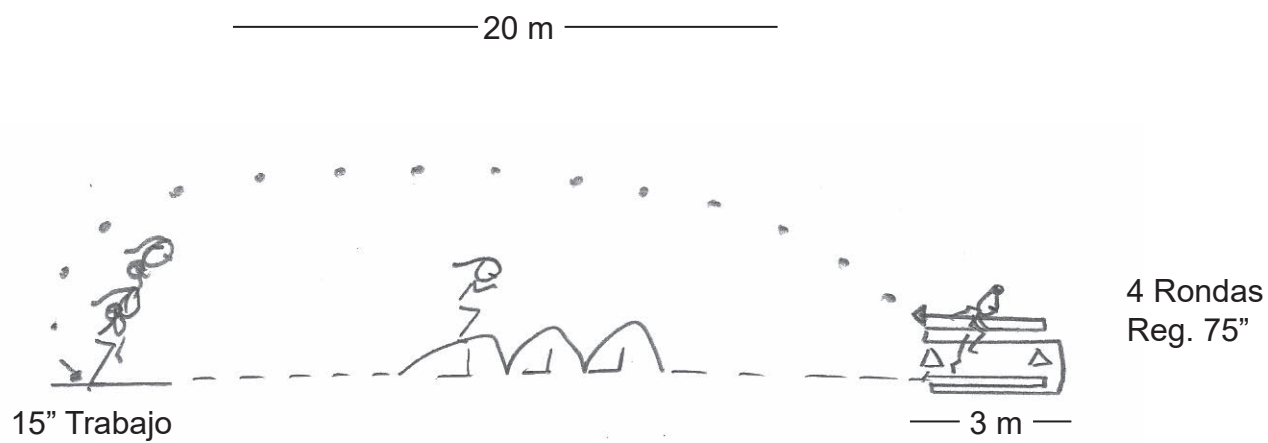


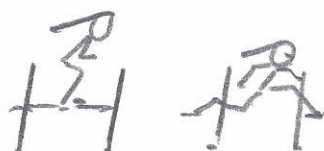




3 x 20" Trabajo
40" Pausa



3 x 20" Trabajo
40" Pausa



3 x 20" Trabajo
40" Pausa

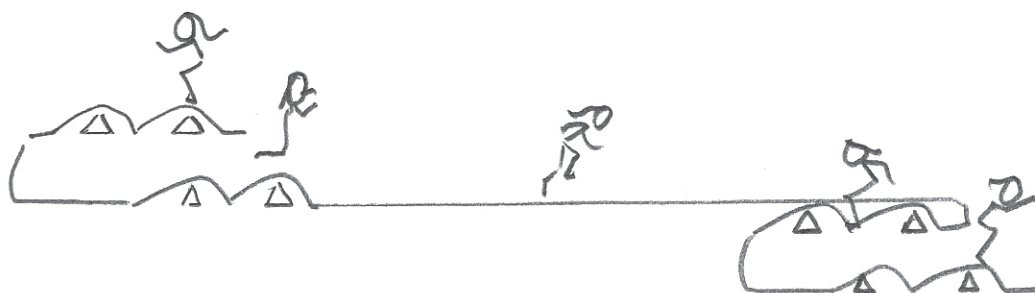


3 x 20" Trabajo
40" Pausa



3 x 20" Trabajo
40" Pausa

15 m



4 Rep.
Reg. 75"

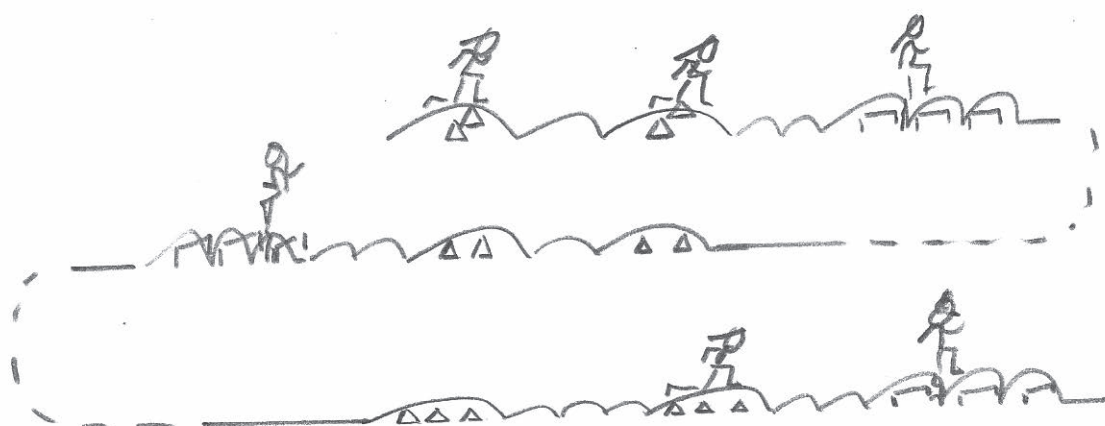


4 Rep.
Reg. 75"

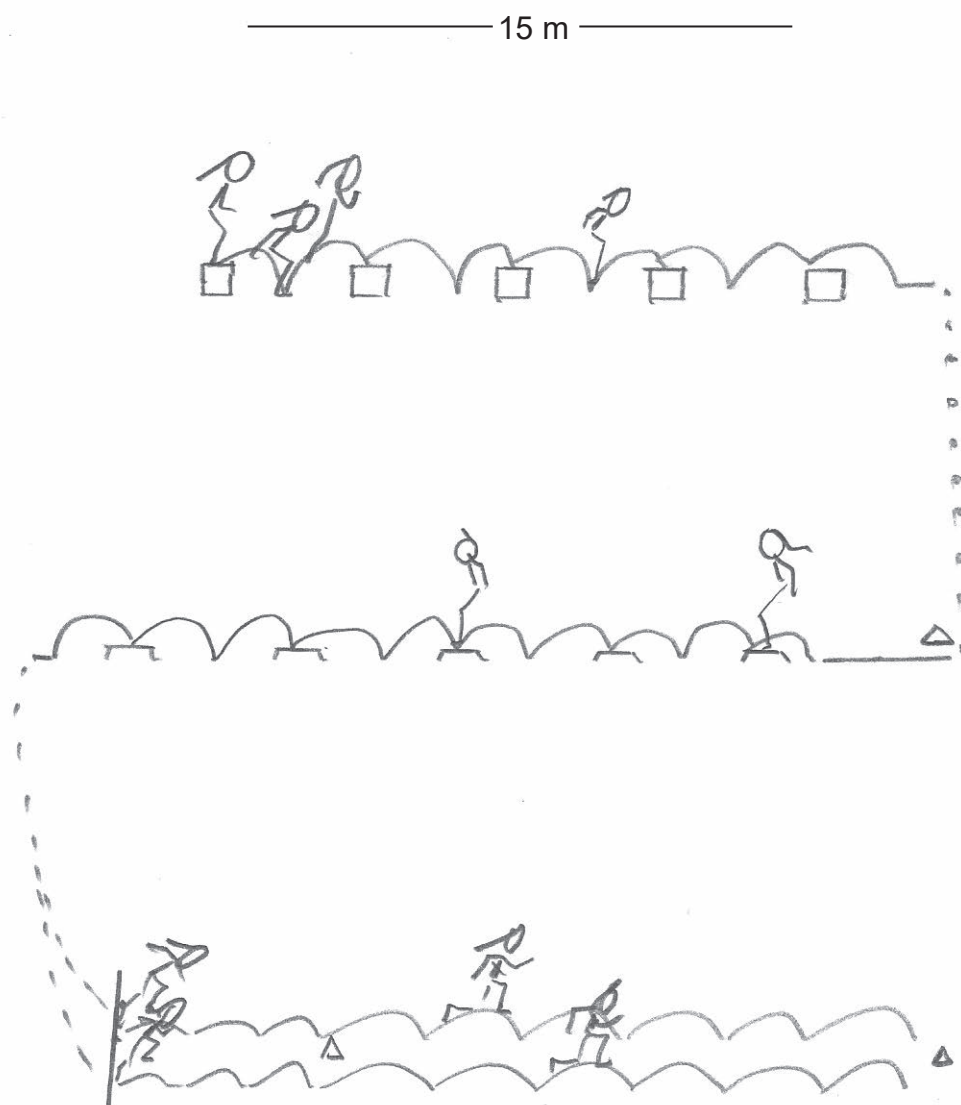


4 Rep.
Reg. 75"

————— 15 m —————



8 Rep.
Reg. 75"



8 Rondas
Reg. 75"

————— 20 m —————



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

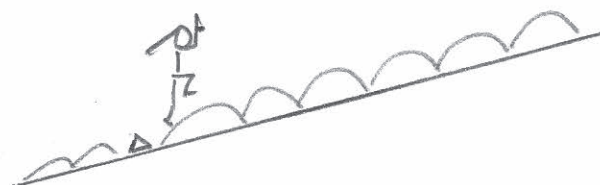


4 Rep.
Reg. 1'

————— 15 m —————



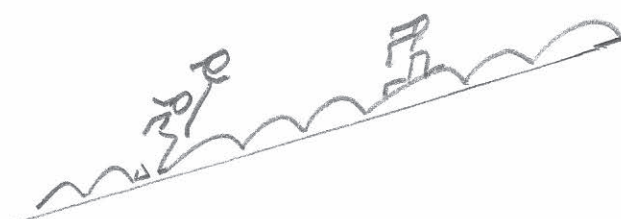
4 Rep.
Reg. 45"



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 —————



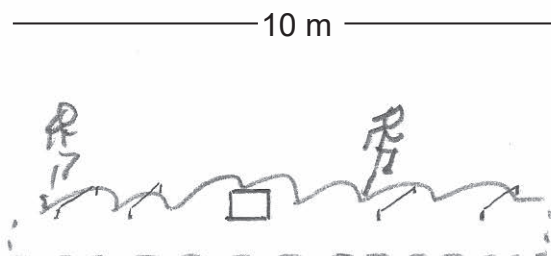
4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



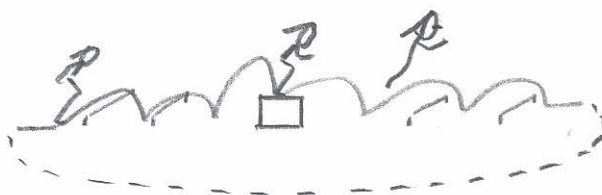
4 Rep.
Reg. 1'



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

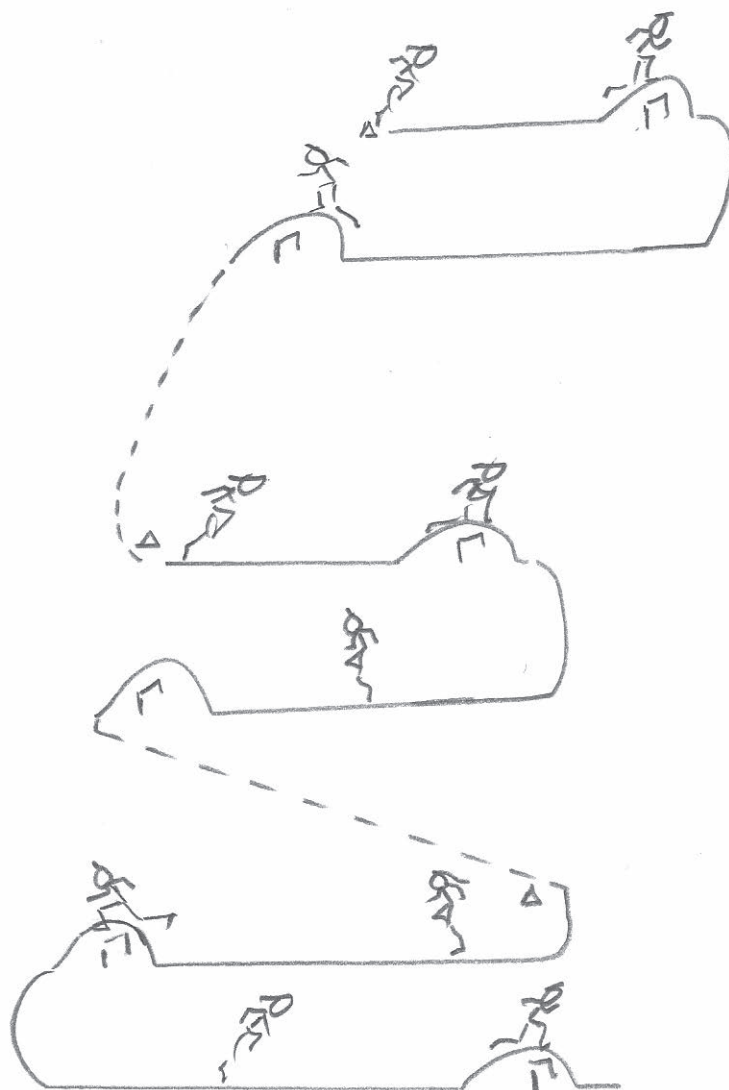


4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

5 m



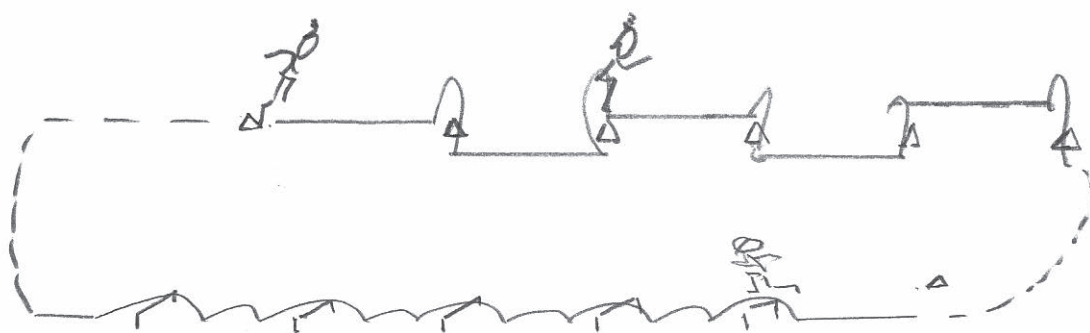
4 Rep.
Reg. 90"

————— 25 m —————

E1



E2



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

————— 20 m —————



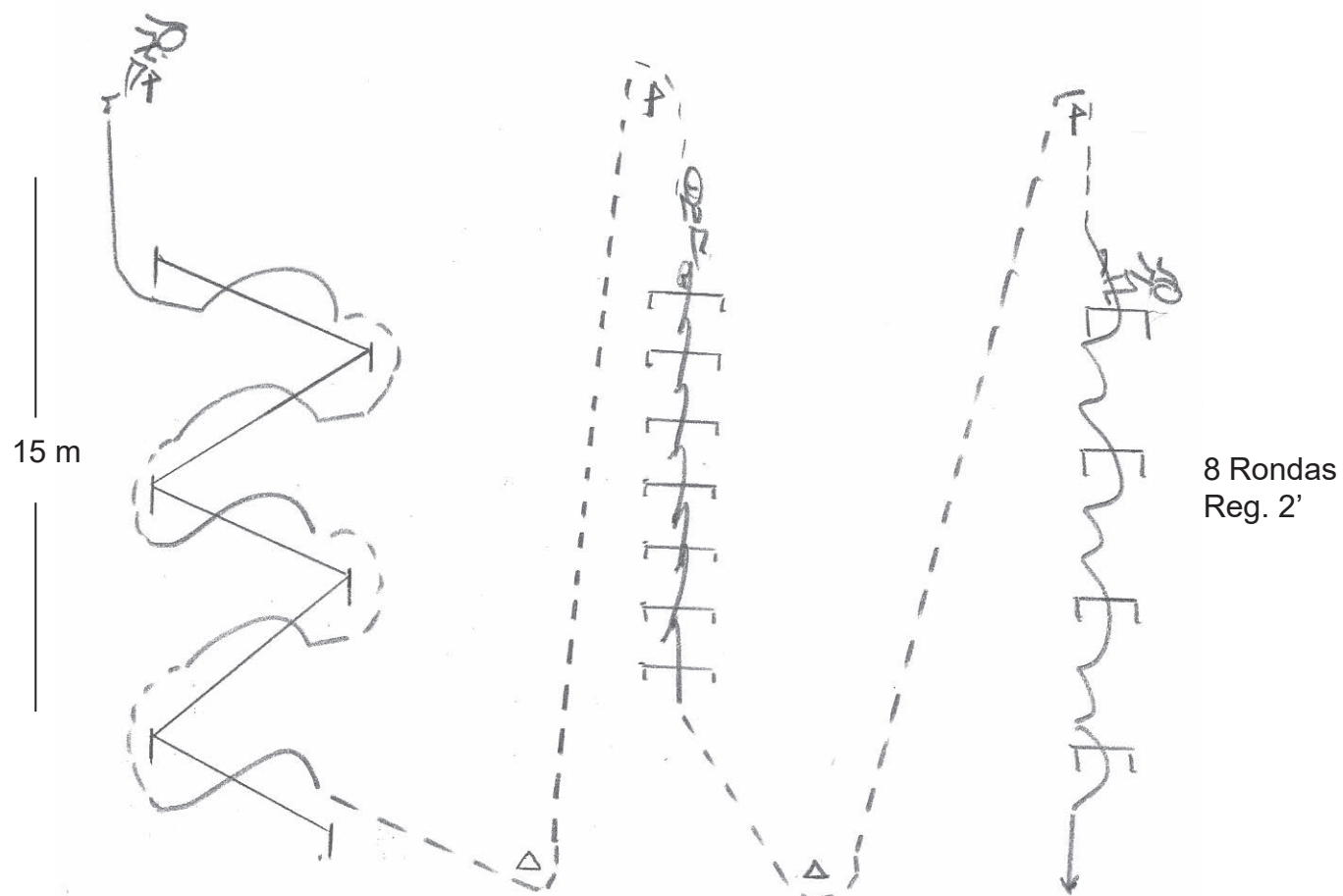
4 Rep.
Reg. 75"



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"

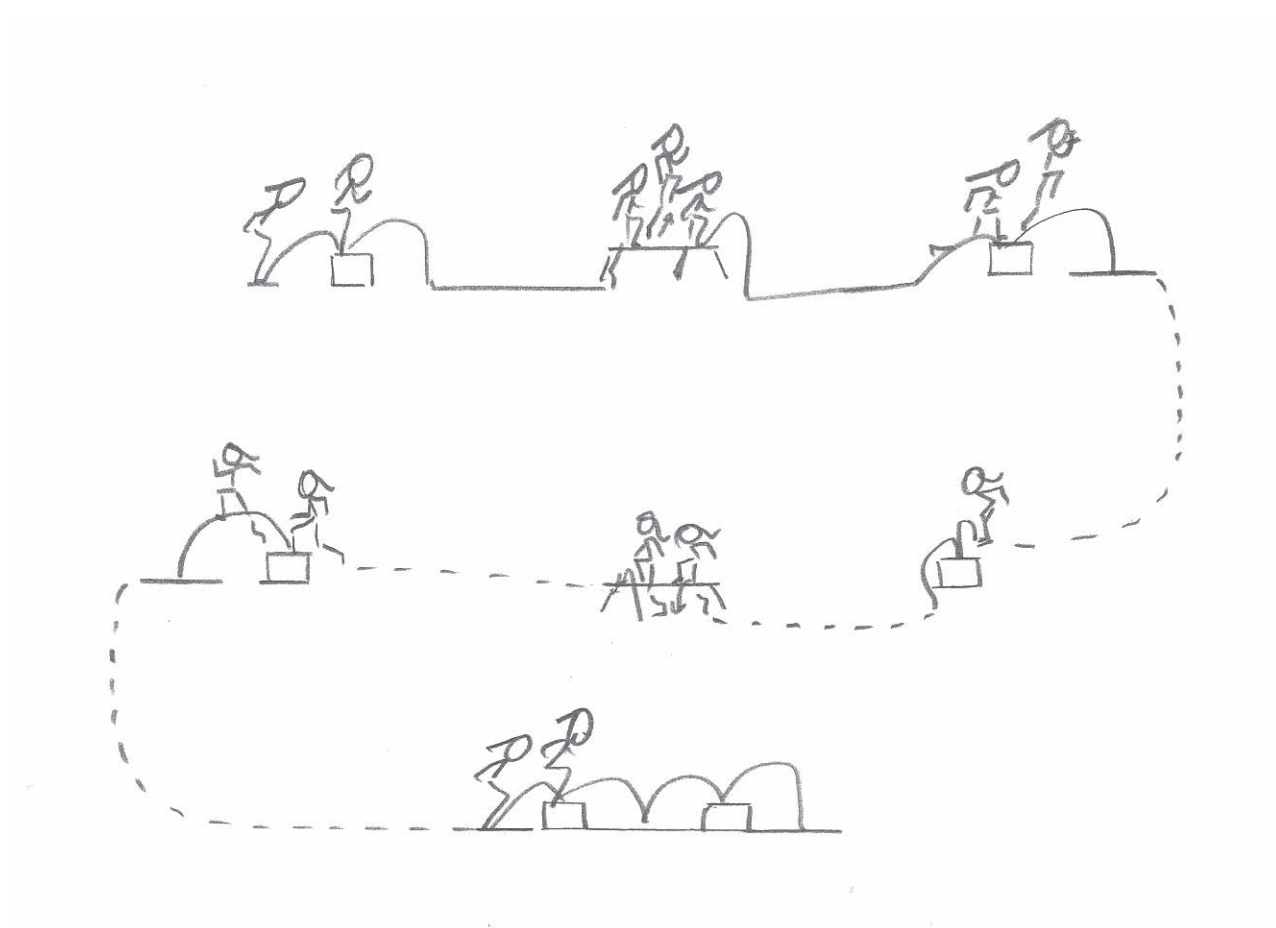


4 Rep.
Reg. 45"

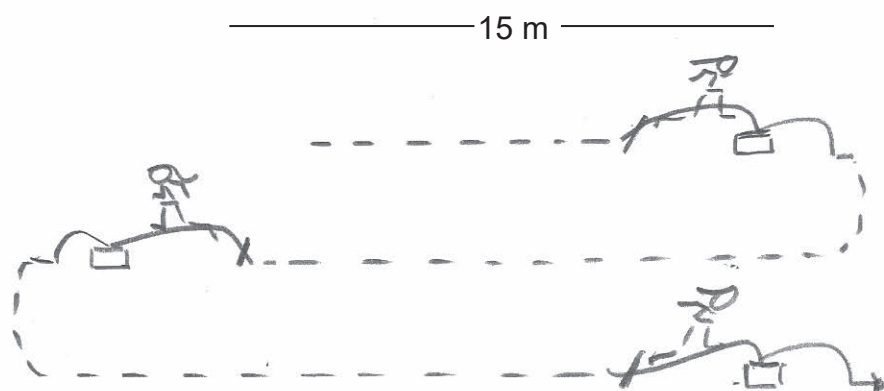


4 Rep.
Reg. 45"

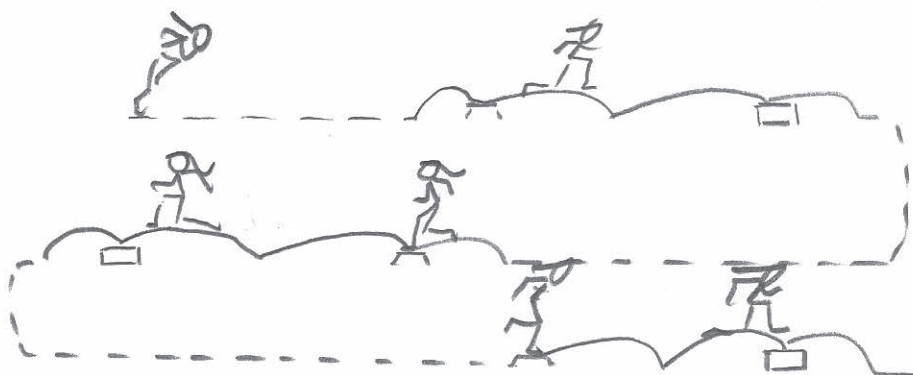
————— 15 m —————



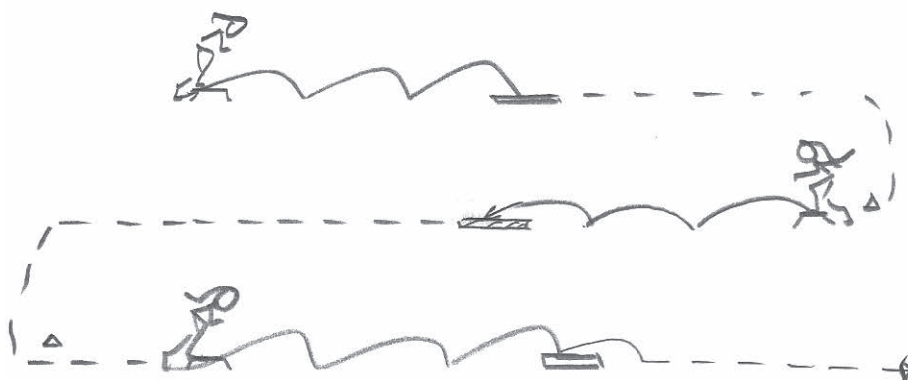
8 Rondas
Reg. 90"



3 Rondas
Reg. 90"

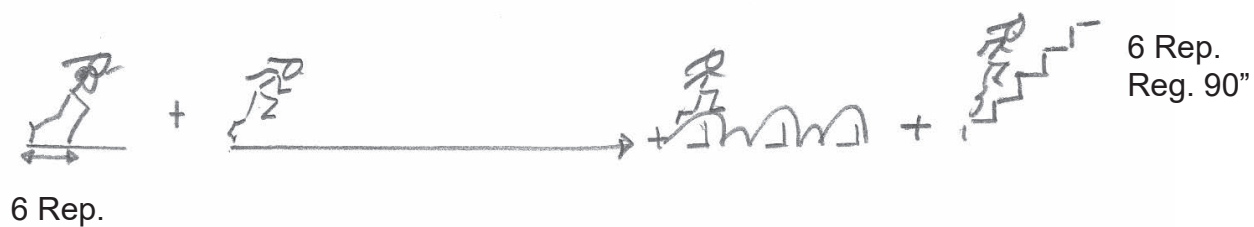
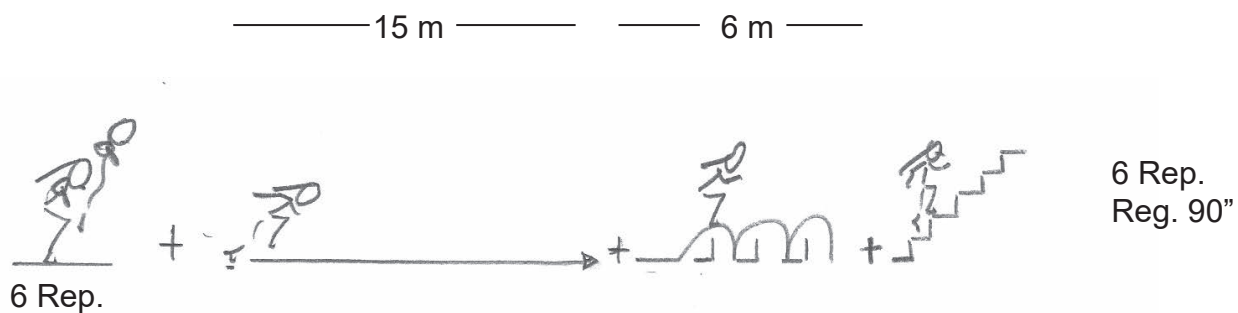


3 Rondas
Reg. 90"



3 Rondas
Reg. 90"

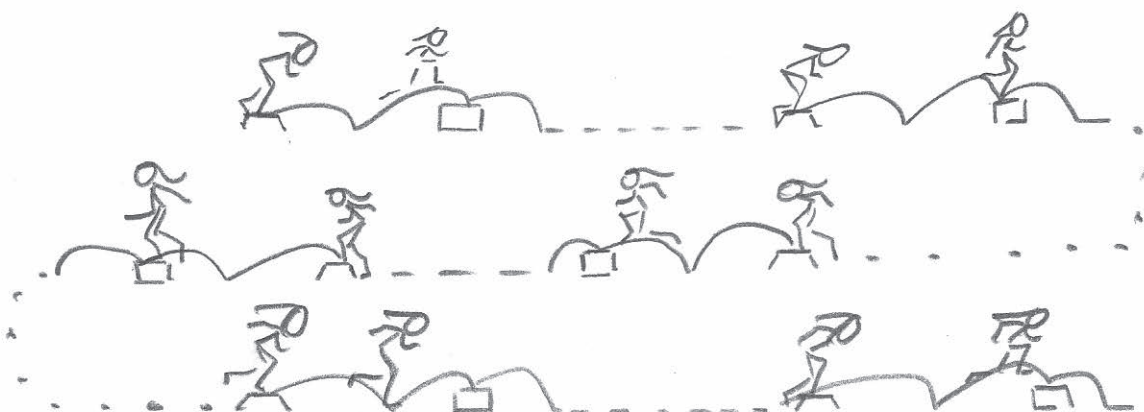
Bolsa de arena 7 a 10 kg



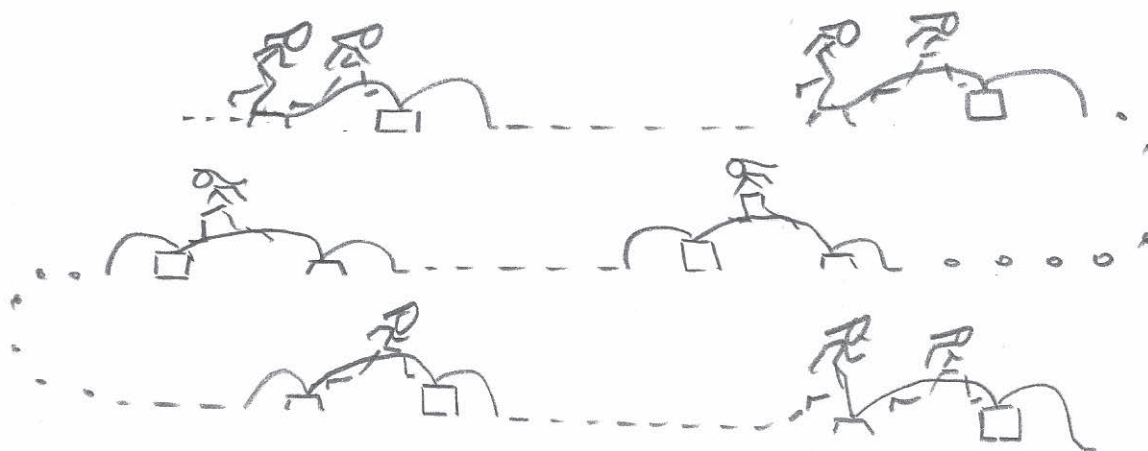
15 m



4 Rep.
Reg. 75"



4 Rep.
Reg. 75"



4 Rep.
Reg. 75"



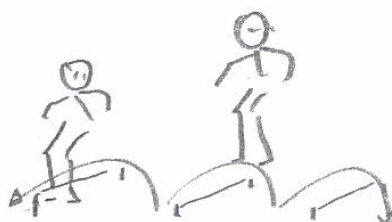
8 Rondas
15" Trabajo
15" Pausa

Steps laterales



3 x 15"
Reg. 1'

Jumps



3 x 15"
Reg. 1'

Hops



3 x 15"
Reg. 1'



4 Rep.
Reg. 1'



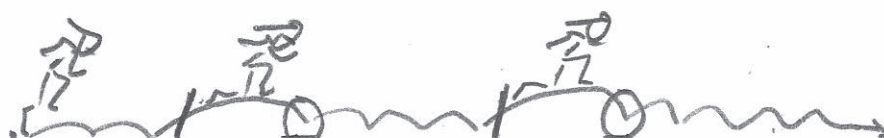
4 Rep.
Reg. 1'



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"



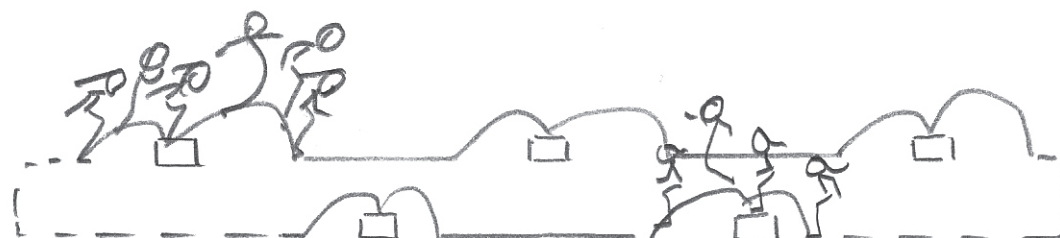
4 Rep.
Reg. 45"



4 Rondas
Reg.1'



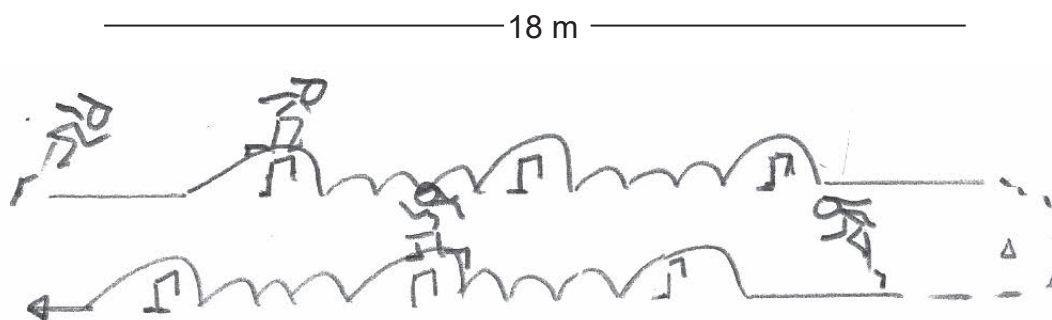
4 Rondas
Reg.1'



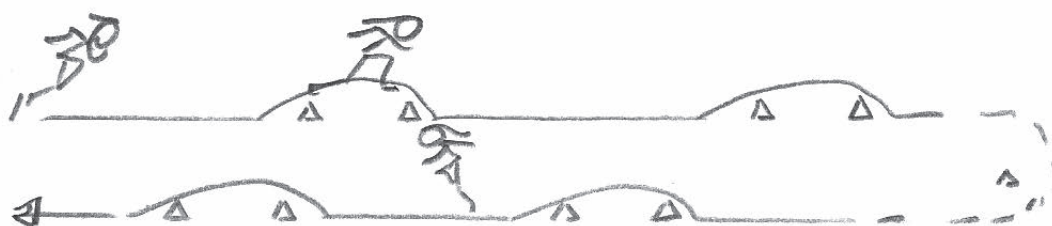
4 Rondas
Reg.1'



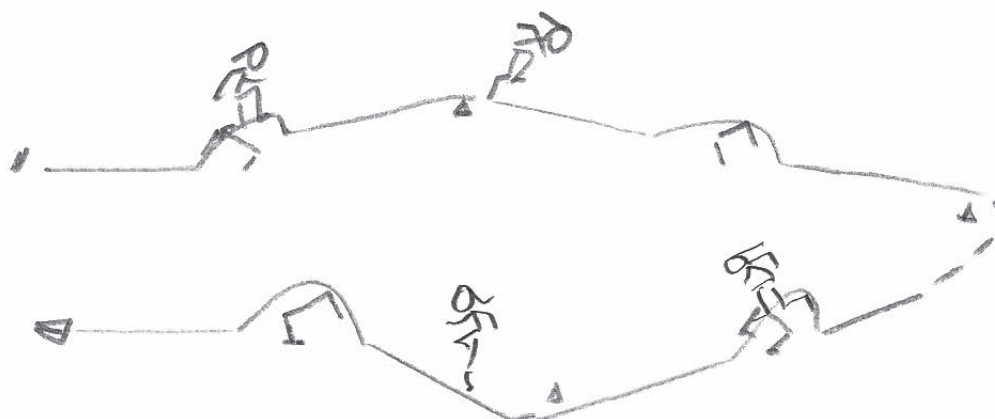
4 Rondas
Reg.1'



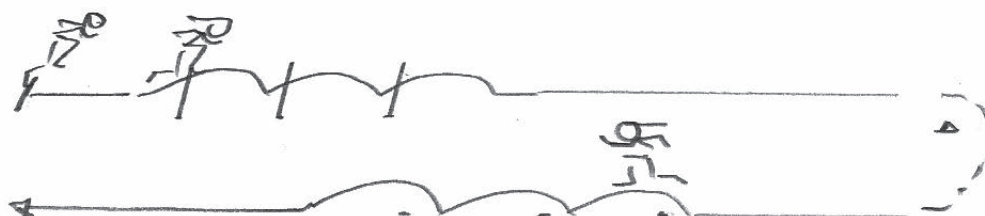
3 Rep.
Reg. 75"



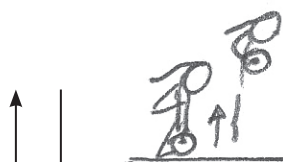
3 Rep.
Reg. 75"



3 Rep.
Reg. 75"



3 Rep.
Reg. 75"



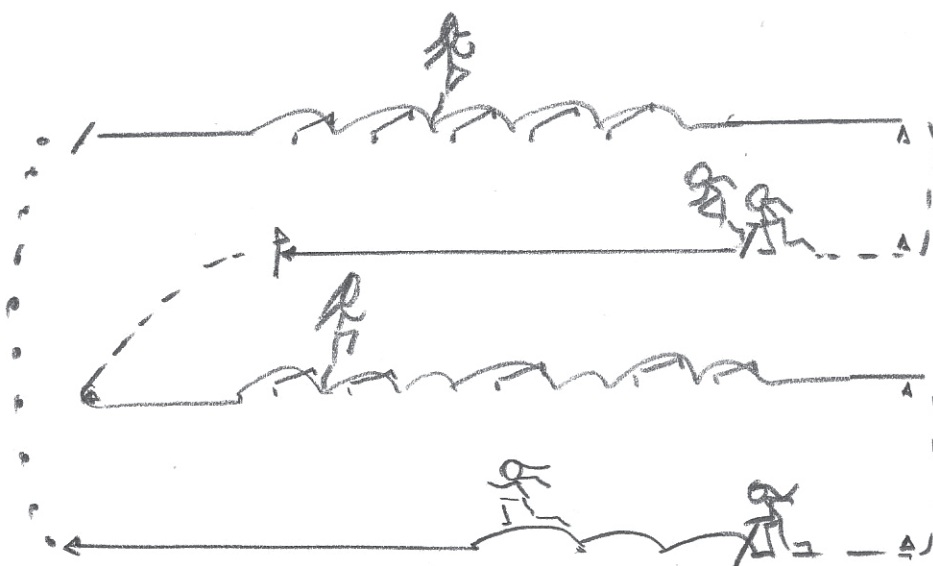
10 Rep.



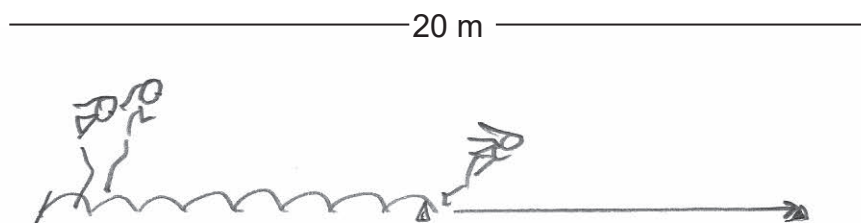
3 x10 Rep.



10 Rep.
1' de pausa
entre rondas



7' Continuos



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

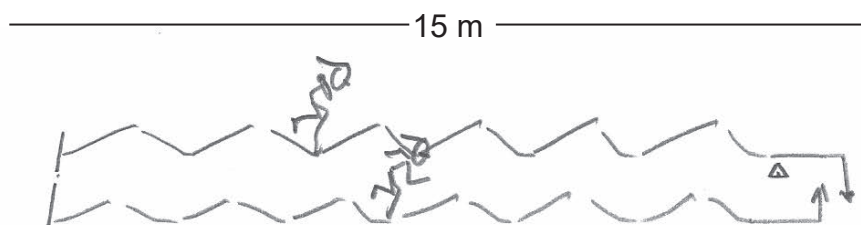


3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

Carrera
Zig Zag



3 Rep.
Reg. 1'

Caperucita



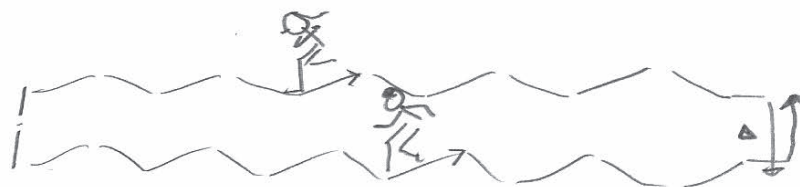
3 Rep.
Reg. 1'

Steps



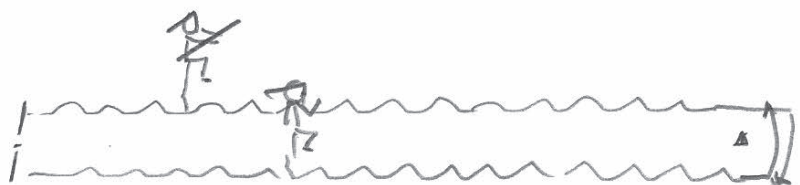
3 Rep.
Reg. 1'

Carrera
Perfilada



3 Rep.
Reg. 1'

Skipping

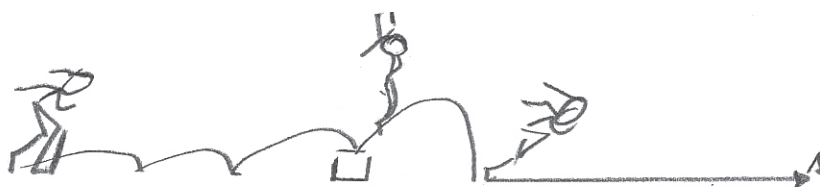


3 Rep.
Reg. 1'

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"

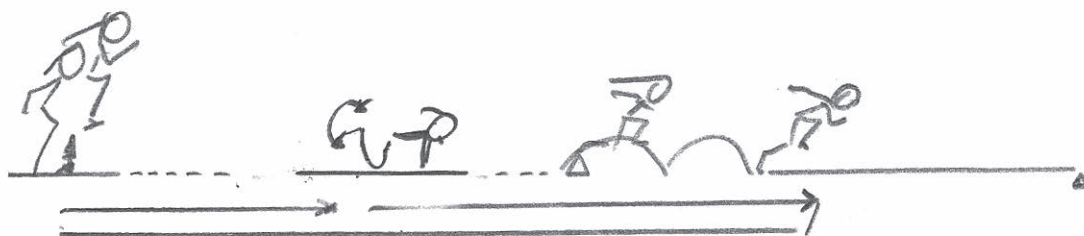


3 Rep.
Reg. 45"

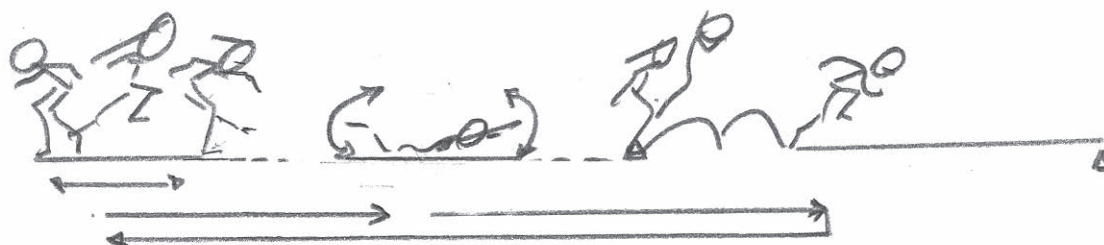
10 Rep.

10 Rep.

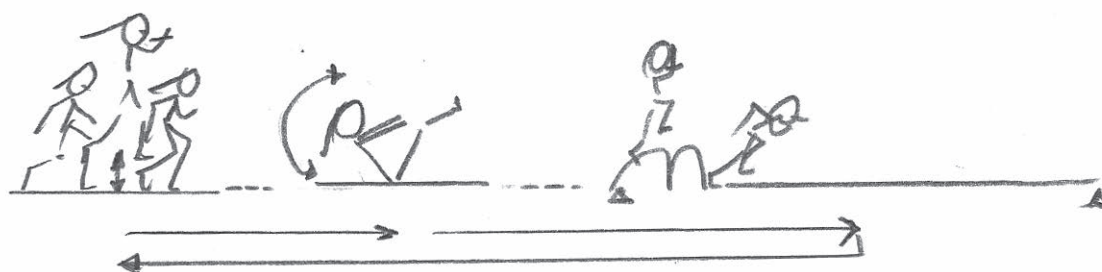
15 m



3 Rondas
Reg. 2'



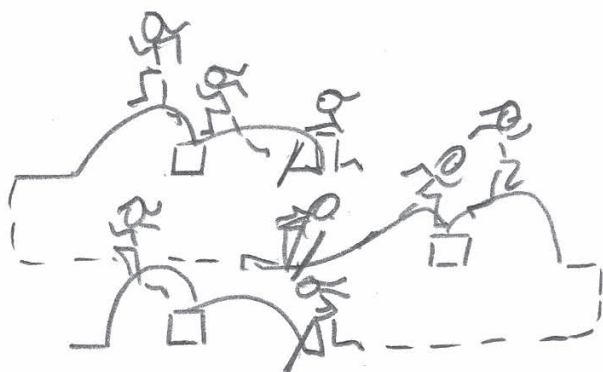
3 Rondas
Reg. 2'



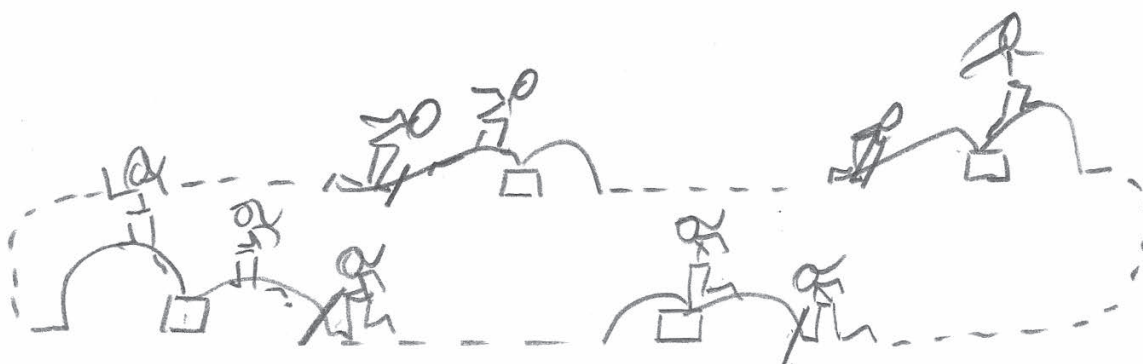
3 Rondas
Reg. 2'



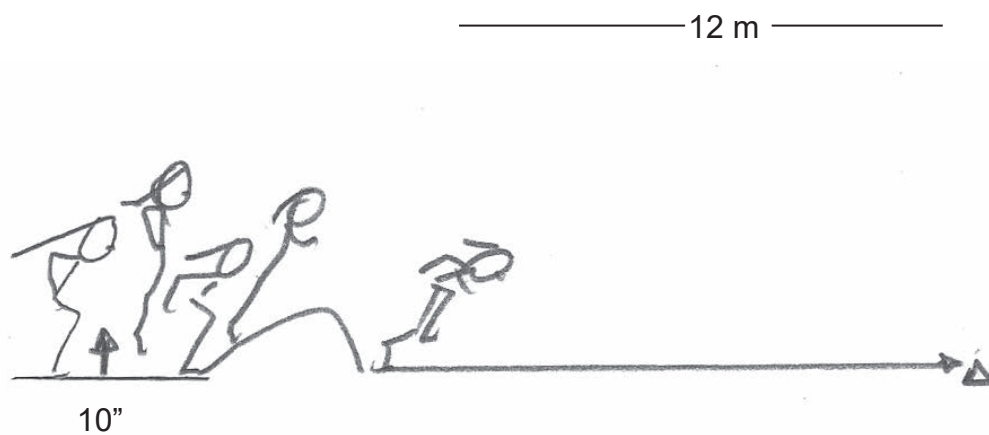
4 Rondas
Reg. 60"



4 Rondas
Reg. 60"



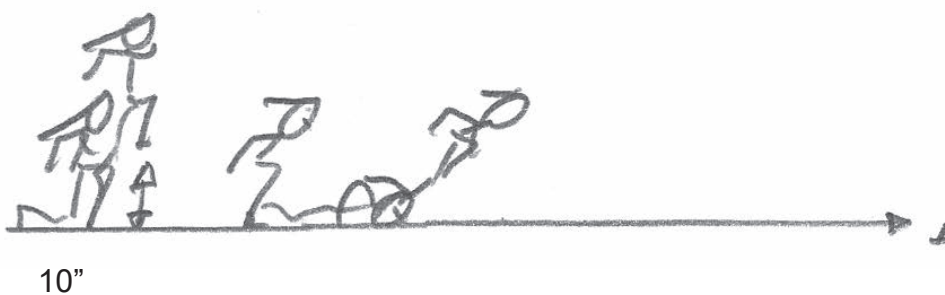
4 Rondas
Reg. 75"



4 Rep.
Reg. 60"



4 Rep.
Reg. 75"

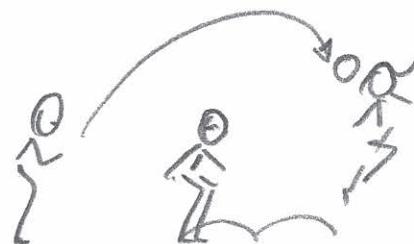


4 Rep.
Reg. 90"

1



4



2



5



3



6



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

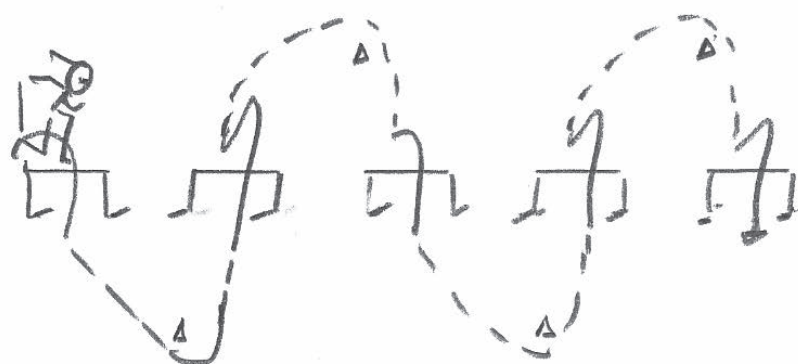


5 Rep.
Reg. 60"

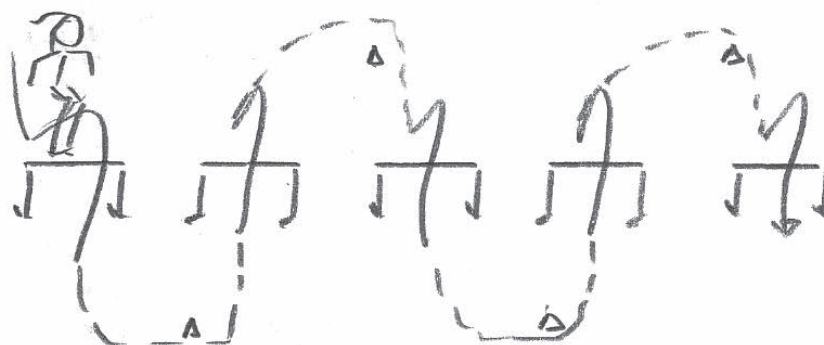


5 Rep.
Reg. 60"

4 Rep.
Reg. 90"



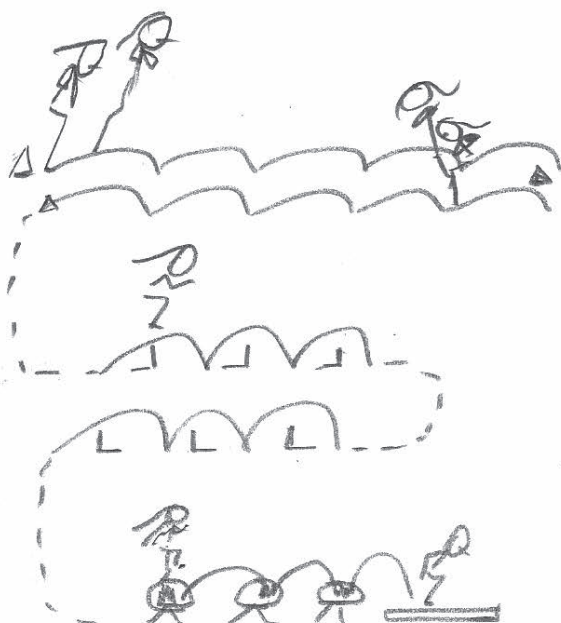
5 Rep.
Reg. 60"



5 Rep.
Reg. 60"

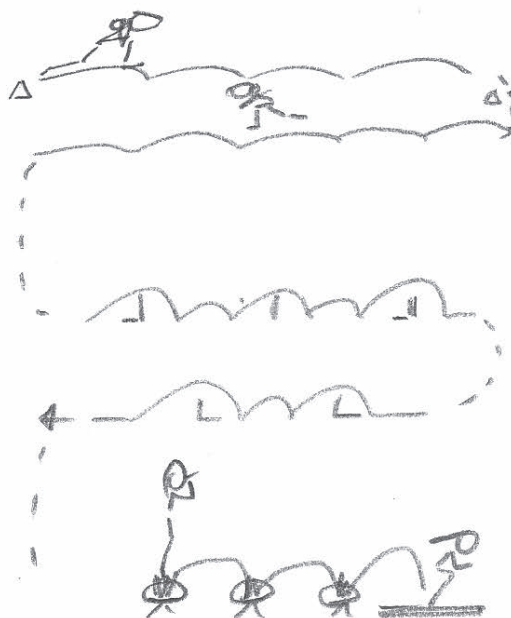
4 Rep.
Reg. 90"

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



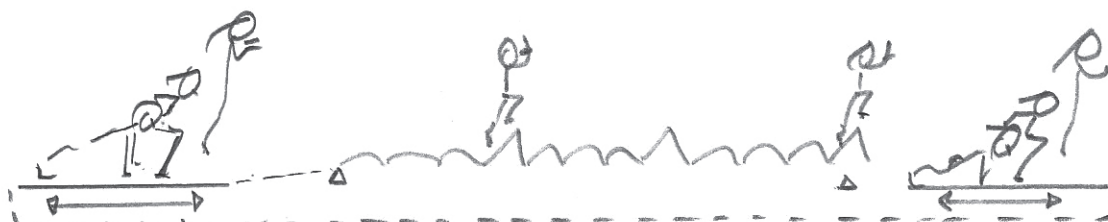
5 Rep. / Reg. 60" x E1 - E2



5 Rep.
Reg. 75"



5 Rep.
Reg. 75"



5 Rep.
Reg. 75"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



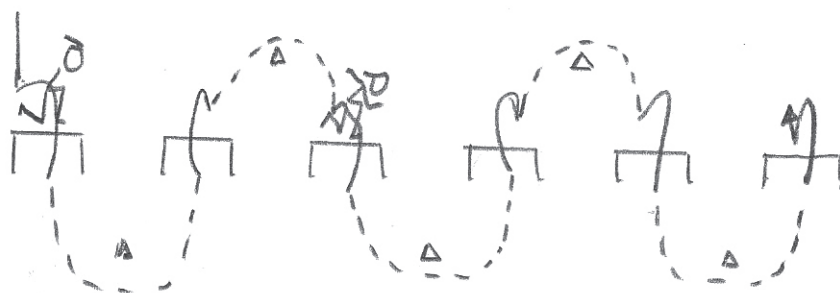
4 Rep.
Reg. 60"



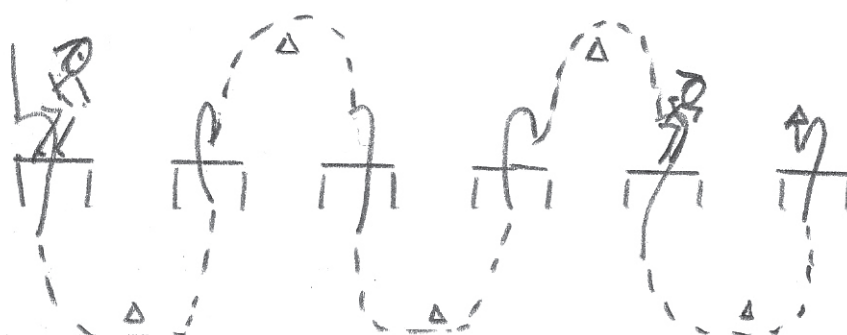
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



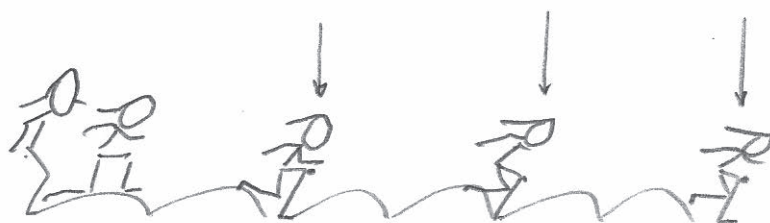
4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



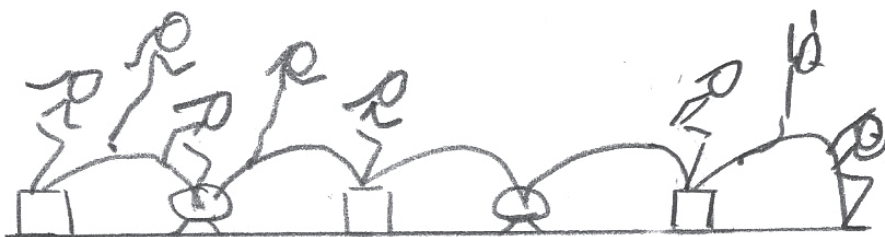
4 Rep.
Reg. 45"



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"

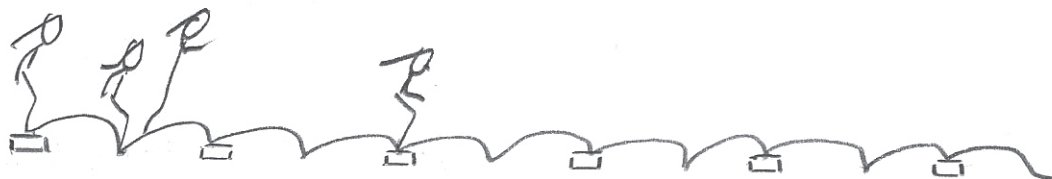
E1



E2



E3



E4



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



6 Rep.



6 Rep.



6 Rep.



6 Rep.



4 Rep.
Reg. 45"



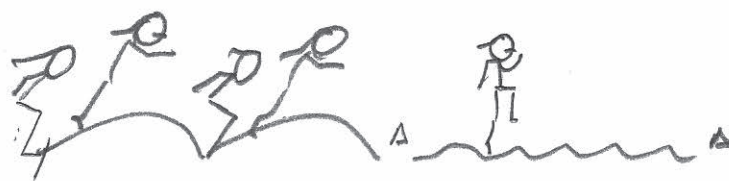
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



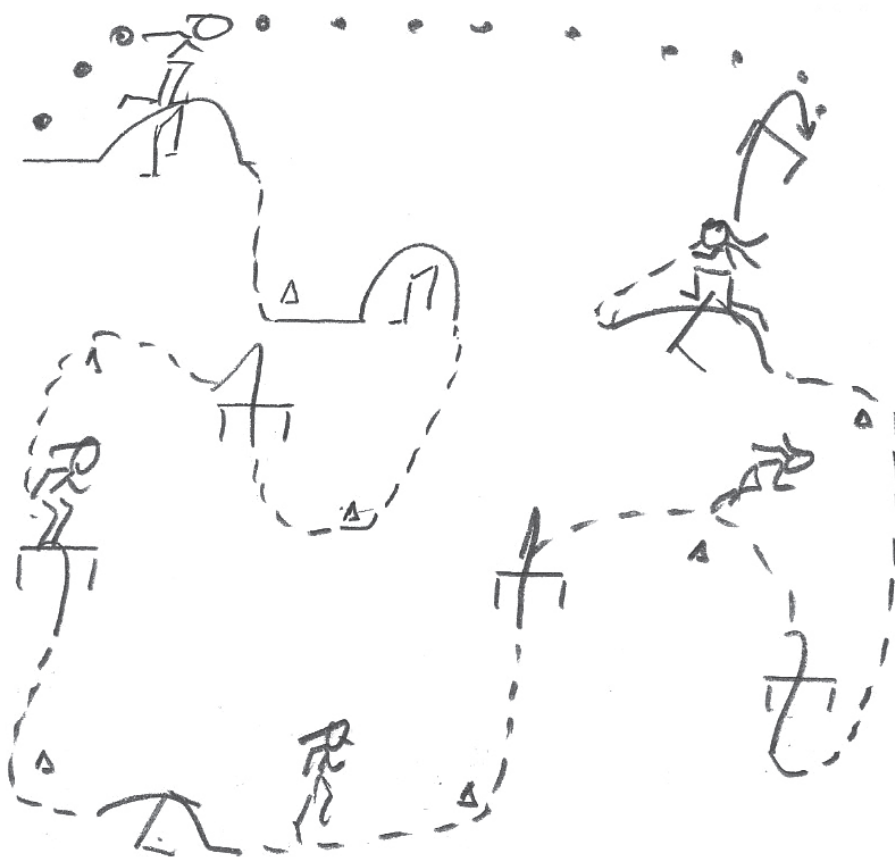
4 Rep.
Reg. 45"



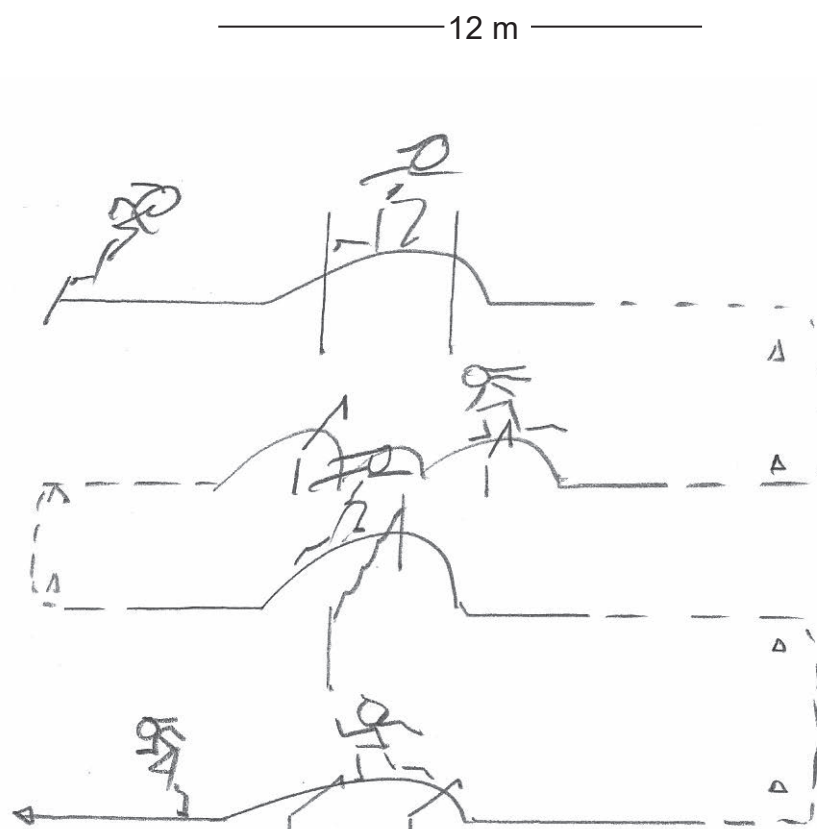
4 Rep.
Reg. 45"



6 Series
30" de trabajo
45" de pausa



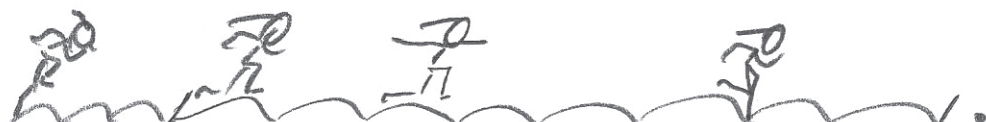
8 Rondas
Reg. 90"



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



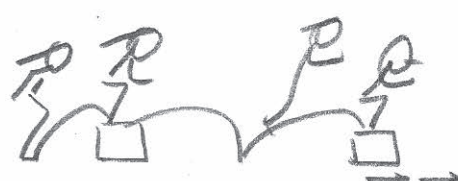
5



2



6



3



7



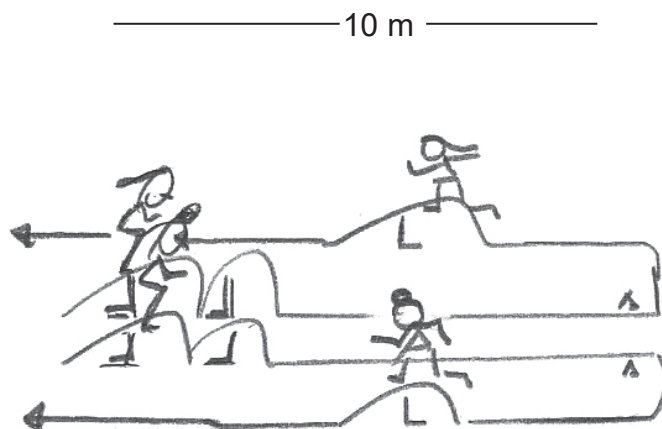
4



8



3 Rep. de cada ejercicio



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



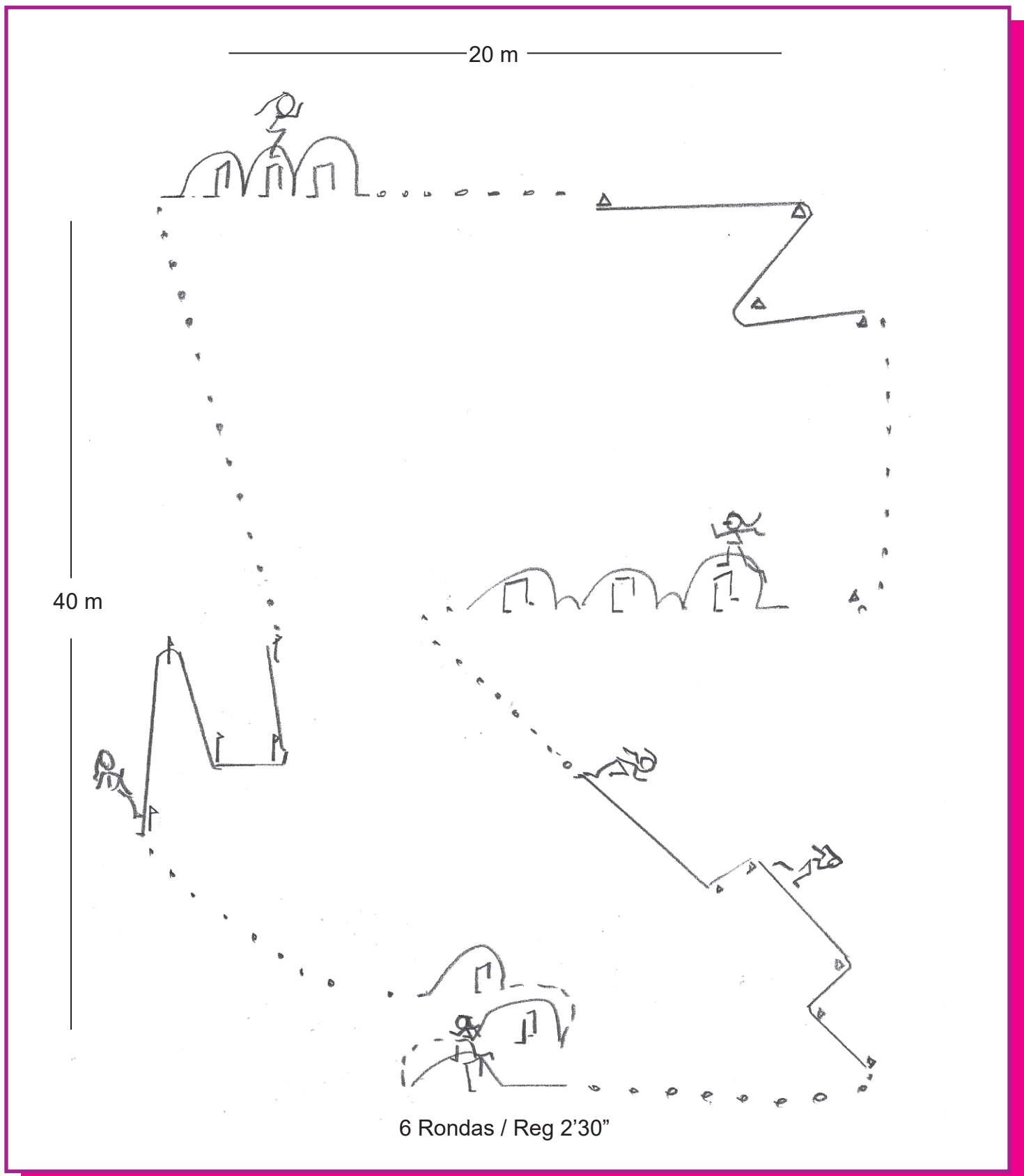
4 Rep.
Reg. 60"



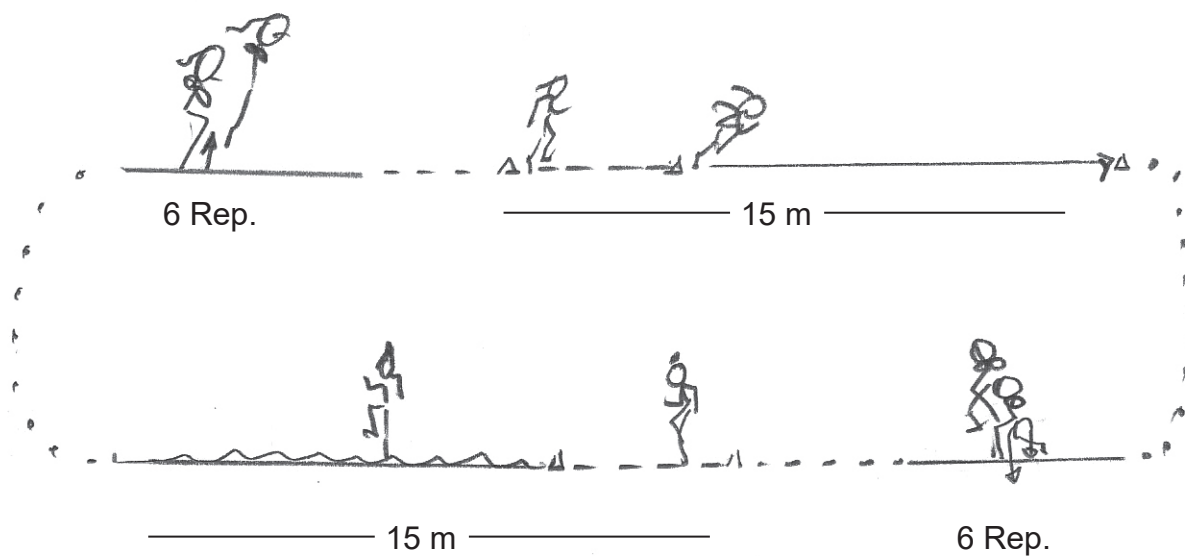
Arranque



6 Rondas / Reg 2'

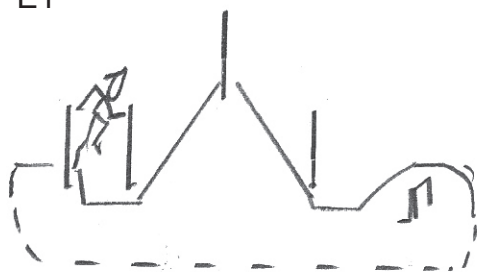


Bolsa de arena

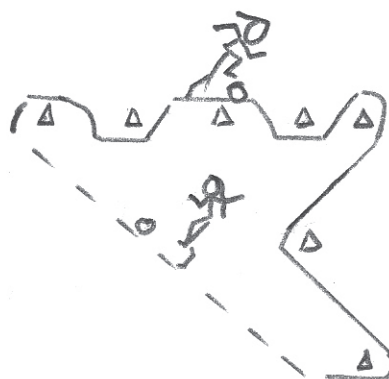


8 Rondas / Reg 2'

E1



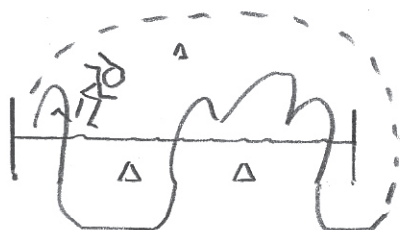
E2



E3



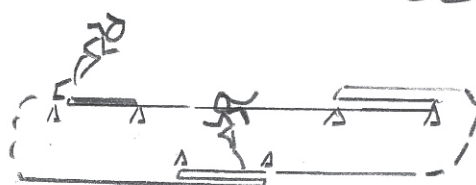
E4



E5



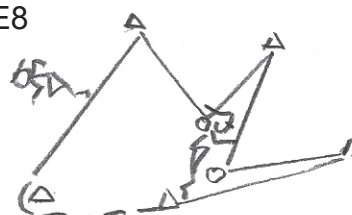
E6



E7



E8



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"



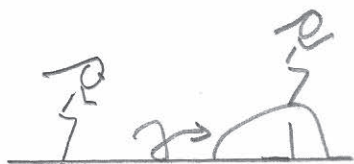
3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



4 Rep.



4 Rep.



4 Rep.



4 Rep.



4 Rep.

————— 25 m —————



8 Rondas
Reg. 90"

Jumps



4 Rep.
Reg. 45"

Jumps / Zig Zag



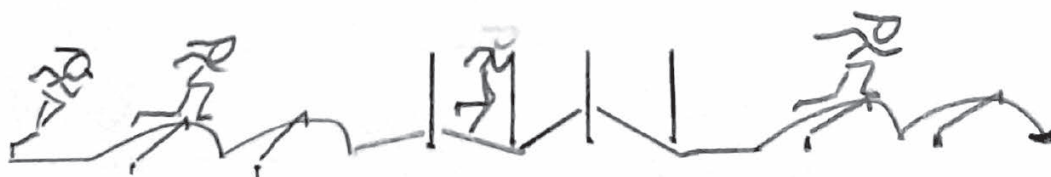
4 Rep.
Reg. 45"

Hops



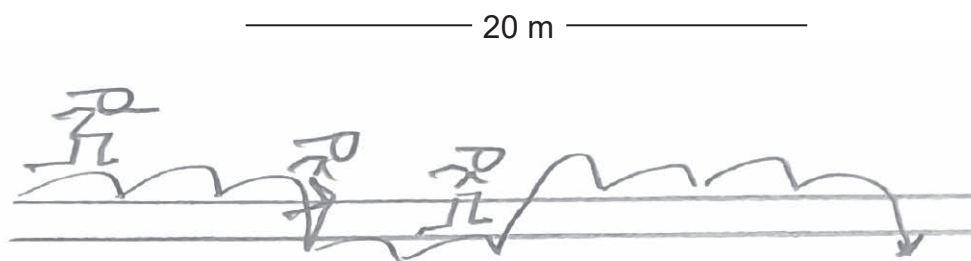
4 Rep.
Reg. 45"

Steps



4 Rep.
Reg. 45"

E1



E2



E3



E4



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

Steps



4 Rep.
Reg. 45"

Jumps



4 Rep.
Reg. 45"

Hops

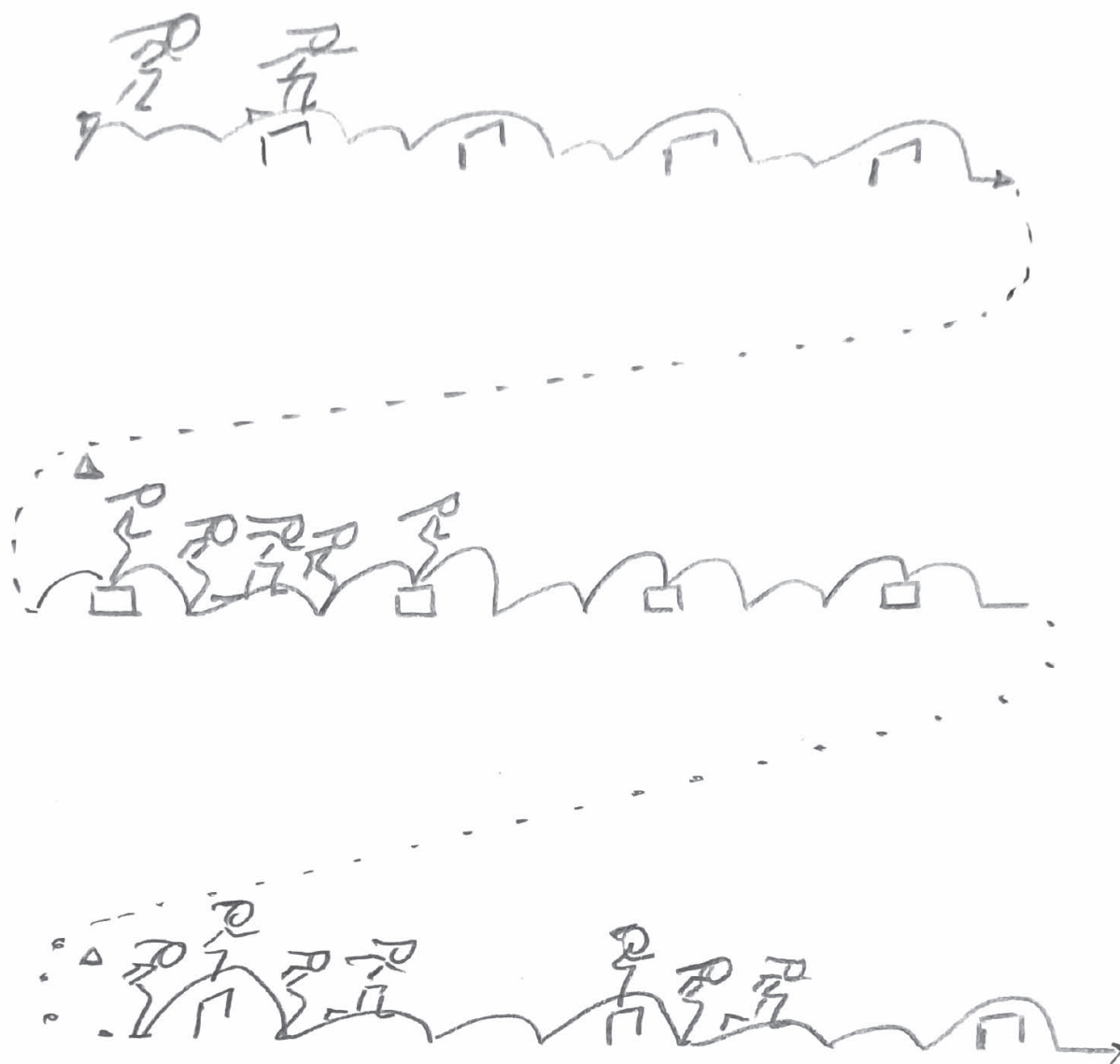


4 Rep.
Reg. 45"

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



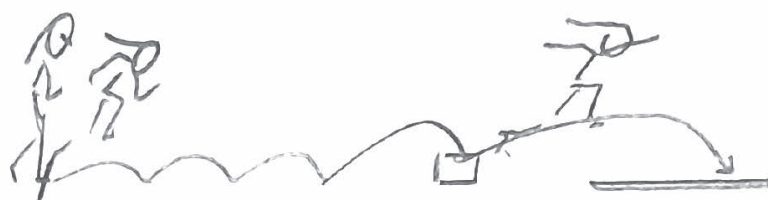
5



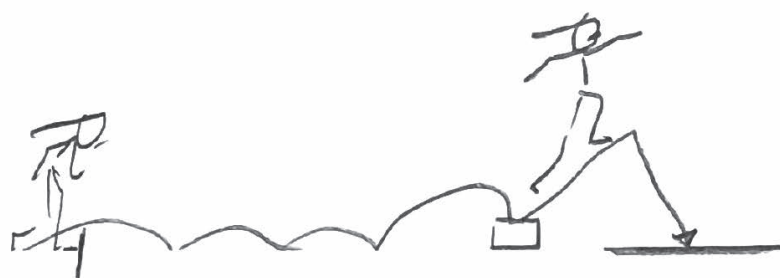
10



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



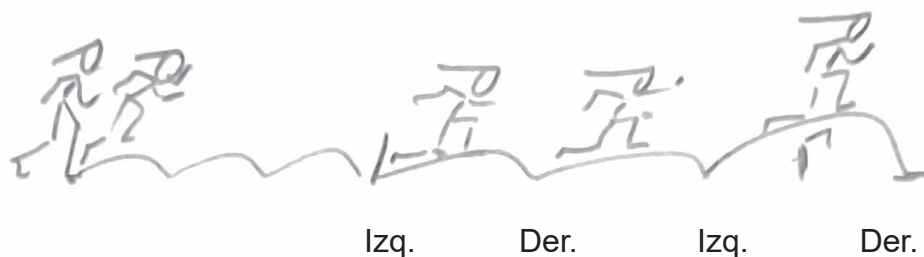
2 steps
+ 3 hops



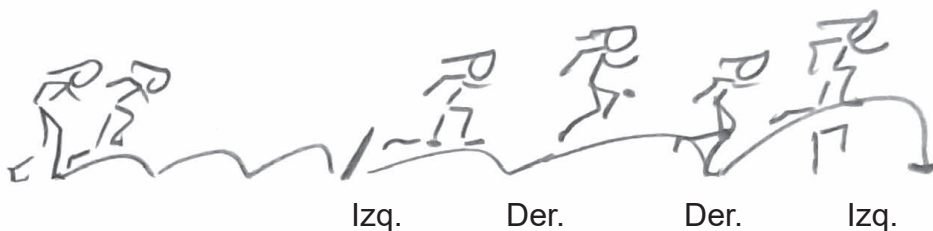
1 jump
+ 4 step



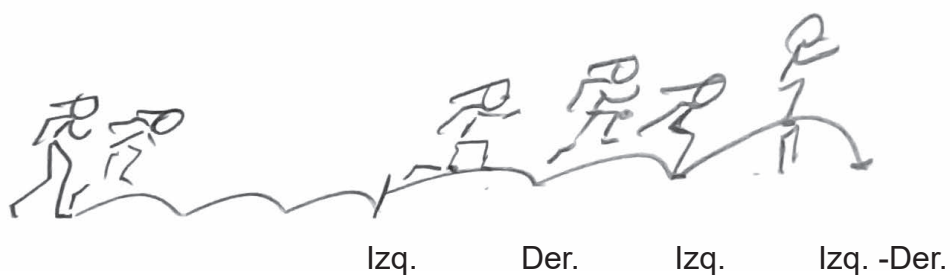
2 Rep. de cada ejercicio



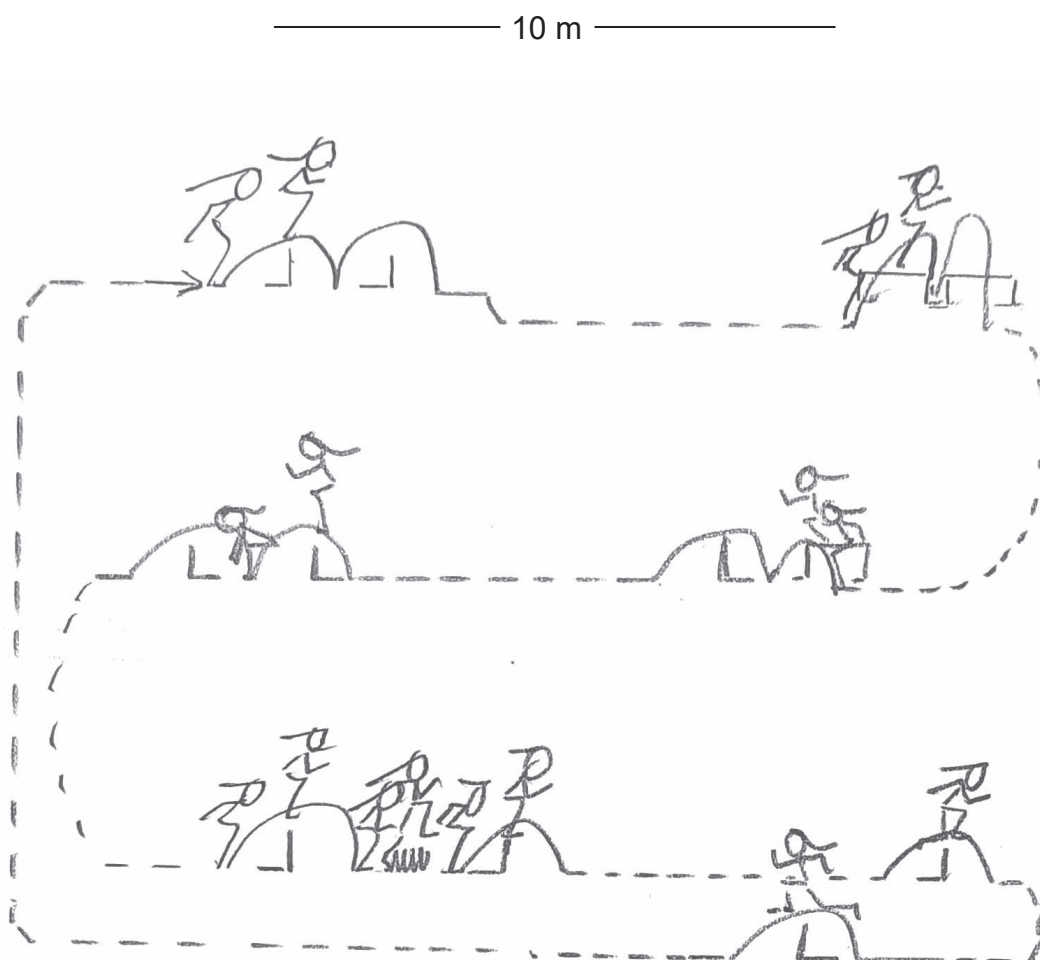
6 Rep.
Reg. 45"



6 Rep.
Reg. 45"



6 Rep.
Reg. 45"



6 Rondas
Reg. 75"

Minitrampolín

1



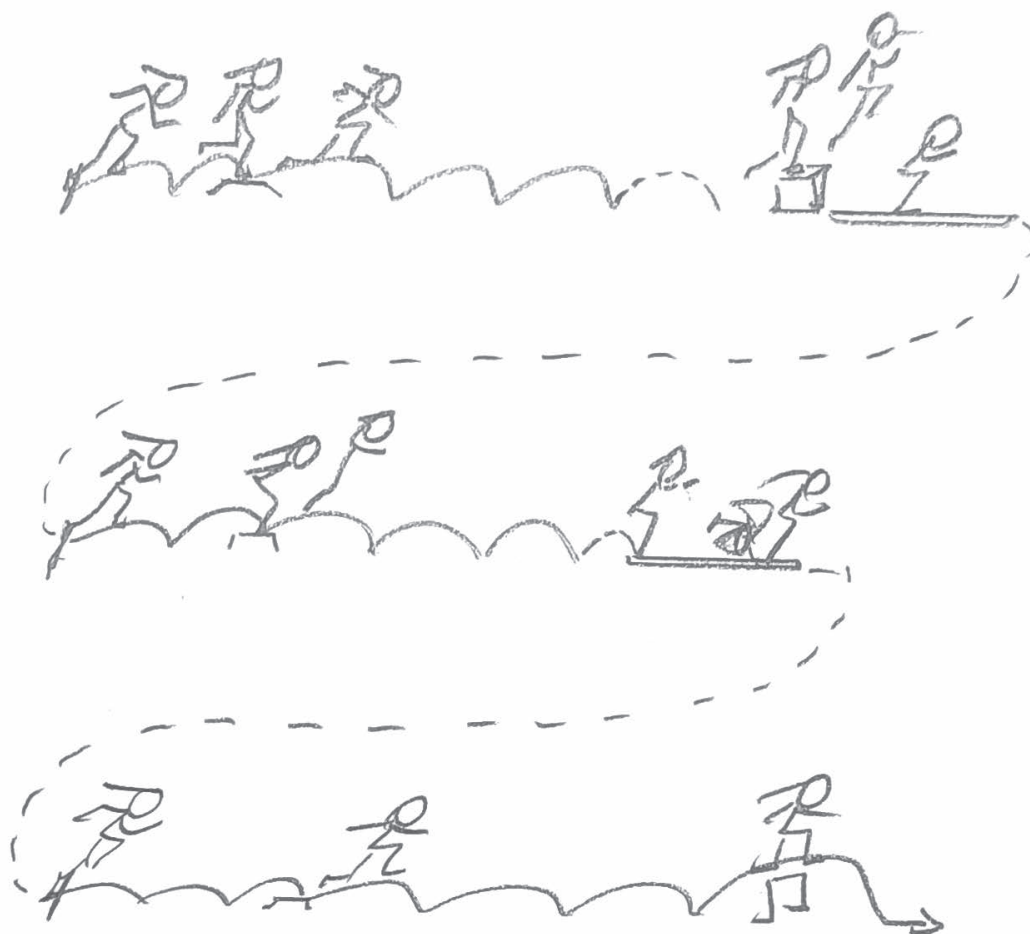
2



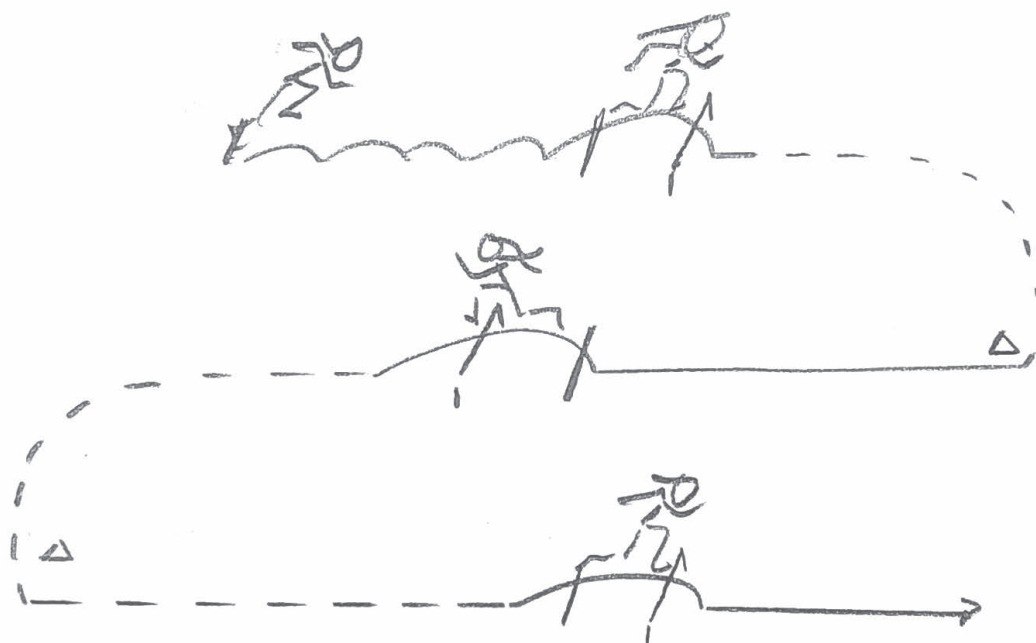
3



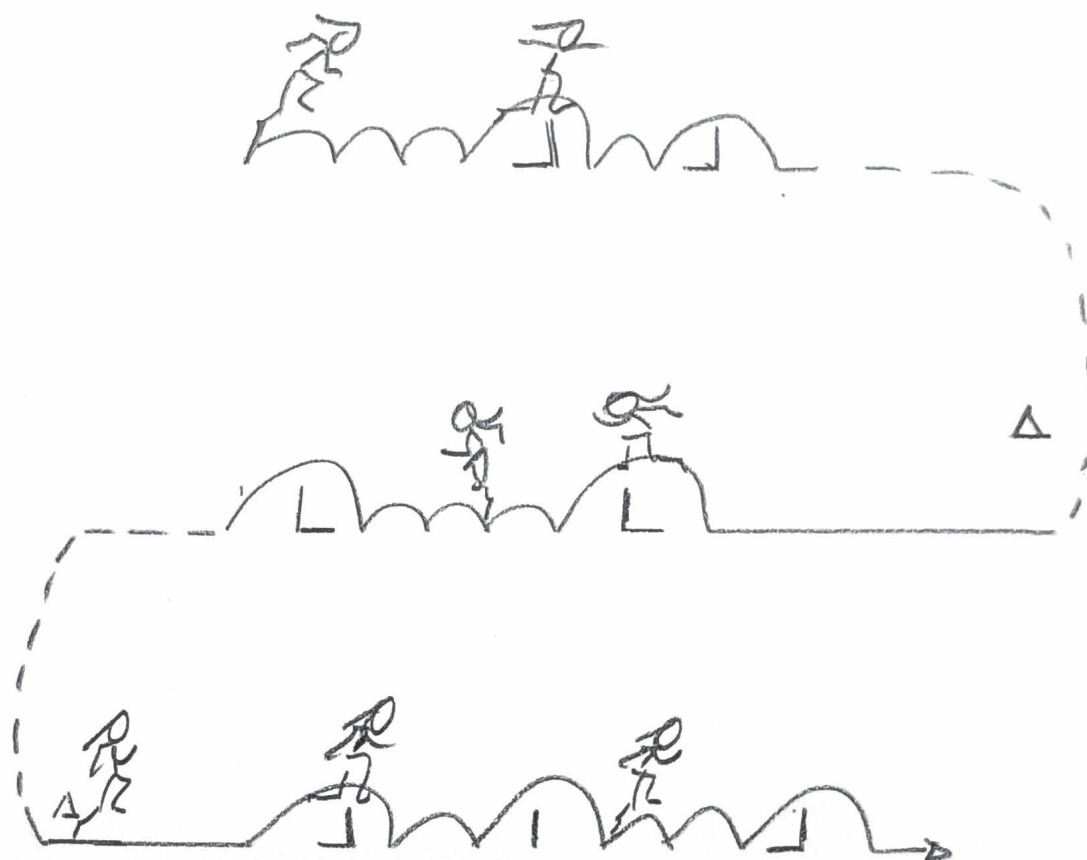
5 Rep. / Ejercicio 1 - 2 -3 / Reg. 45"



8 Rondas / Reg. 75"



8 Rondas / Reg. 60"



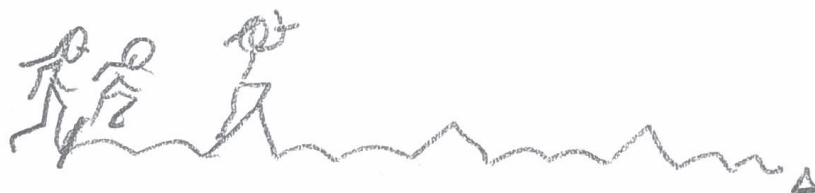
8 Rondas / Reg. 75"

15 m

E1



E2



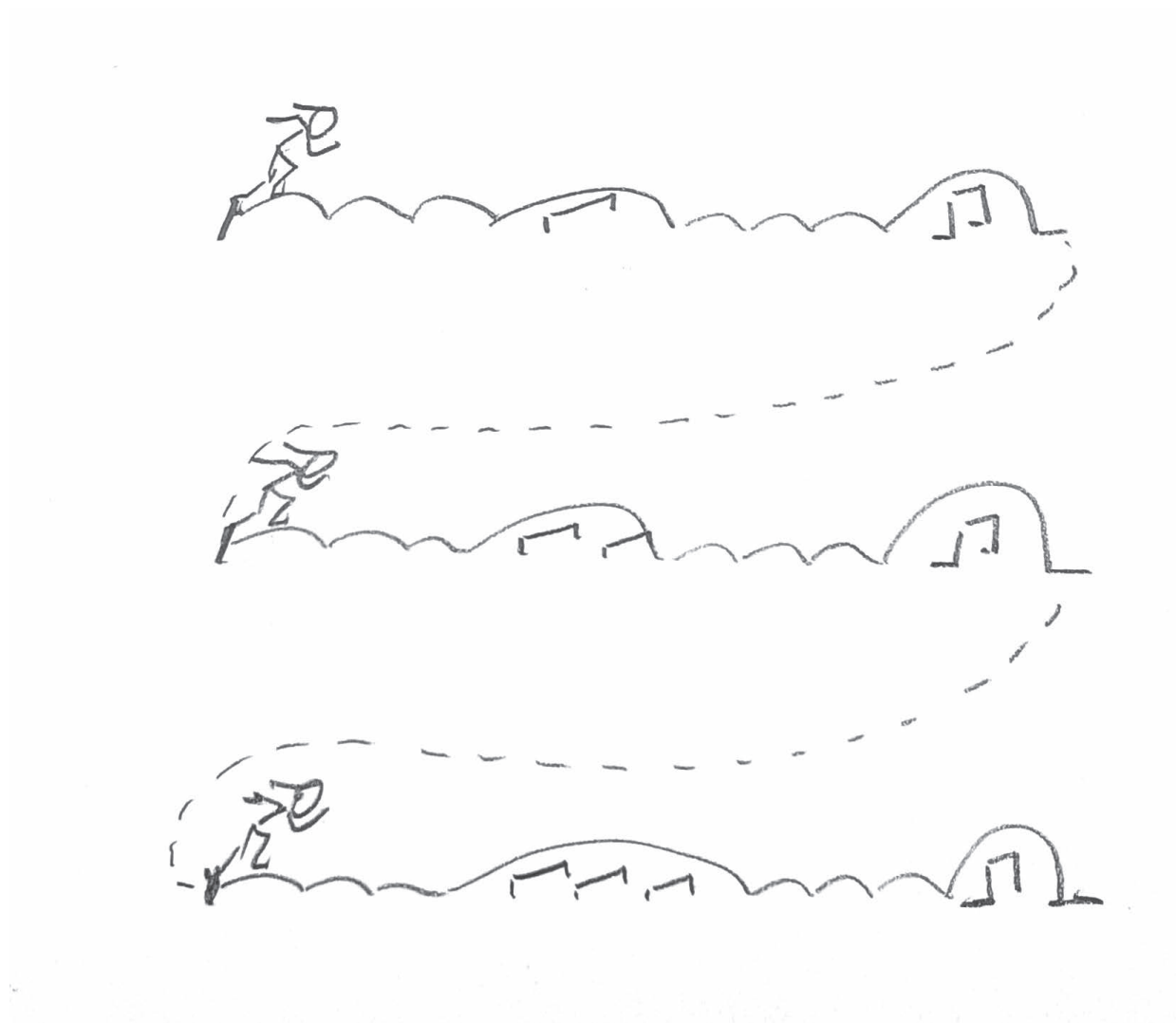
E3



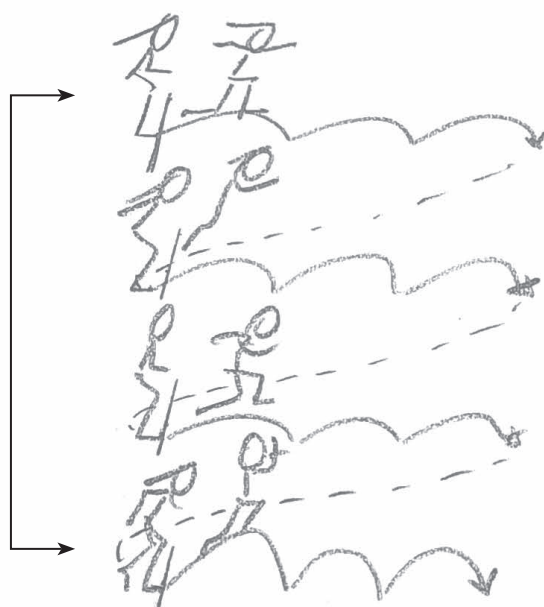
E4



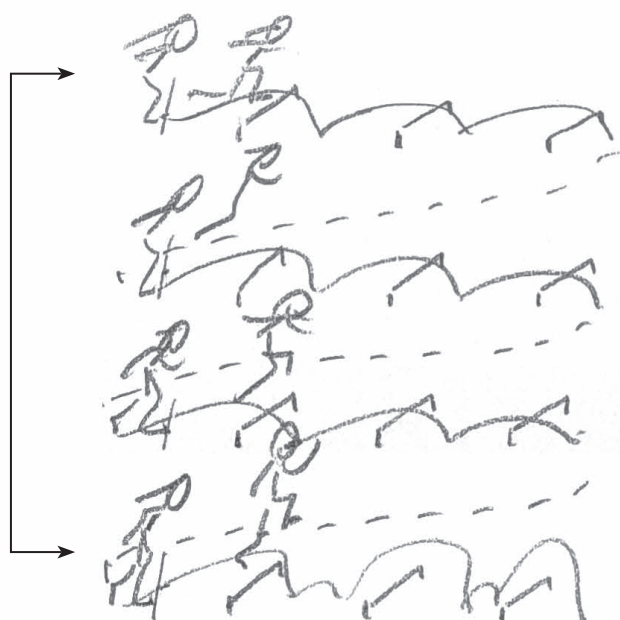
3 Rep. / E1 - E2 -E3 - E4 / Reg. 60"



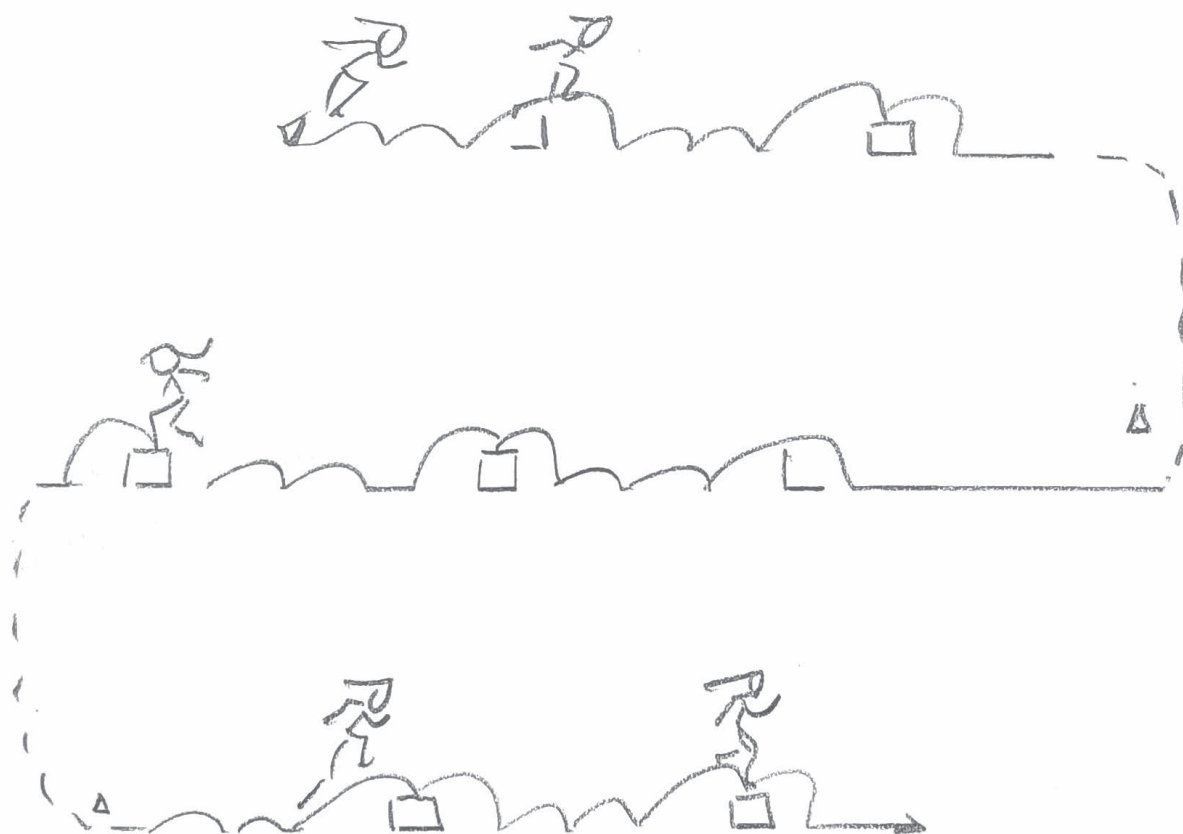
8 Rondas / Reg. 75"



4 Rondas
Reg. 75"



4 Rondas
Reg. 75"



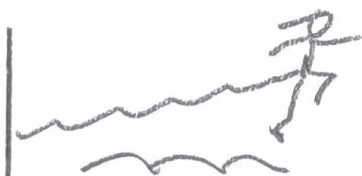
8 Circuitos / Reg. 75"



3 x 10 Rep.
Reg. 60"



3 x 6 Rep.
Reg. 60"

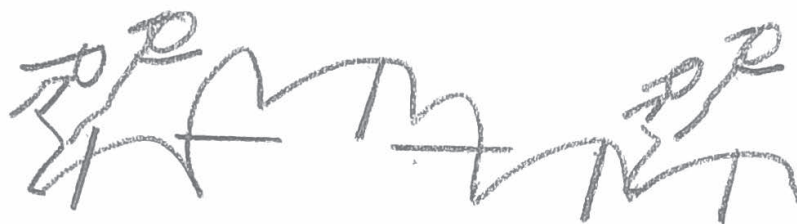


3 x 6 Rep.
Reg. 60"



3 x 6 Rep.
Reg. 60"

E1



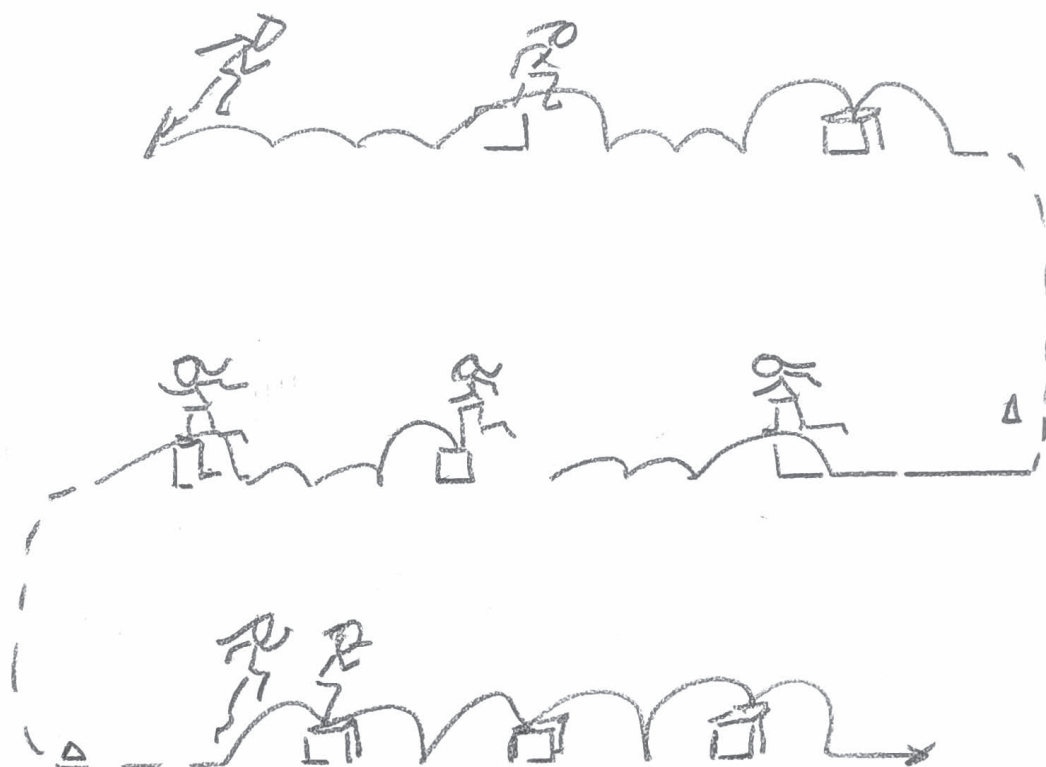
E2



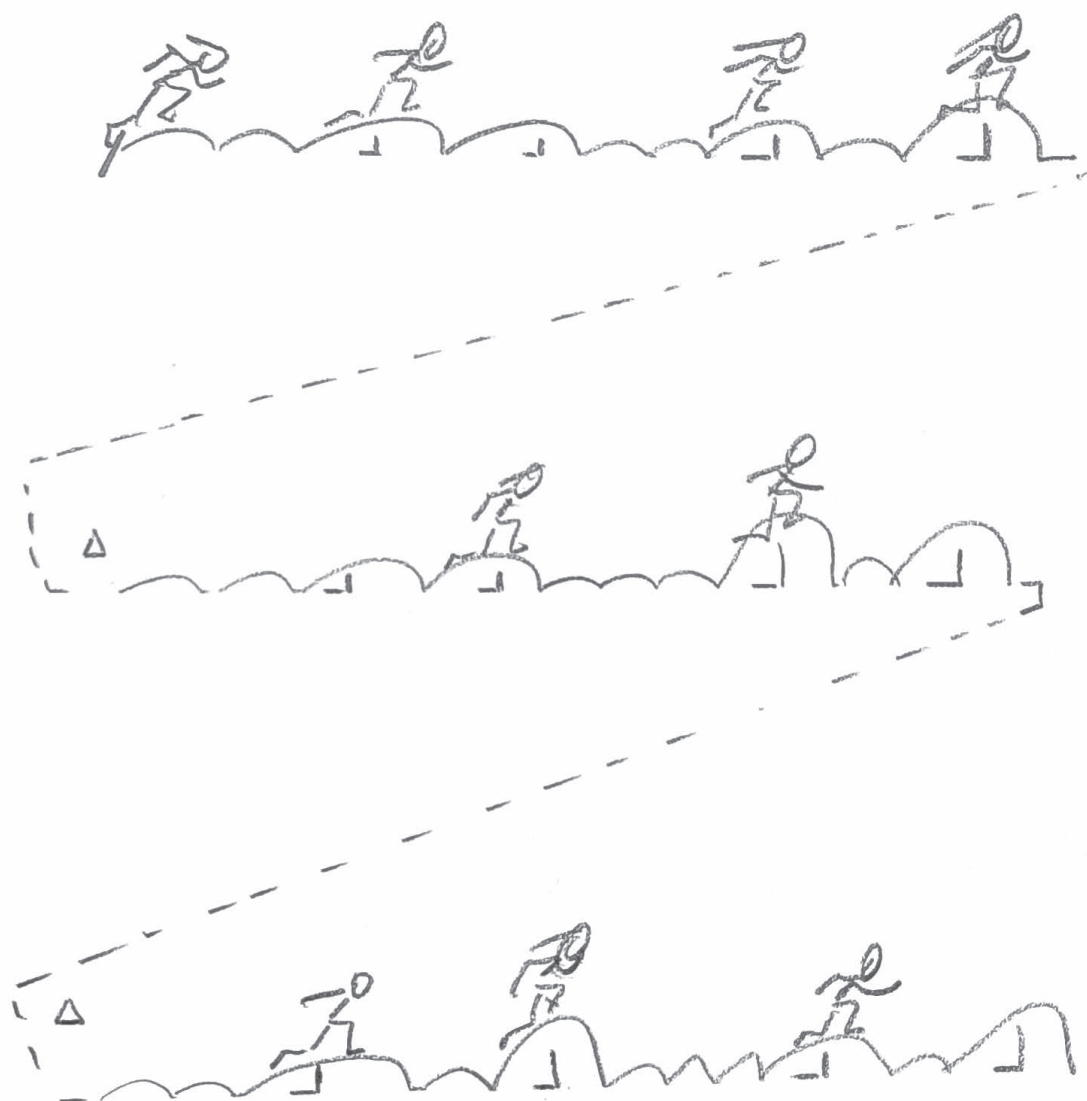
E3



4 Rep. / E1 - E2 -E3 / Reg. 45"



8 Rondas / Reg. 75"



8 Rondas / Reg. 75"

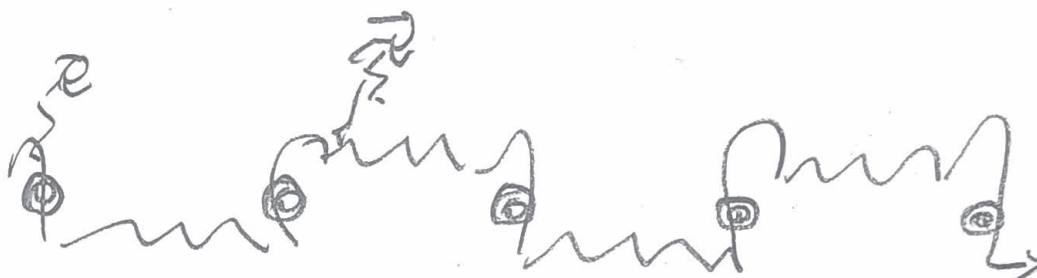
Llantas

5 m

1



2



3

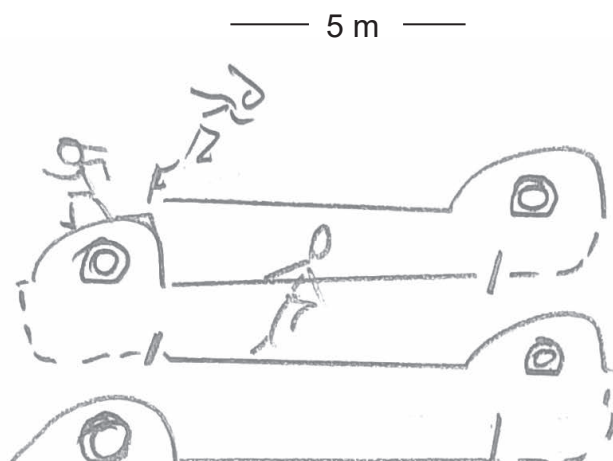


4

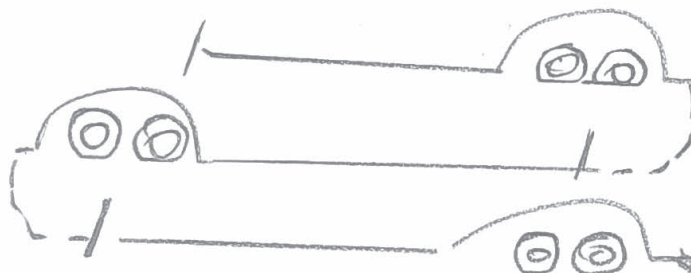


4 Rep. / Reg. 45" / Pausa 1' de Ejercicio
x Ejercicio 1 - 2 - 3 - 4

1



2



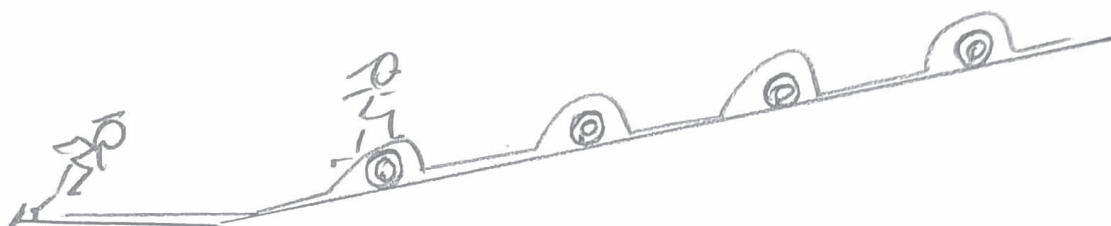
3



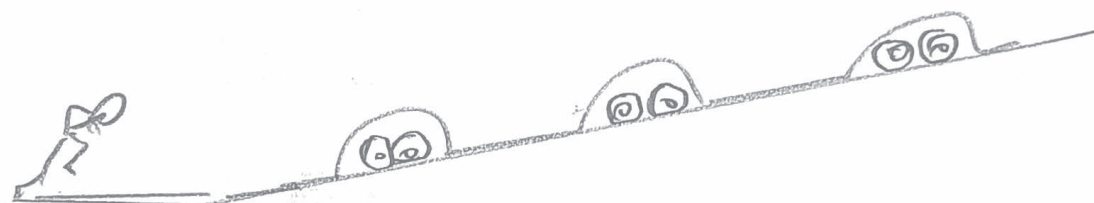
4 Rep. / Reg. 60" / Pausa 1' de Ejercicio
x Ejercicio 1 - 2 - 3

— 5 m —

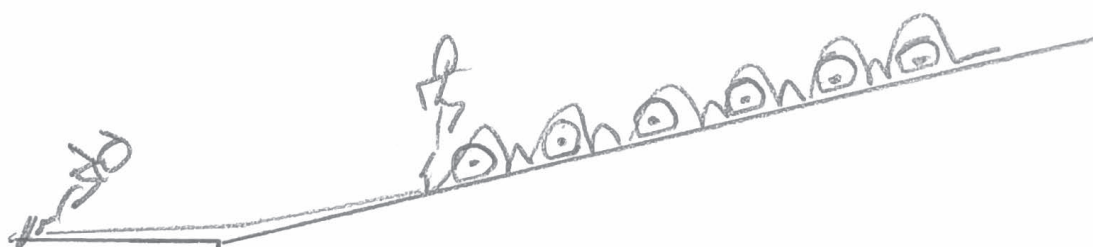
1



2



3



4 Rep. / Reg. 60" / Pausa 1' de Ejercicio
x Ejercicio 1 - 2 - 3

E1



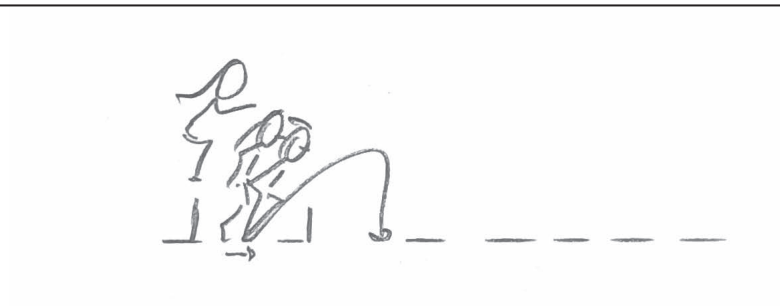
6 Rep.

E2



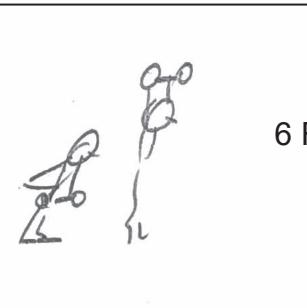
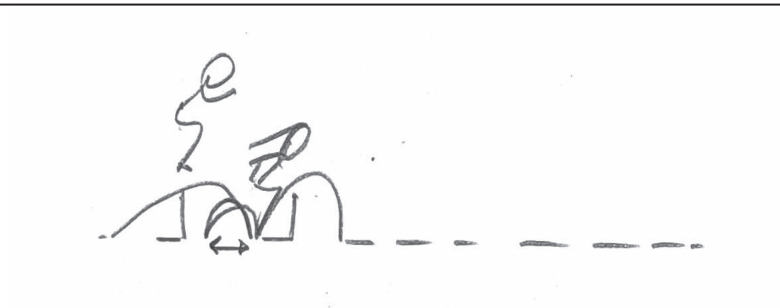
6 Rep.

E3



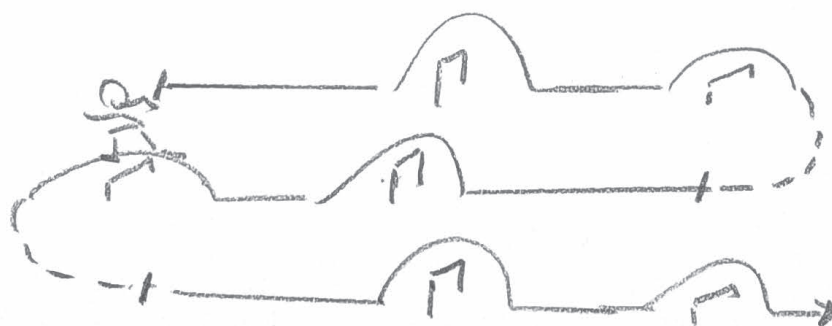
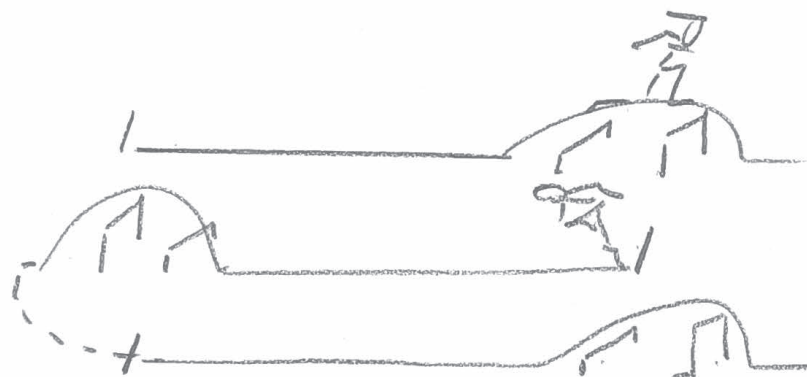
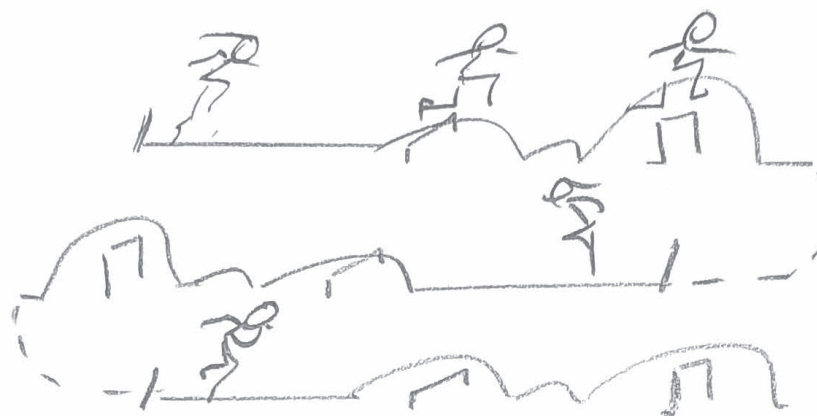
6 Rep.

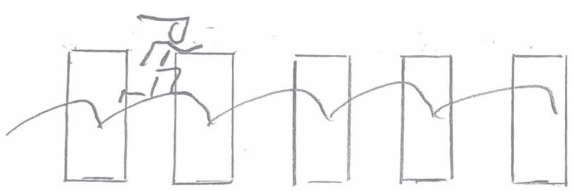
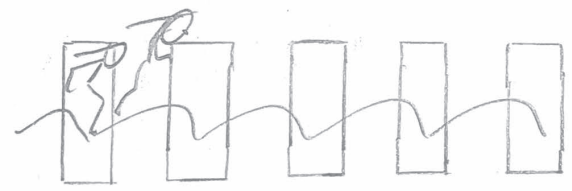
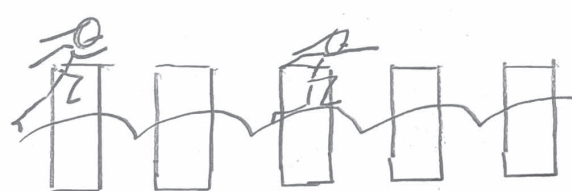
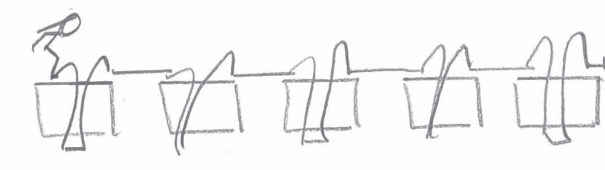
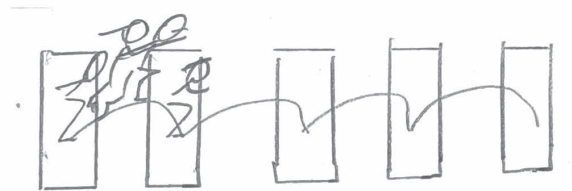
E4



6 Rep.

6 Rondas / Reg. 2'



1 	10 
2 	9 
3 	8 
4 	7 
5 	6 

2 Rep. / Reg. 40"
x Ejercicio 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

1



2



3



4



5



3 Rep. / Reg. 30"
x Ejercicio 1 - 2 - 3 - 4 - 5

1



4 Rep.
Reg. 45"

2



4 Rep.
Reg. 45"

3



4 Rep.
Reg. 45"

4



4 Rep.
Reg. 45"

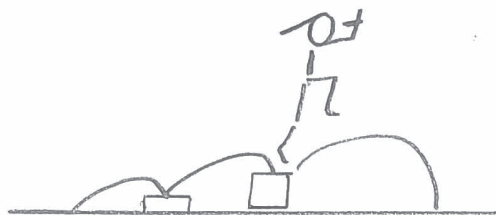
5



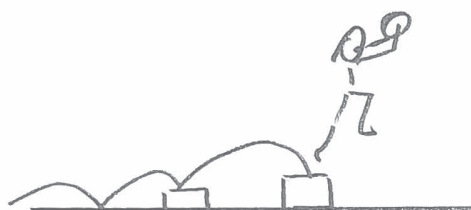
4 Rep.
Reg. 1'

Balón Medicinal

E1



E2



E3



E4



E5



4 Rep. / Reg. 30"
x E1 - E2 - E3 - E4 - E5

Vallas de 15 - 20 cm

E1

Steps



E2

Caperuzas



E3

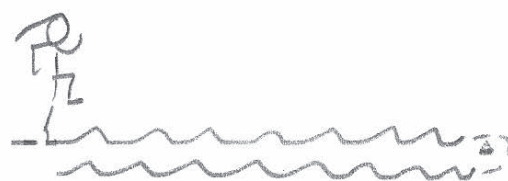
Hops



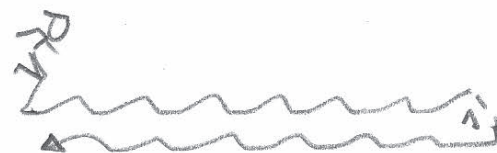
4 Rep. / x E1 - E2 - E3 / Reg. 45"

Jump 90° ——— 15 m ———

1



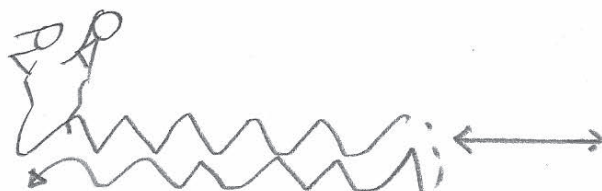
2



Jumps
zig zag
3



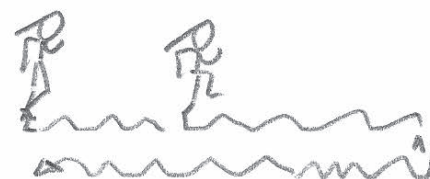
4



5



6



3 Rep. / Reg. 1' / x 1 - 2 - 3 - 4 - 5 - 6

1



2



3



4



5 Rep. / Reg. 30" / x 1 - 2 - 3 - 4

1



4



2



5



3

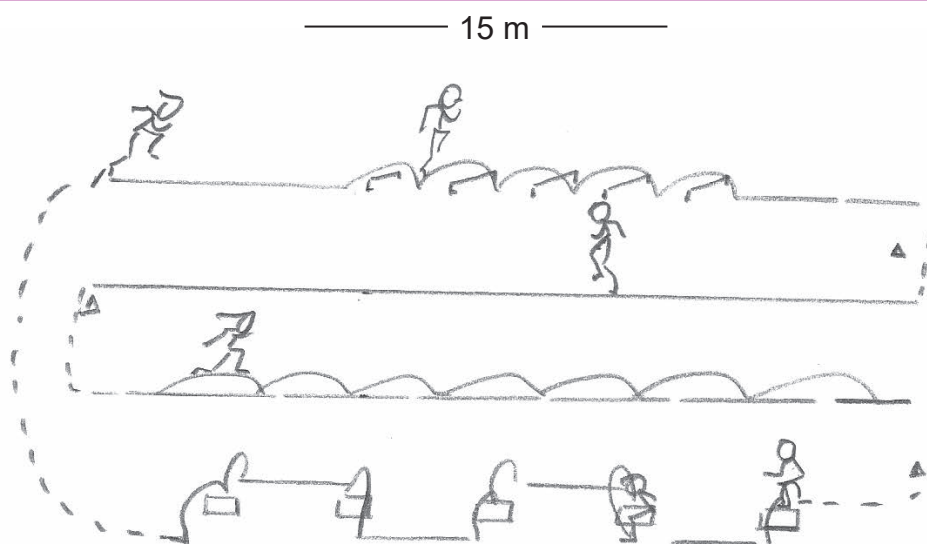


6

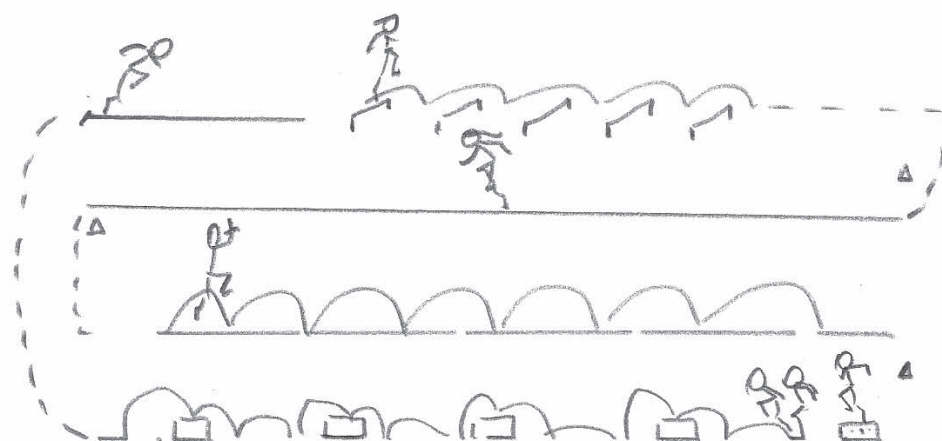


2x6 Rep. / Reg. 45" / x 1 - 2 - 3 - 4 - 5 - 6

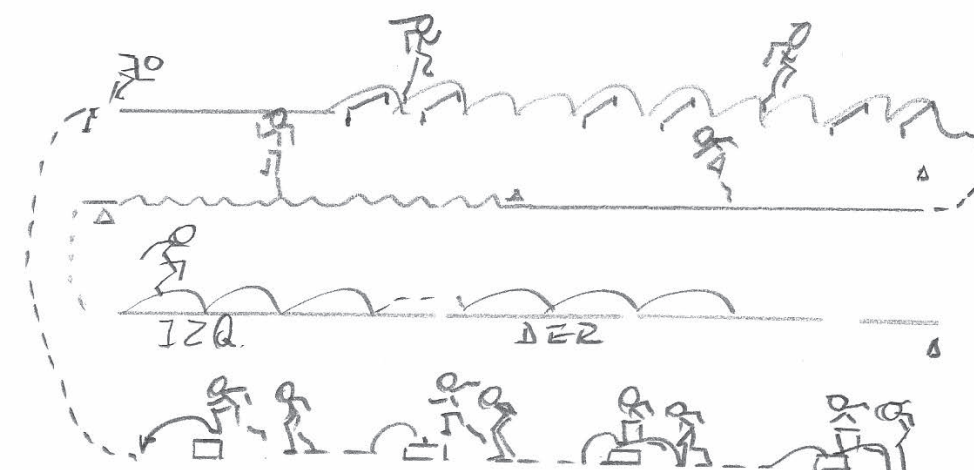
E1



E2



E3



3 Rondas/ Reg. 2' / x E1 - E2 - E3

E1



E2



E3



E4



E5



E6



3 Rep. / x E1 - E2 - E3 - E4 - E5 - E6

E1



E2



E3



Llantas

5 Rep. / Reg. 45" / 2' Pausa / x E1 - E2 - E3

1



2



3



4



Llantas

3 Rep. / Reg. 45" / 2' Pausa / x 1 - 2 - 3 - 4



Jumps 5 Rep. / Reg. 1' / 2' Pausa



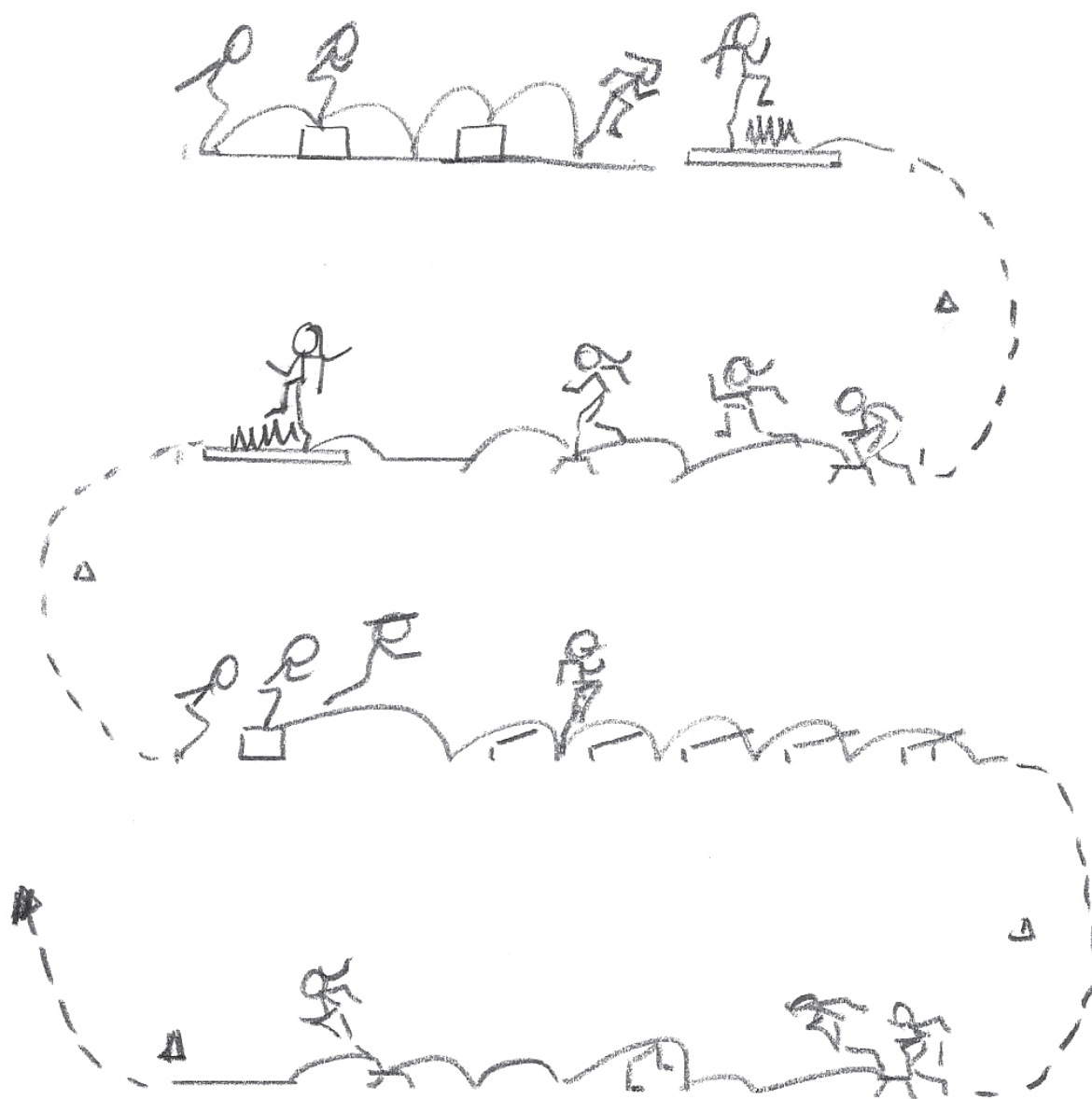
Steps 5 Rep. / Reg. 1'



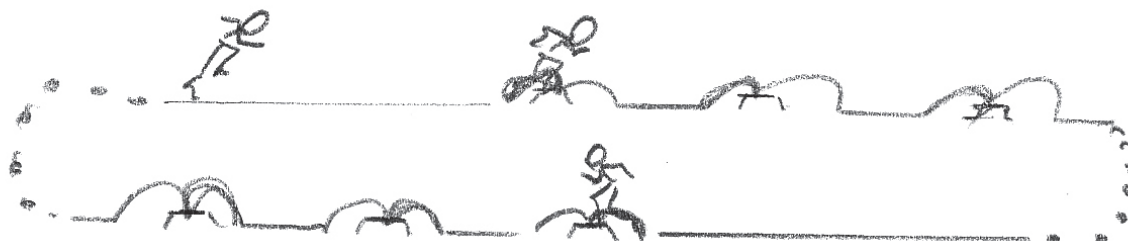
Separación 1.30 - 1.50m Valla 65 - 75cm
5 Rondas / Reg 1' / 2' Pausa



Separación 3 - 3.50 Valla 65 - 75cm
5 Rondas / Reg 1'

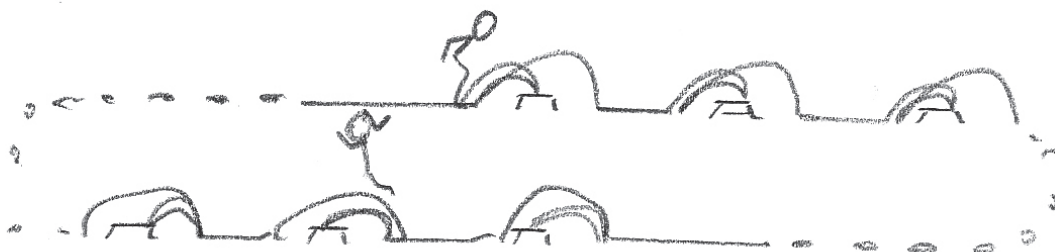


E1



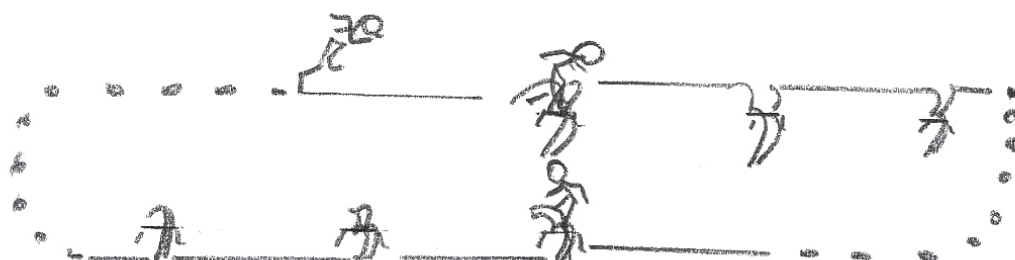
Cambio veloz de piernas

E2



Jumps rápidos

E3



Pasaje lateral doble

E4



Steps

3 Rep. / Reg. 30 - 45" / x E1 - E2 - E3 - E4

E1



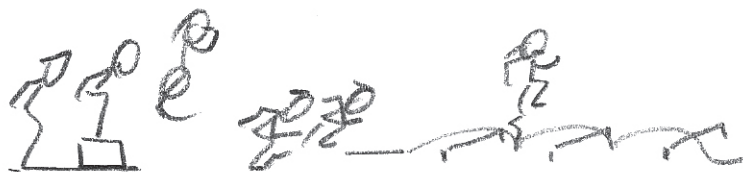
E2



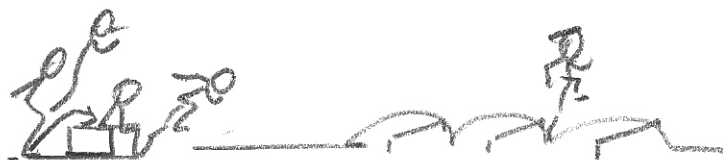
E3



E4



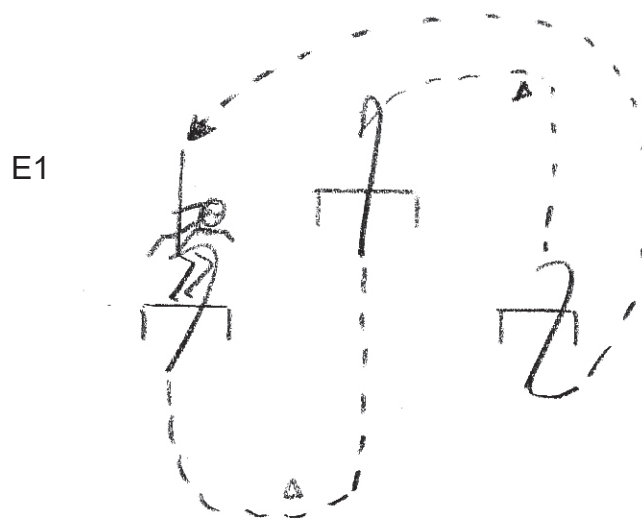
E5



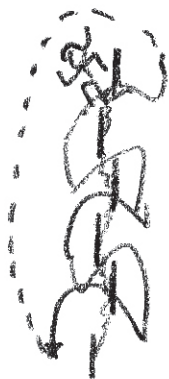
E6



3 Rep. / Reg. 30 - 45" / x E1 - E2 - E3 - E4 - E5 - E6



E2



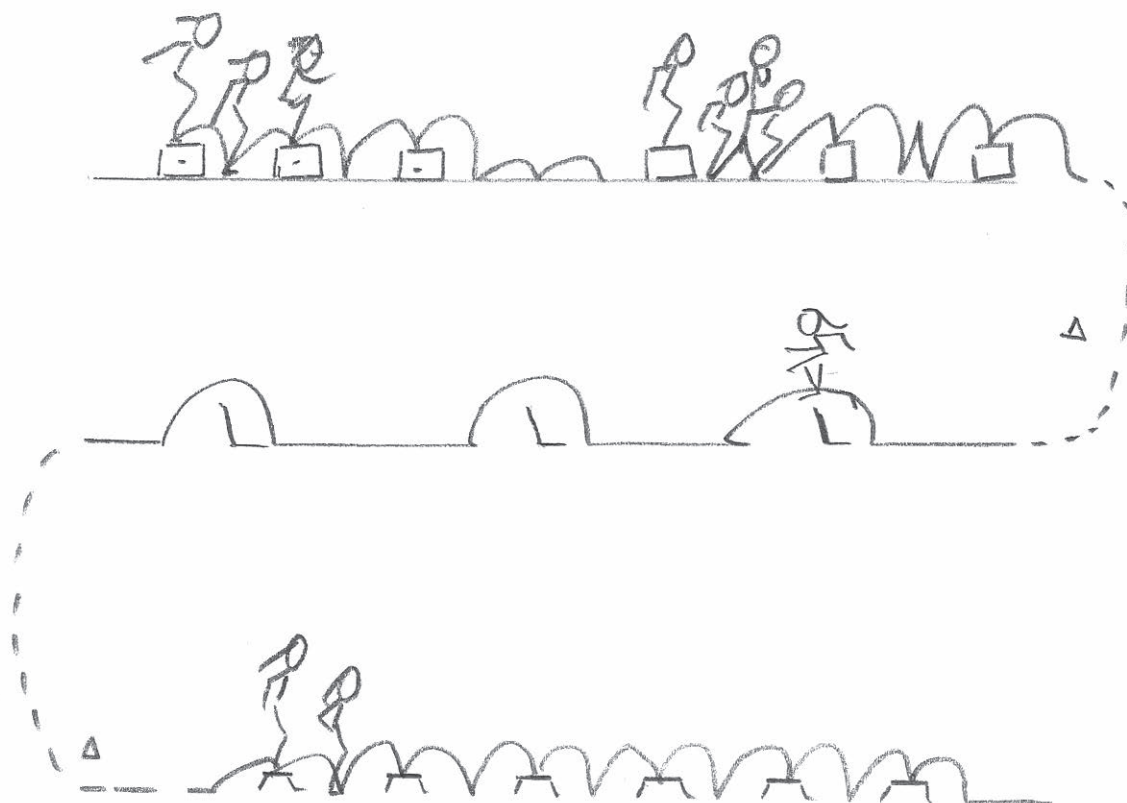
E4



E3



3' Trabajo + 1' Pausa de Estación / x E1 - E2 - E3 - E4

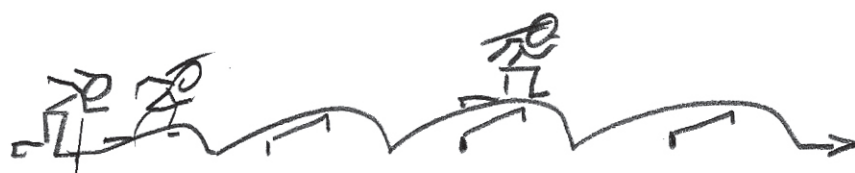


8 Rondas / Reg. 90"

1



2



3



4



4 Rep. / Reg. 45" / x 1 - 2 - 3 - 4

1



2



3



4



4 Rep. / Reg. 45" / x 1 - 2 - 3 - 4

1



2



3



4



5



3 Rep. / Reg. 45" / x 1 - 2 - 3 - 4 - 5