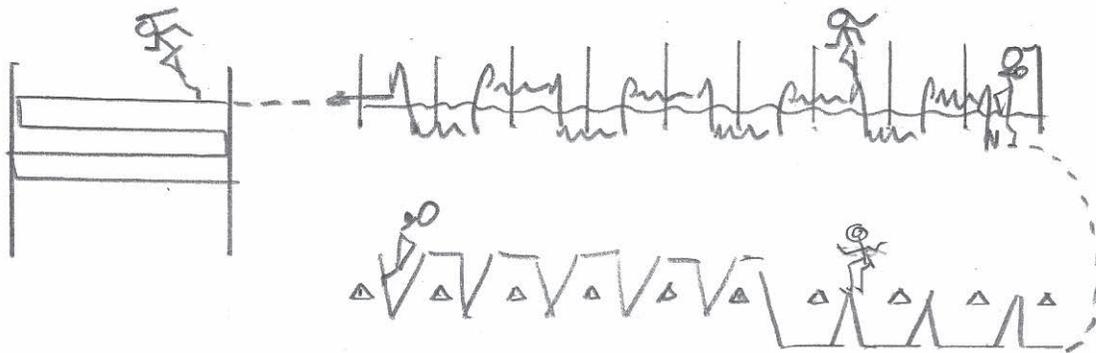
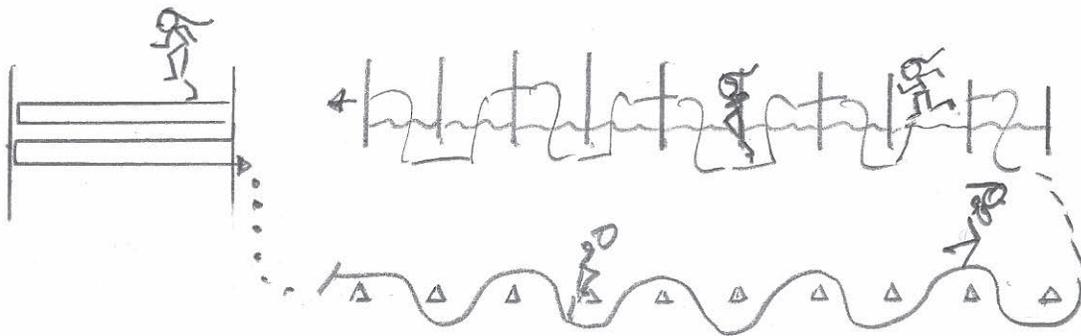


4 Rep.
Reg.60"



4 Rep.
Reg.60"

Bolsa de arena
Saco





3 x 20m
Reg. 45"



3 x 20m
Reg. 45"



3 x 20m
Reg. 45"



3 x 20m
Reg. 45"



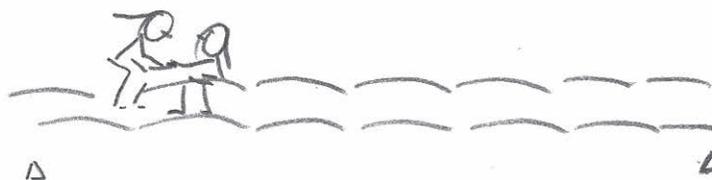
3 x 15m
Reg. 60"



3 x 15m
Reg. 60"

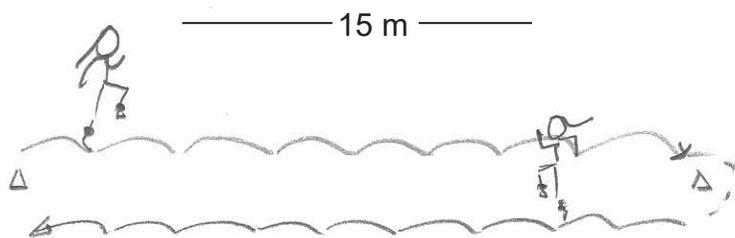


3 x 15m
Reg. 60"

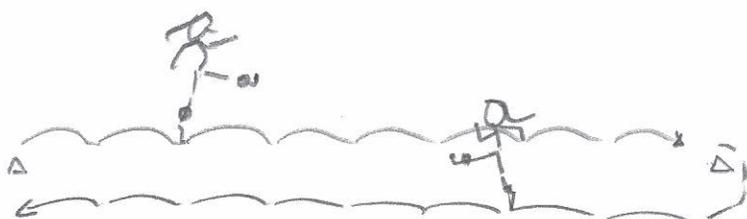


3 x 15m
Reg. 60"

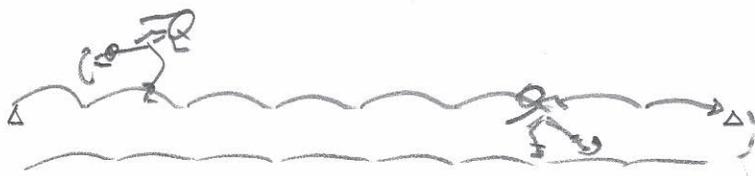
Polainas



3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



2' Continuos
Pausa de
estación



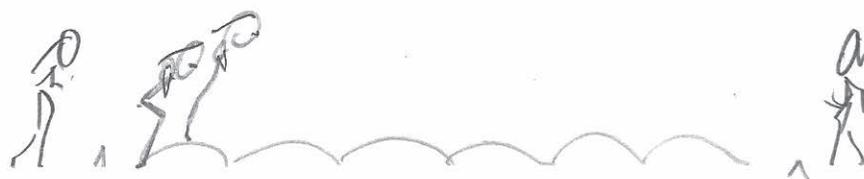
2' Continuos
Pausa de
ejercicio



2' Continuos
Pausa de
ejercicio



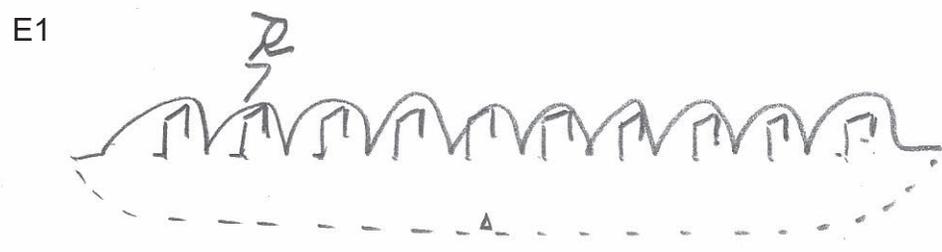
2' Continuos
Pausa de
ejercicio



2' Continuos
Pausa de
ejercicio

————— 20 m —————

E1



E2



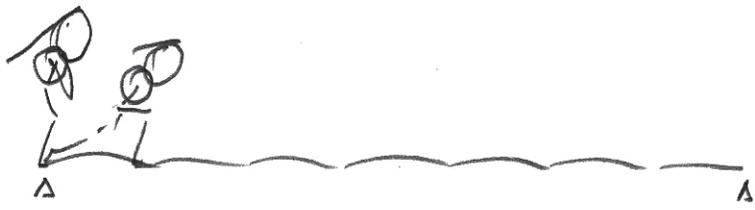
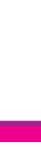
E3



E4



5 Series / Reg. 1' / 1' Pausa de ejercicio x E1 - E2 - E3 - E4

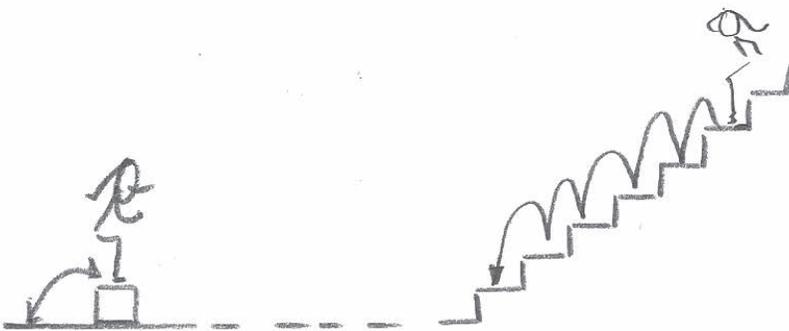
	<p>Barra</p> <p>15 m</p>  <p>10 Pasos</p>
	<p>Bolsa de arena</p>  <p>10 Pasos</p>
	 <p>6 Contactos</p>
	 <p>5 Despegues</p>



6 Rondas
6 Rep. + subida
Reg. 90"

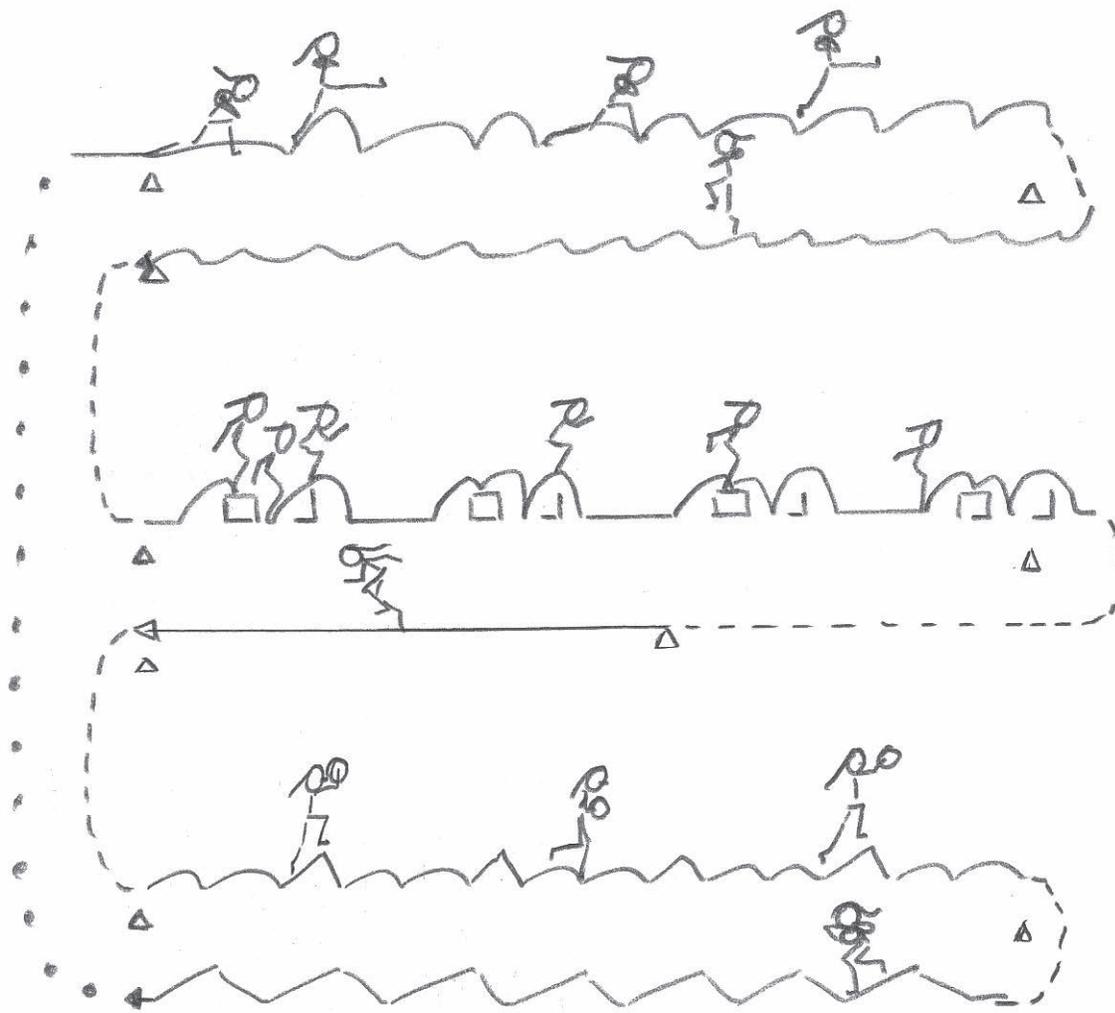


6 Rondas
6 Rep. + subida
Reg. 90"



6 Rondas
6 Rep. + bajada
con jumps
Reg. 90"

——— 15 m ———

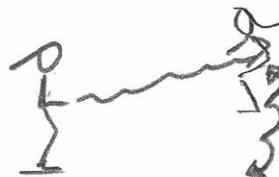


6 Rondas
Reg. 3'

E1



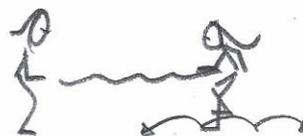
E4



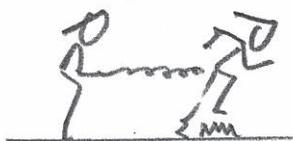
E2



E5



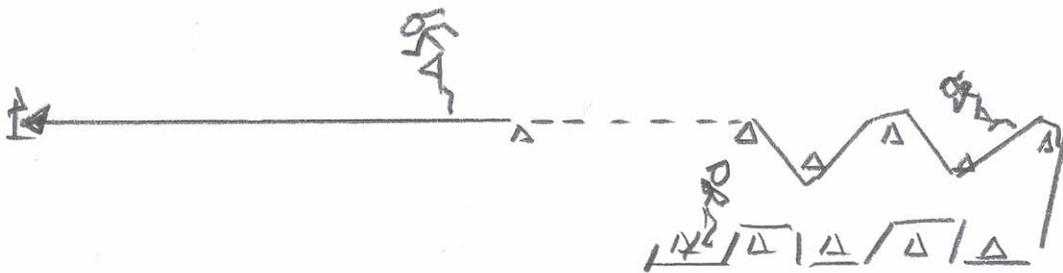
E3



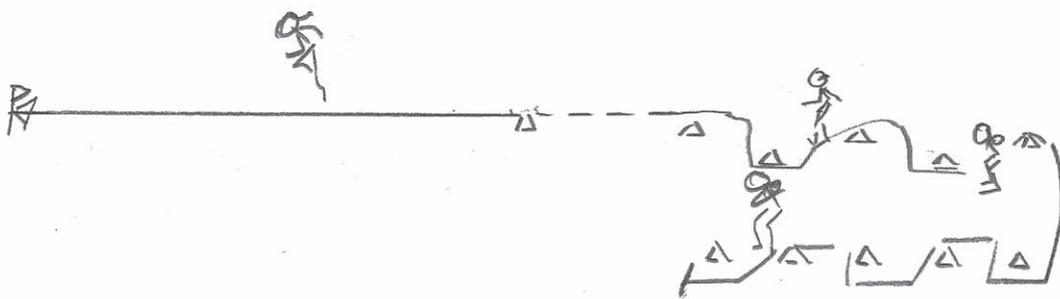
E6



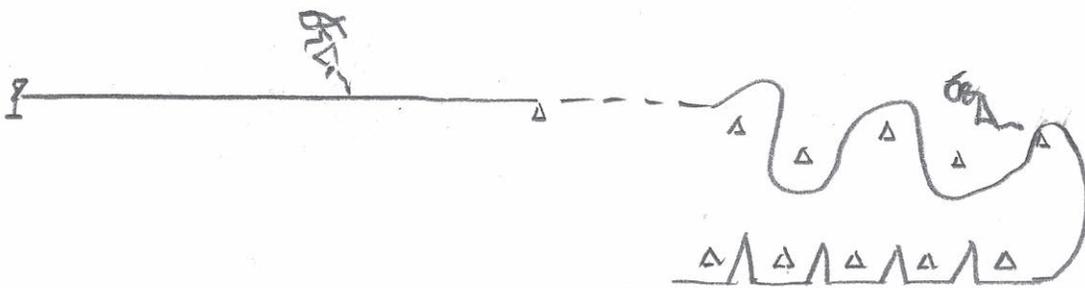
3 Series de 20" de Trabajo + 40" de Pausa
x E1 - E2 - E3 - E4 - E5 - E6



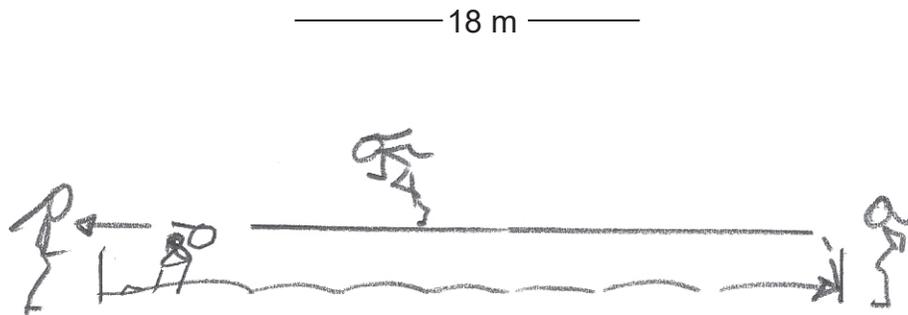
4 Rep.
Reg. 60"



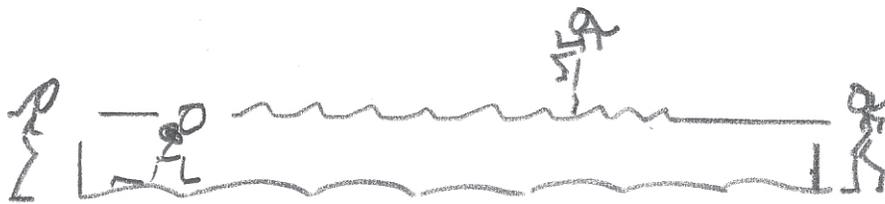
4 Rep.
Reg. 60"



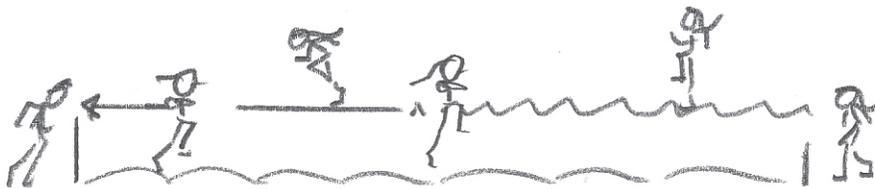
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

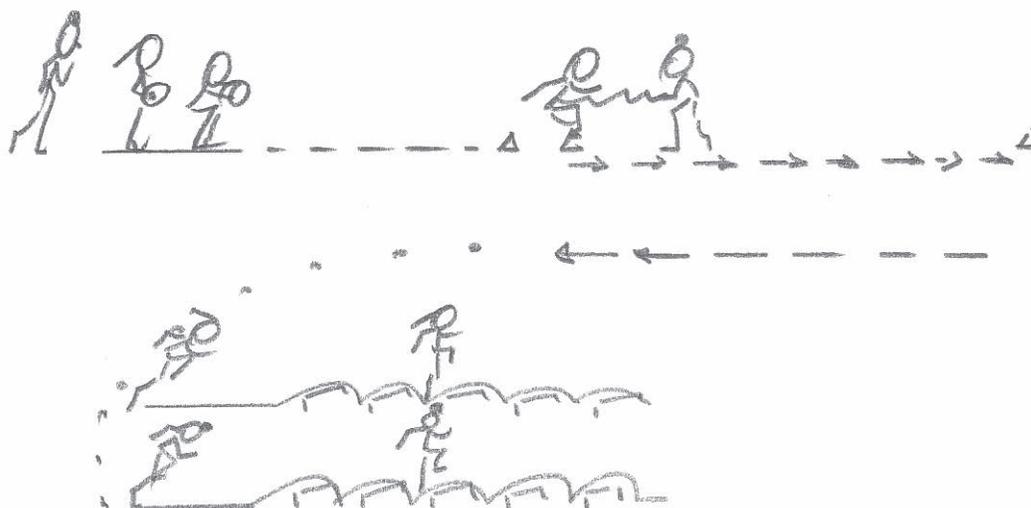


4 Rep.
Reg. 60"

Parejas

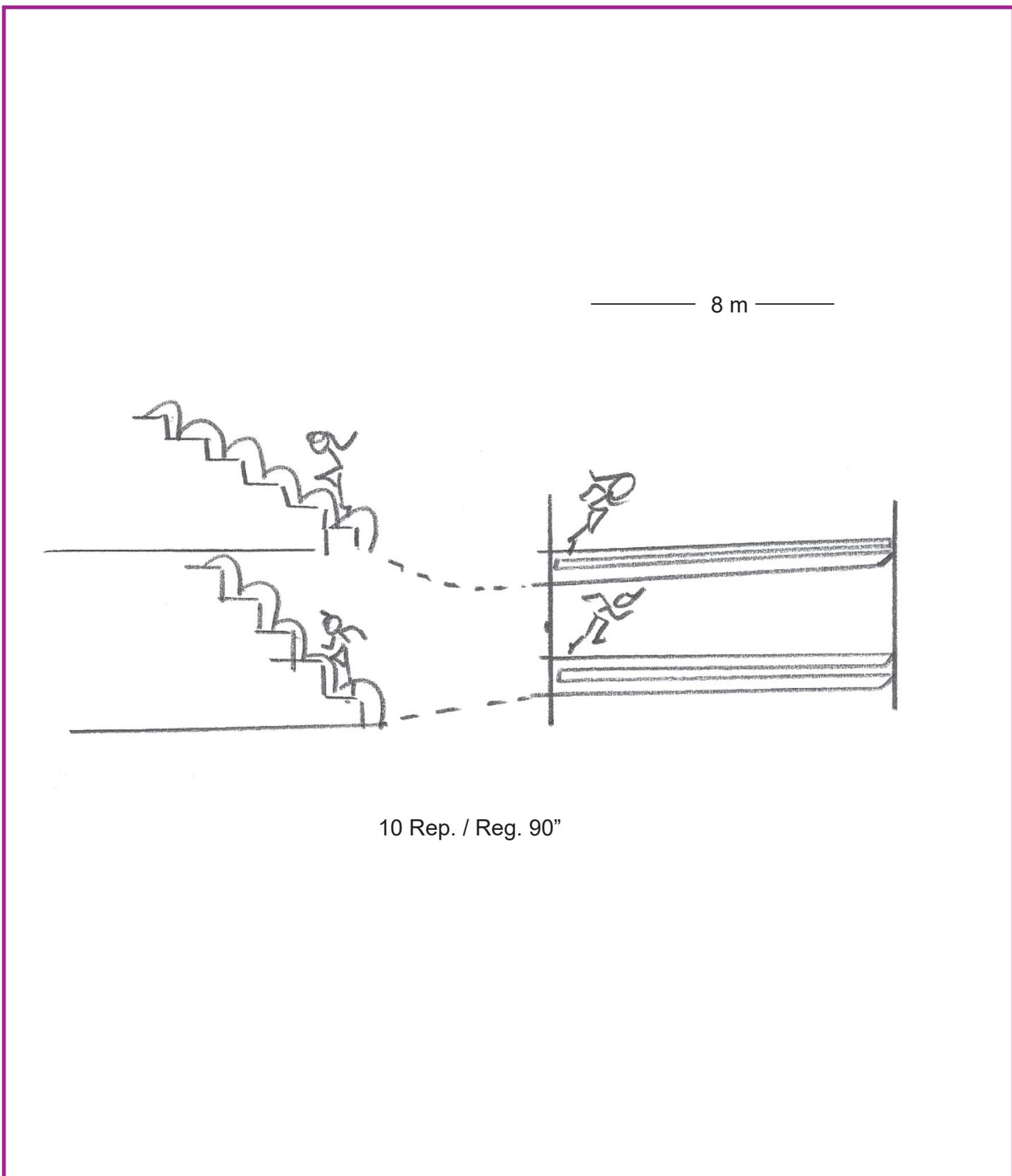
6 Rep.

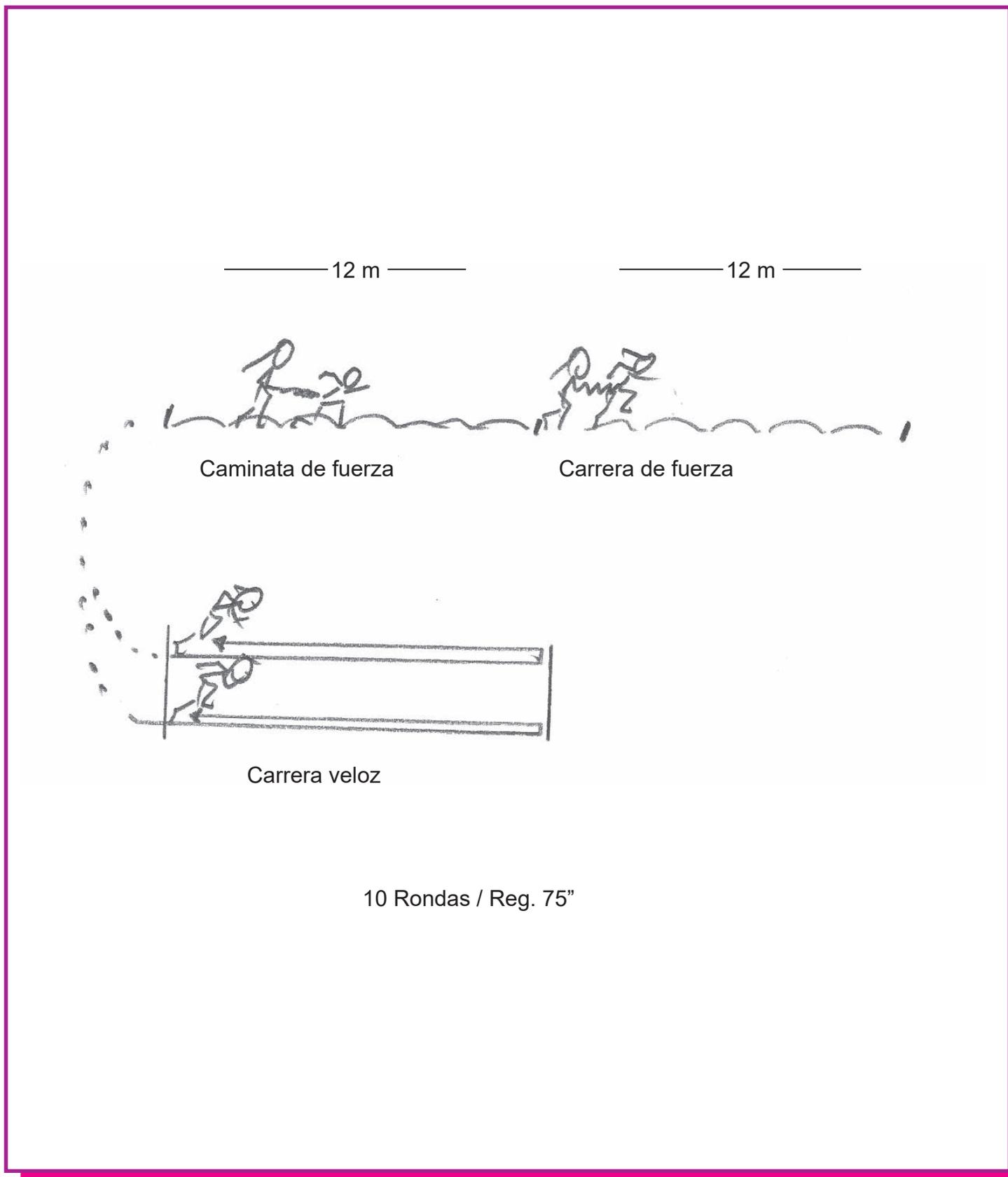
15 m



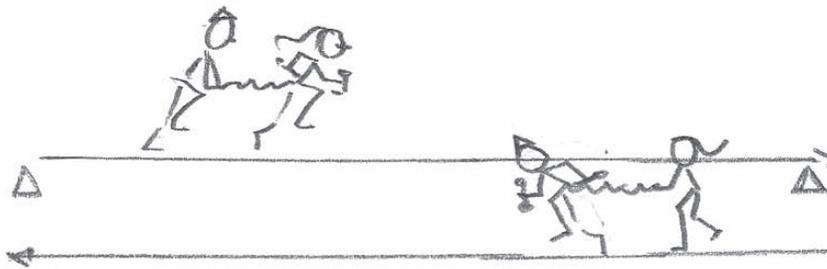
1.20 m de separación de vallas

5 Rondas / Reg. 2'

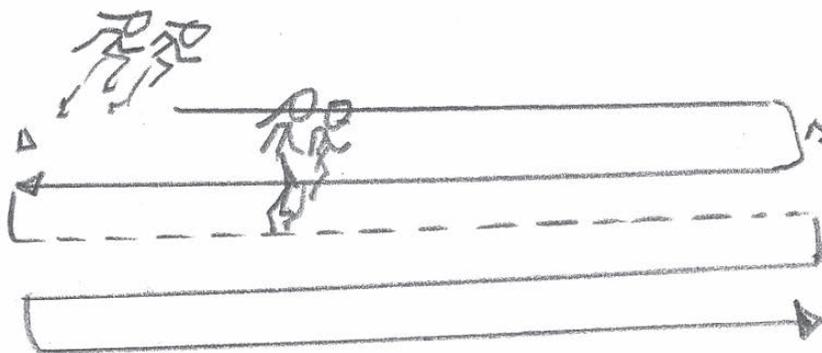




10 Rondas / Reg. 75"



5' Continuos
1' Pausa de ejercicio



5' Continuos
1' Pausa de ejercicio

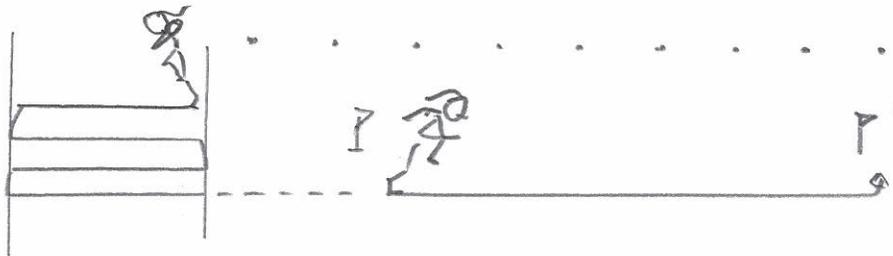


5' Continuos

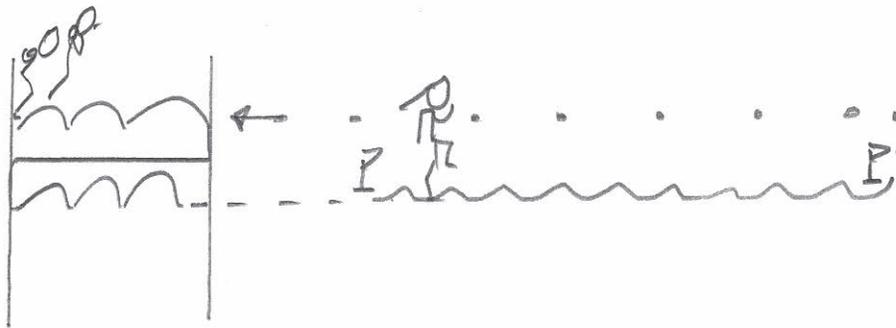
5 m

15 m

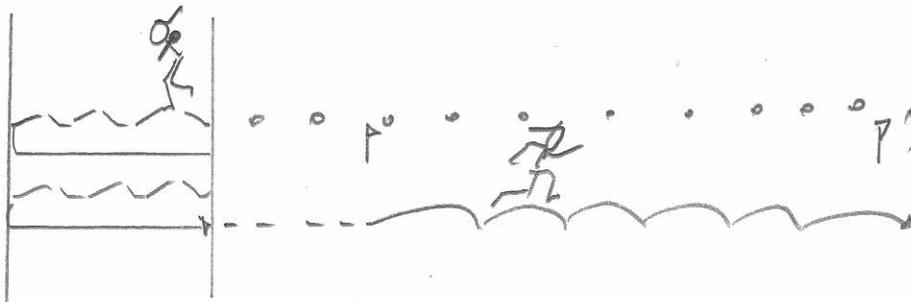
Bolsa de arena



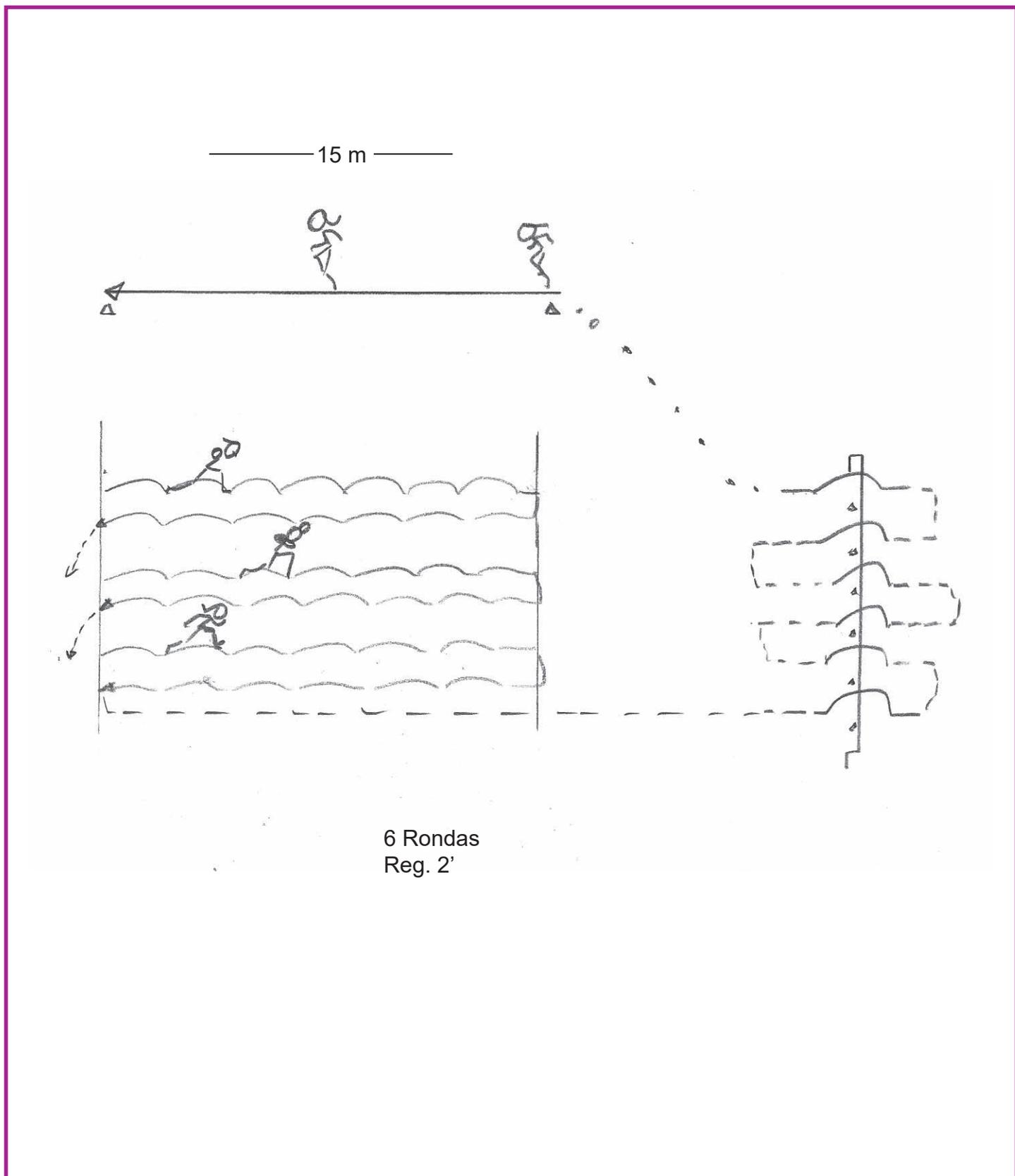
4 Rep.
Reg. 75"

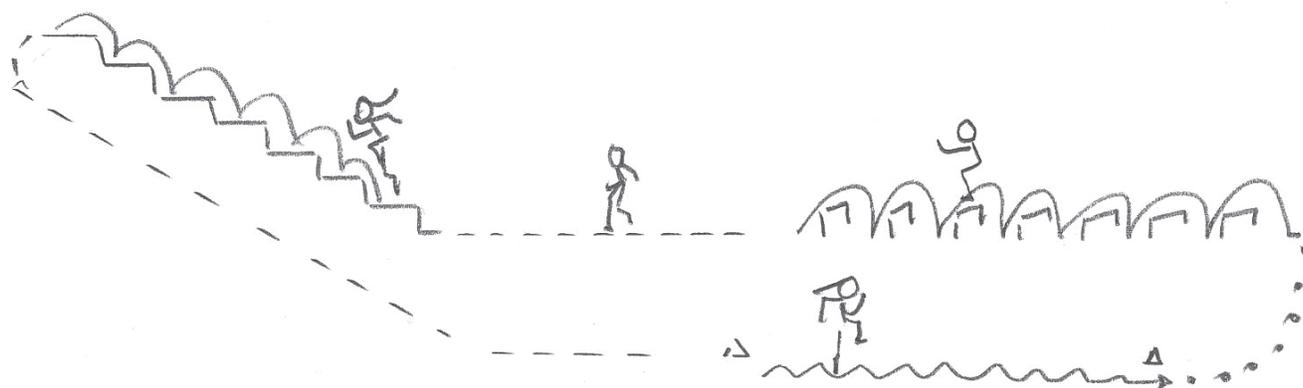


4 Rep.
Reg. 75"



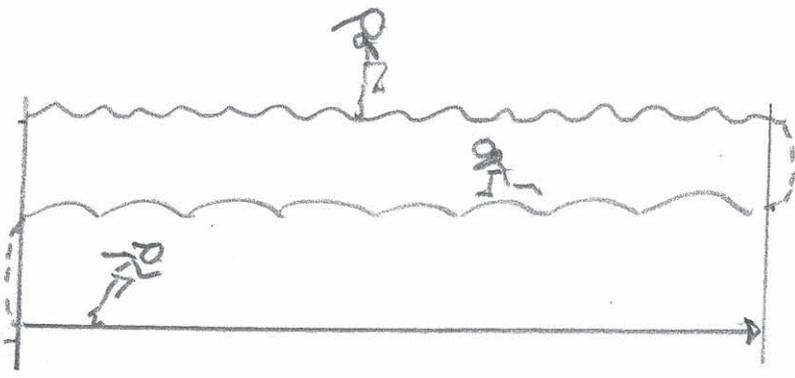
4 Rep.
Reg. 75"



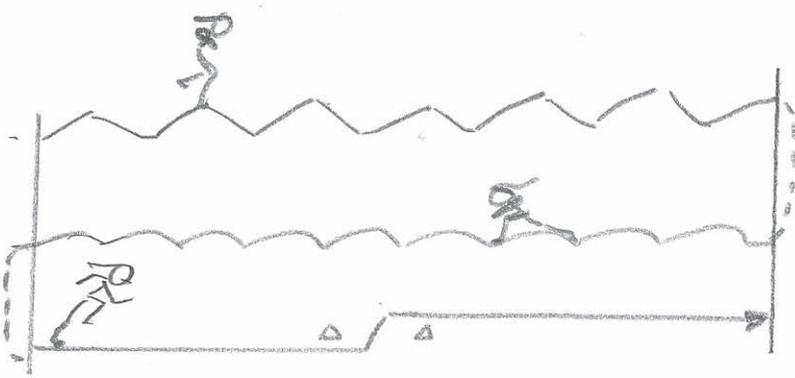


8 Rondas
Reg. 90"

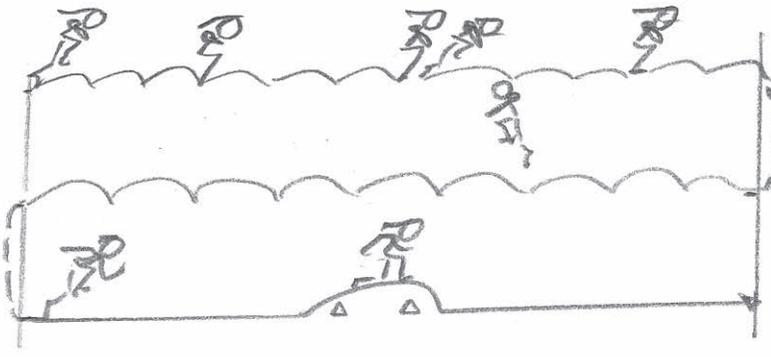
——— 20 m ———



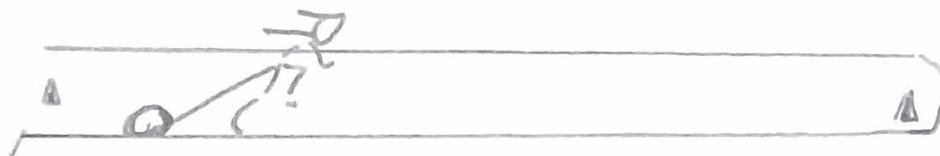
3 Rep.
Reg. 90"



3 Rep.
Reg. 90"



3 Rep.
Reg. 90"



5 Rep.
Reg. 1'



5 Rep.
Reg. 1'



5 Rep.
Reg. 1'



4 x 20" Trabajo
40" Pausa



4 x 20" Trabajo
40" Pausa



4 x 20" Trabajo
40" Pausa



4 x 20" Trabajo
40" Pausa

—————20 m—————

E1



E2



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

—————20 m—————

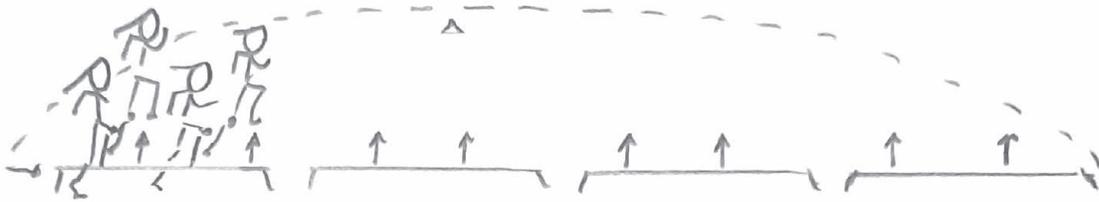
E1



E2



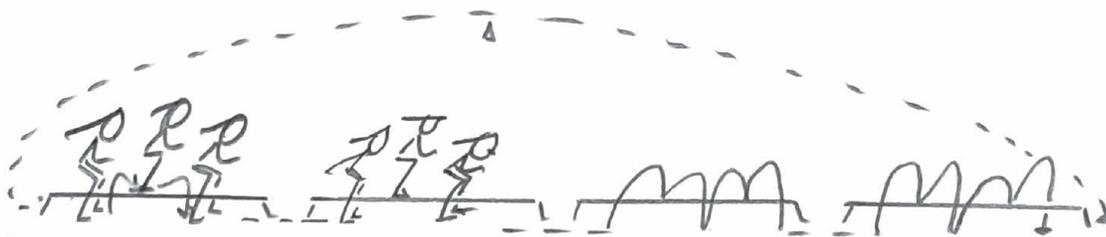
4 Rep. / Reg. 1' x E1 - E2



3 Rep.
Reg. 75"



3 Rep.
Reg. 75"



3 Rep.
Reg. 75"

Barra con discos _____ 12 m _____



4 x 8 Rep.
Reg.90"



4 x 8 Rep.
Reg.90"



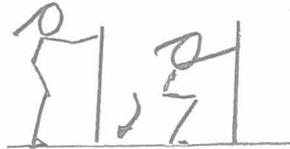
4 x 8 Rep.
Reg.90"

Mancuernas 12 m



24 pasos

4 x
Reg.90"



12 Rep.



24 pasos

4 x
Reg.90"

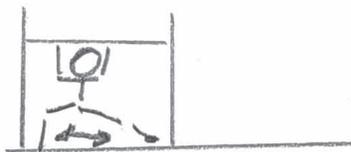


12 Rep.

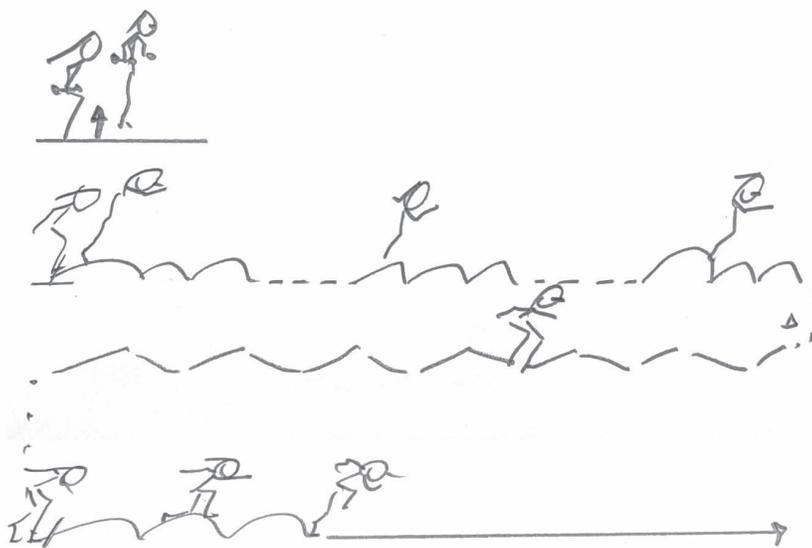
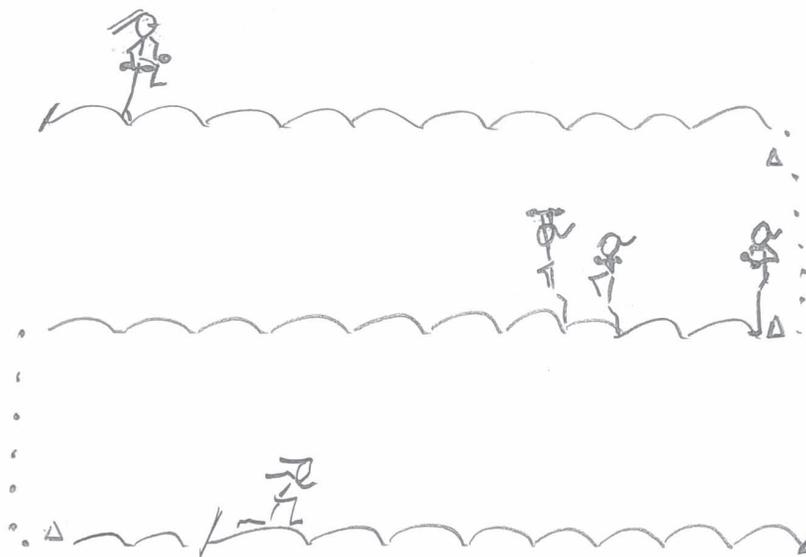


24 pasos

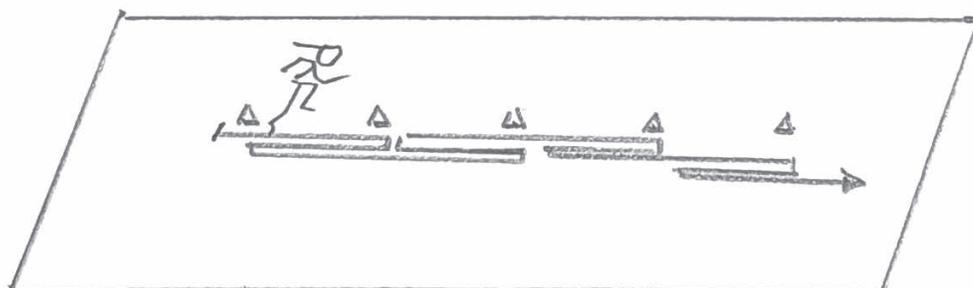
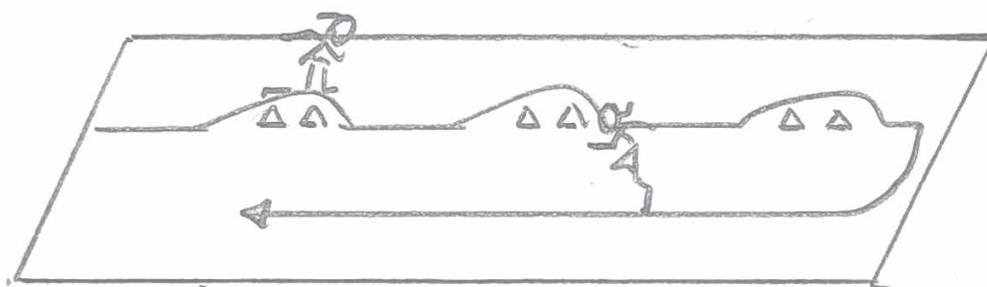
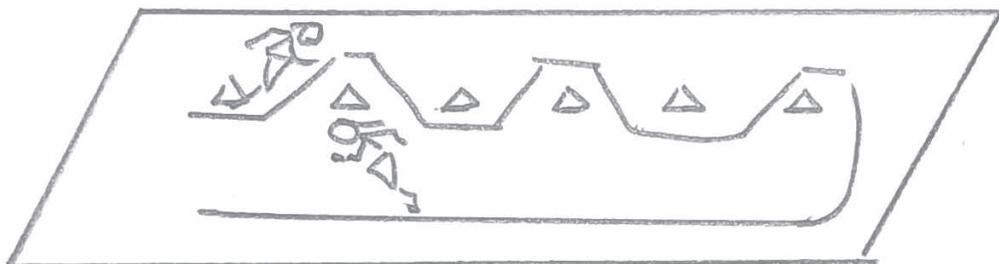
4 x
Reg.90"

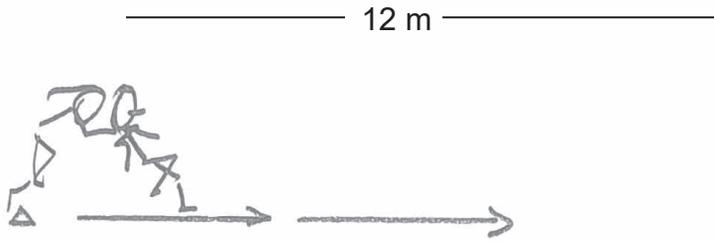


12 Rep.



Arenero





3 x 15 m
Reg.45"



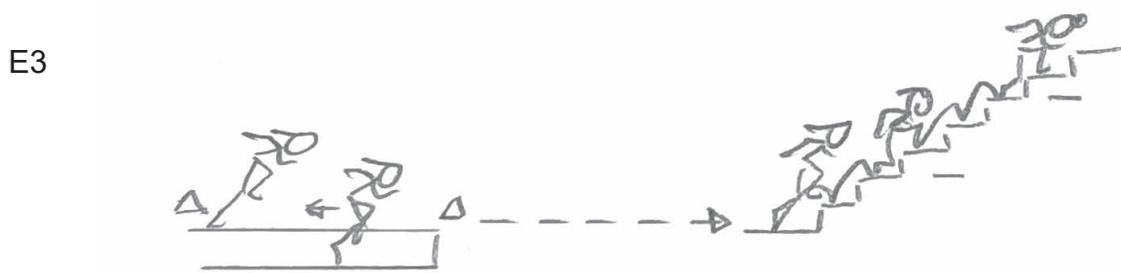
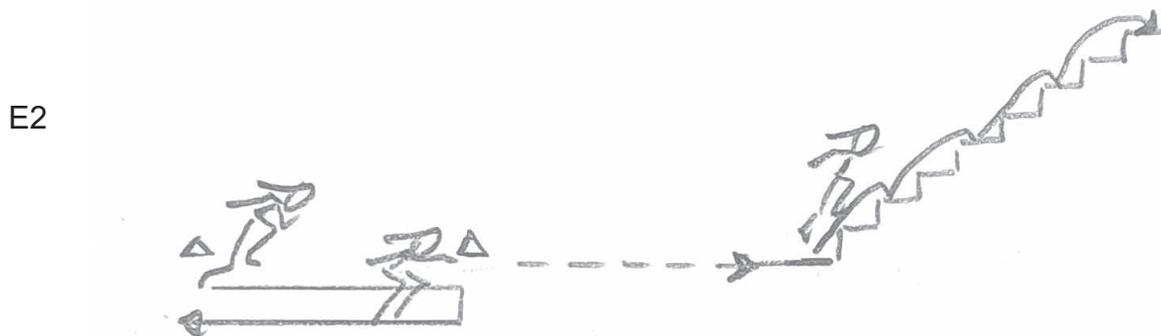
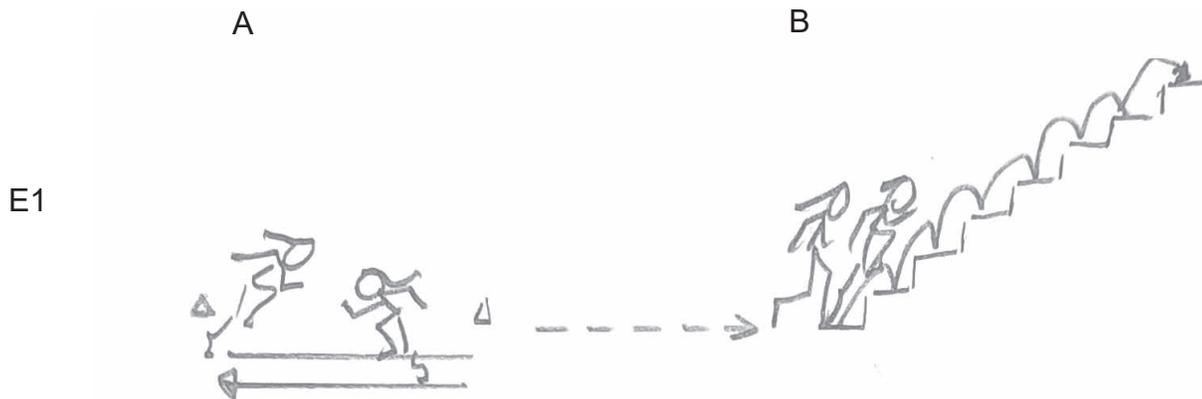
3 x 15 m
Reg.45"



3 x 15 m
Reg.45"



3 x 15 m
Reg.45"

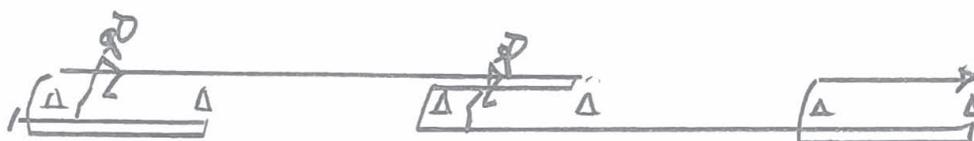


3 x
A (20" Trabajo) + B / Reg. 75"
x E1 - E2 - E3

Bolsa de arena

————— 20 m —————

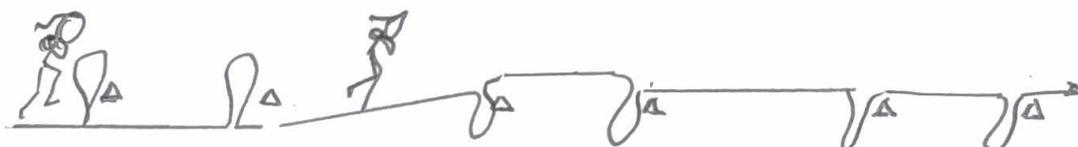
E1



E2

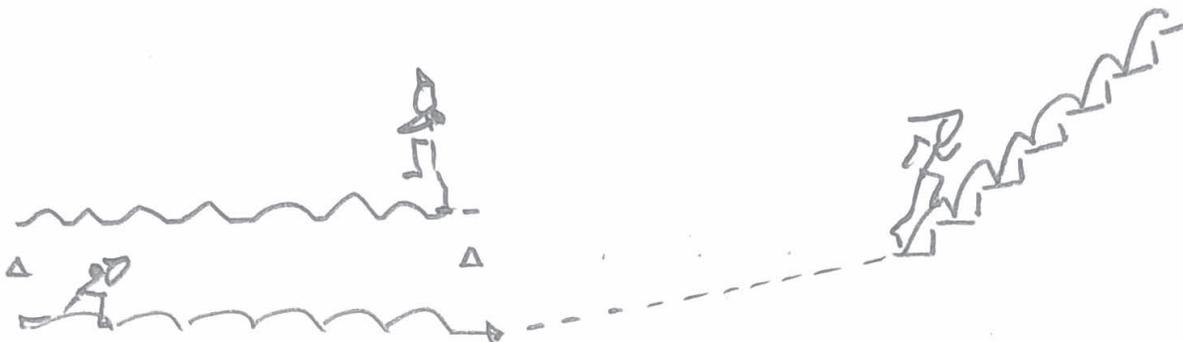


E3

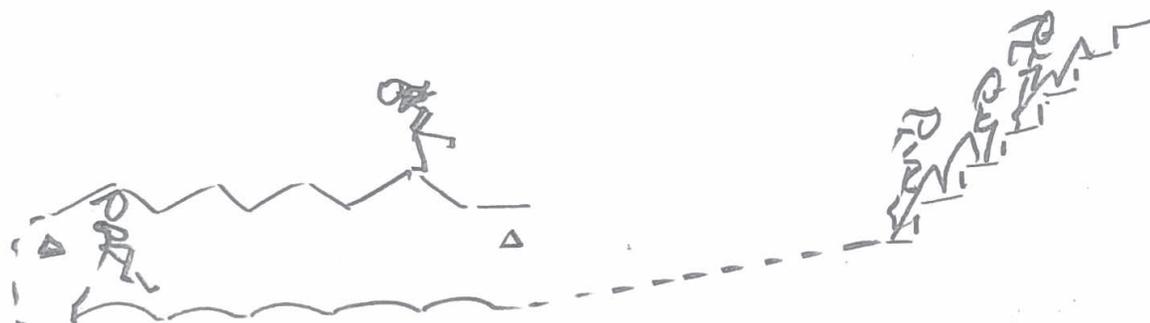


4 Rep. / x E1 - E2 - E3 / Reg. 1'

E1



E2

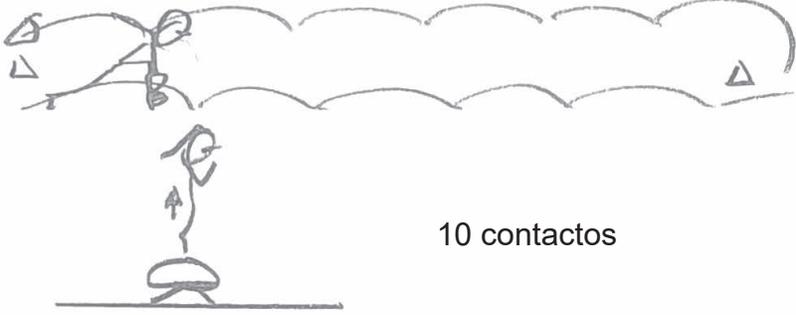


E3



4 Rondas. / x E1 - E2 - E3 / Reg. 90"

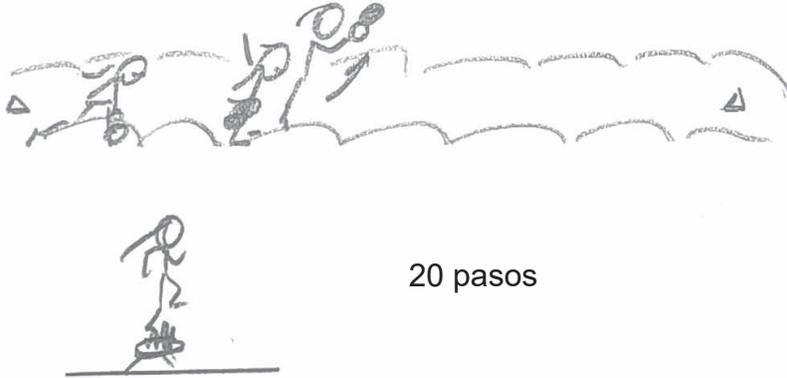
24 m



10 contactos

4 x
Reg.90"

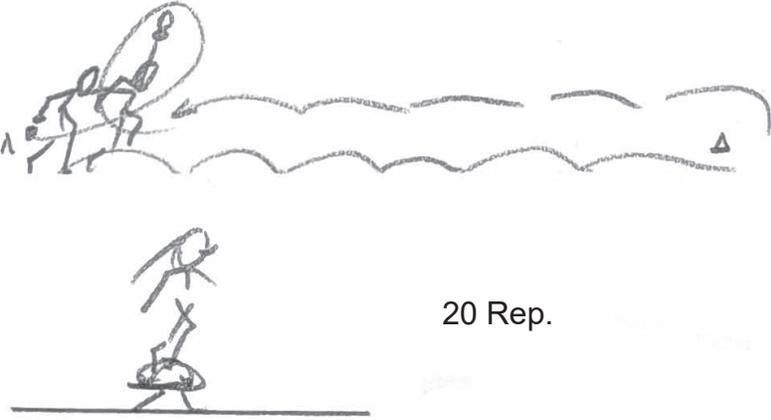
The diagram shows a horizontal line representing a 24m distance. Above the line, a player is shown in a kicking motion, with a ball in the air. Below the line, a player is shown in a starting crouch. A wavy line represents the ball's path. Small triangles are placed at the start and end of the distance.



20 pasos

4 x
Reg.90"

The diagram shows a horizontal line representing a distance. Above the line, a player is shown in a kicking motion, with a ball in the air. Below the line, a player is shown in a starting crouch. A wavy line represents the ball's path. Small triangles are placed at the start and end of the distance.



20 Rep.

4 x
Reg.90"

The diagram shows a horizontal line representing a distance. Above the line, a player is shown in a kicking motion, with a ball in the air. Below the line, a player is shown in a starting crouch. A wavy line represents the ball's path. Small triangles are placed at the start and end of the distance.

24 pasos



4 x
Reg.90"

8 Rep.



24 pasos



4 x
Reg.90"

8 Rep.



24 pasos



4 x
Reg.90"

8 Rep.

