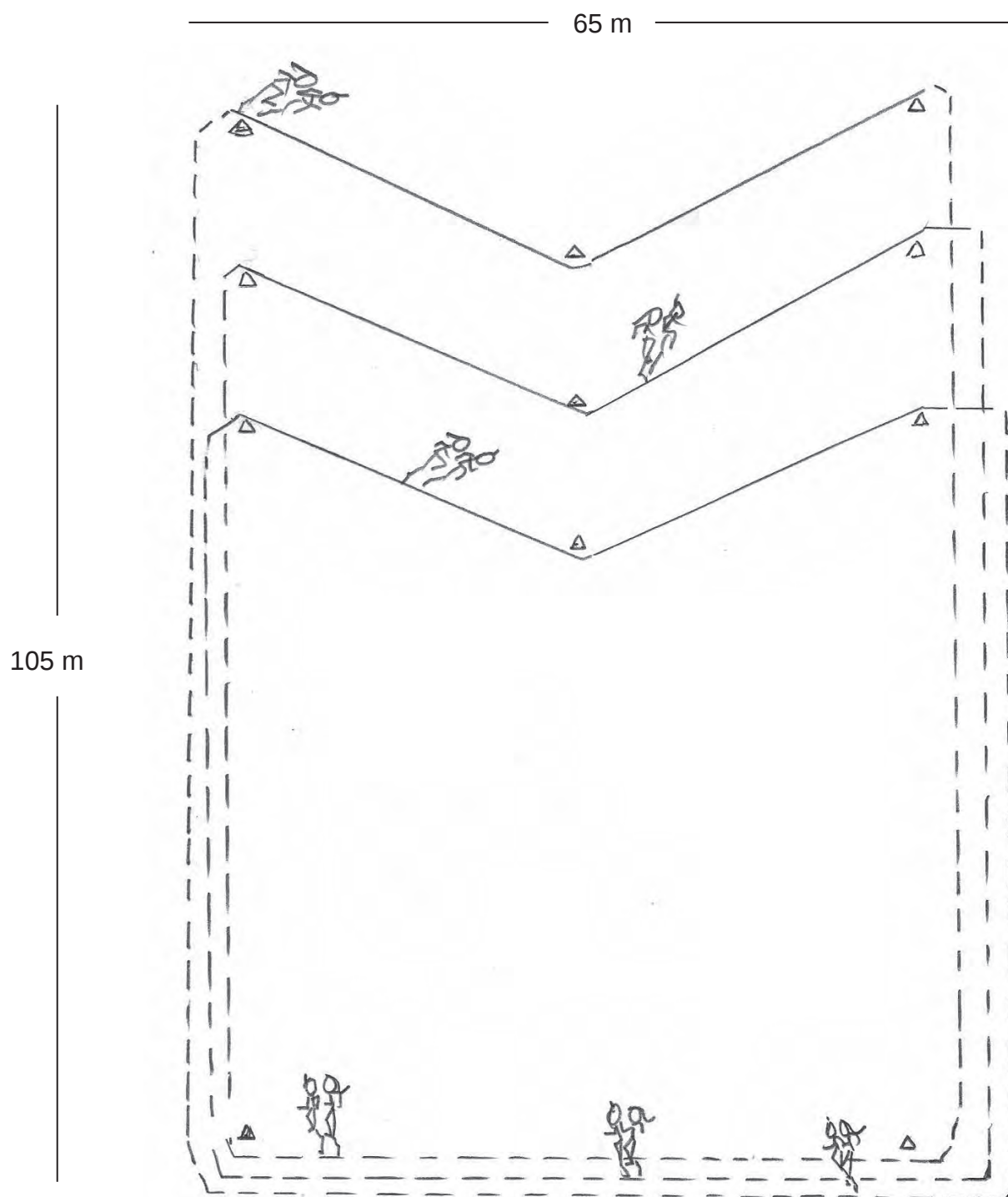
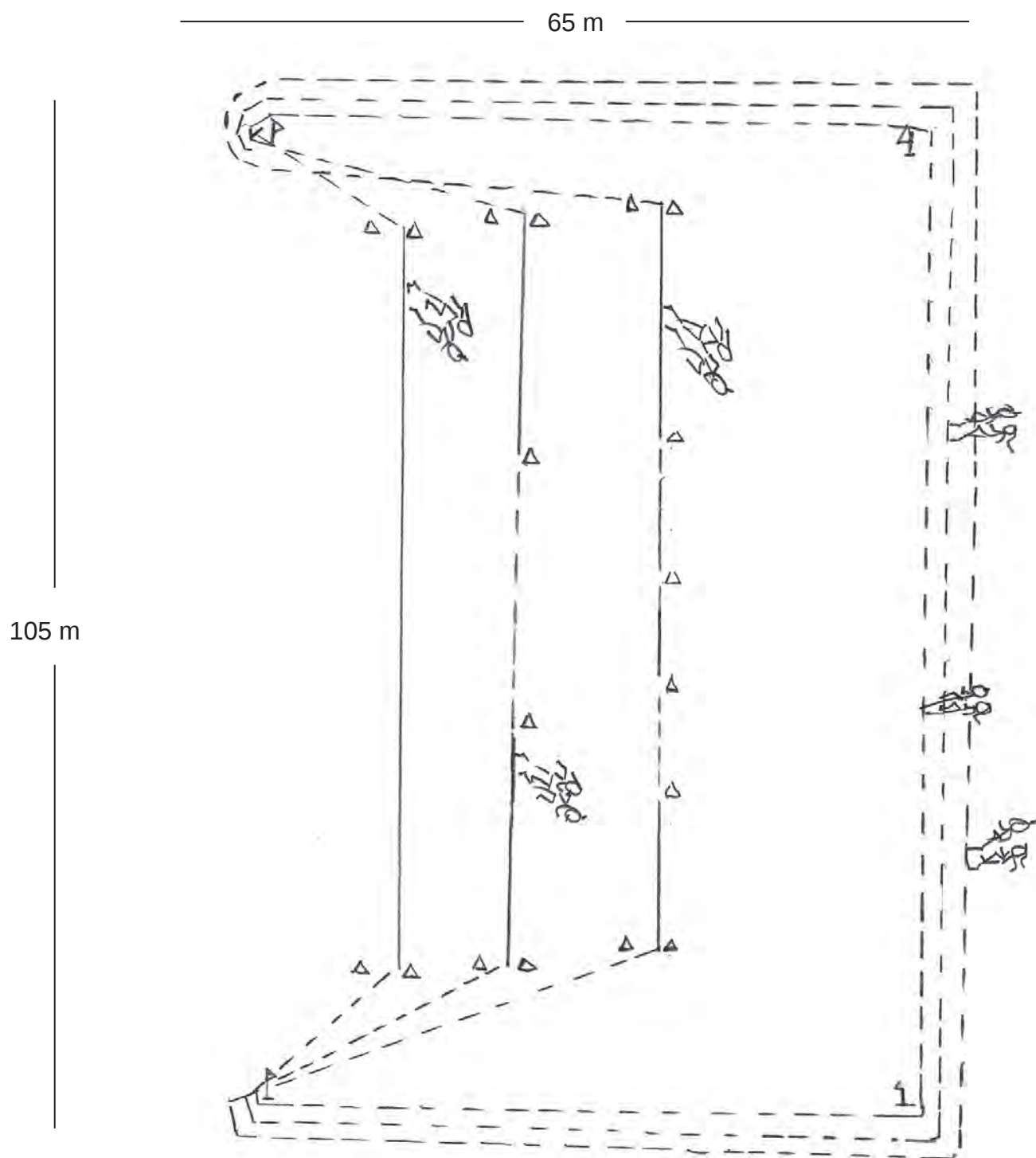
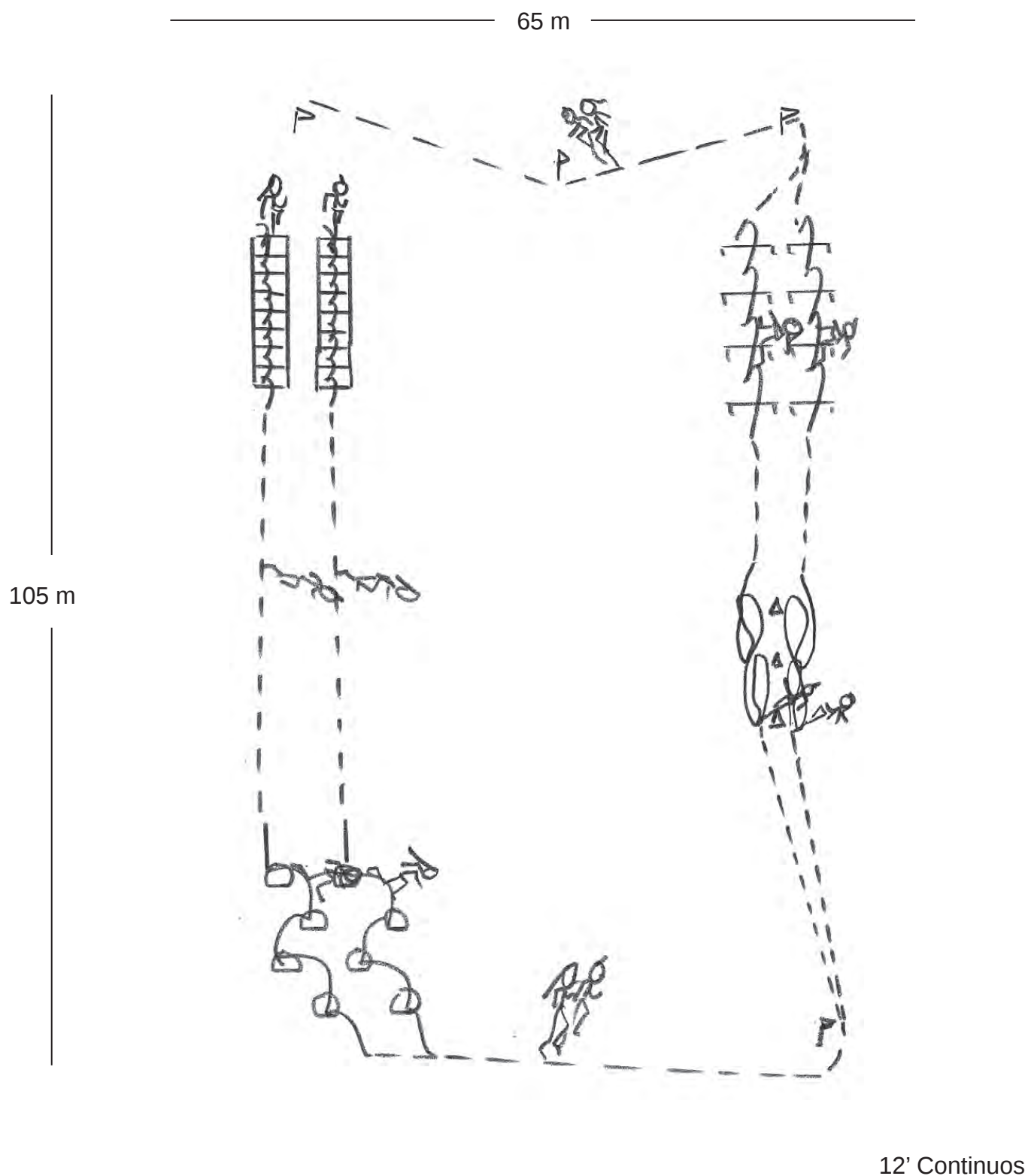


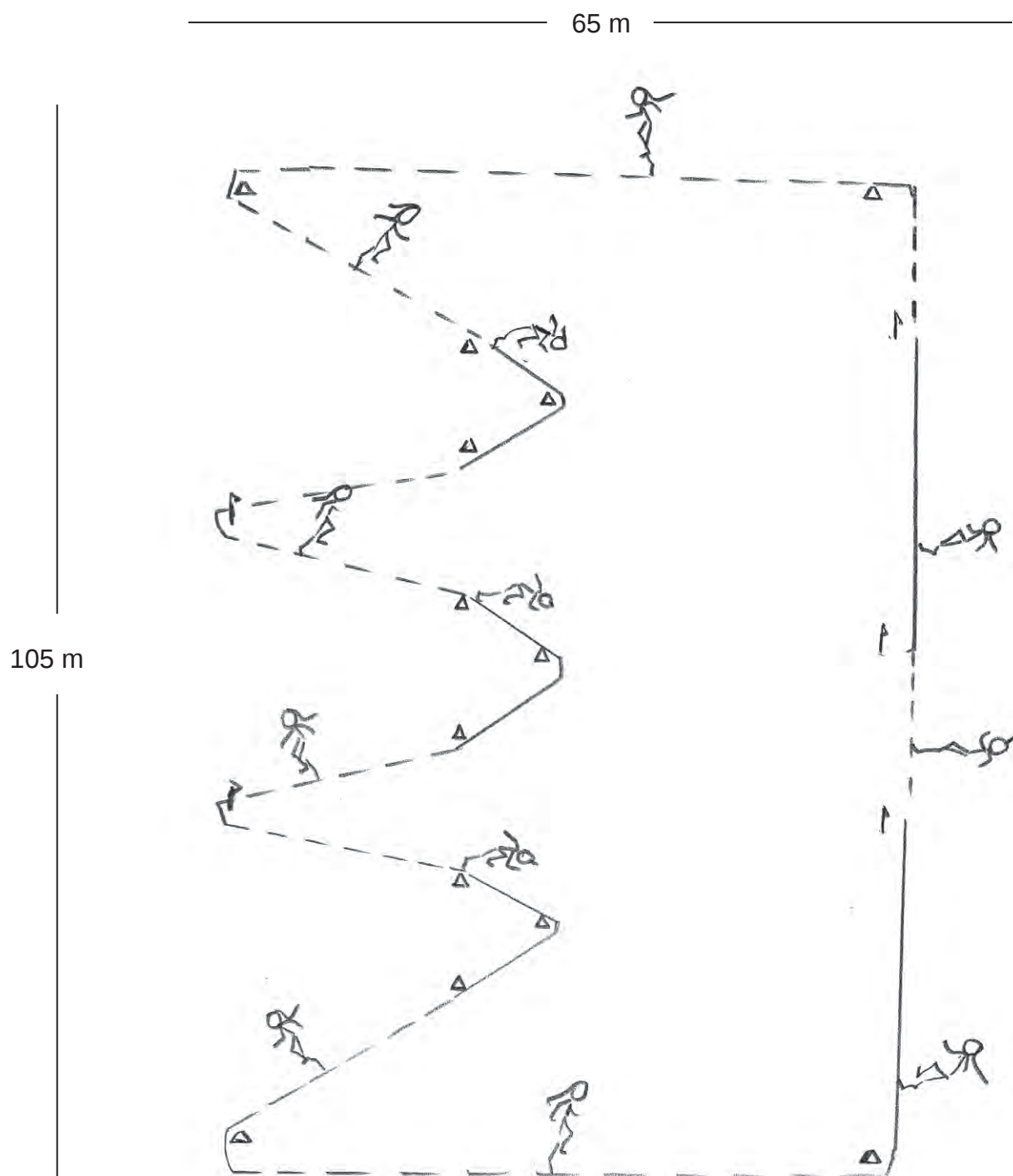


12' Continuos



12' Continuos

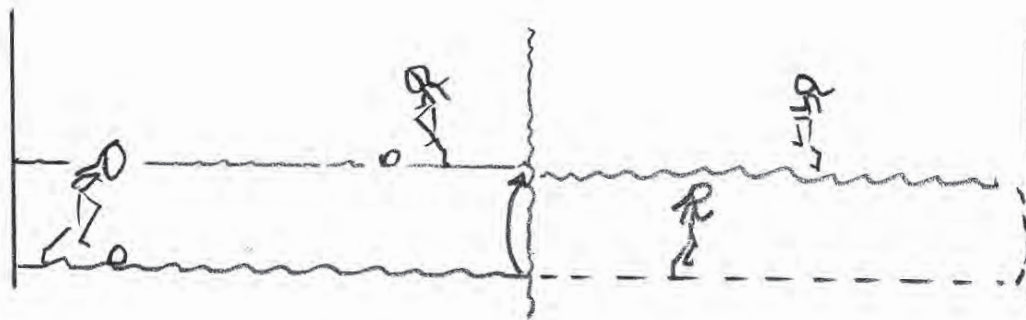




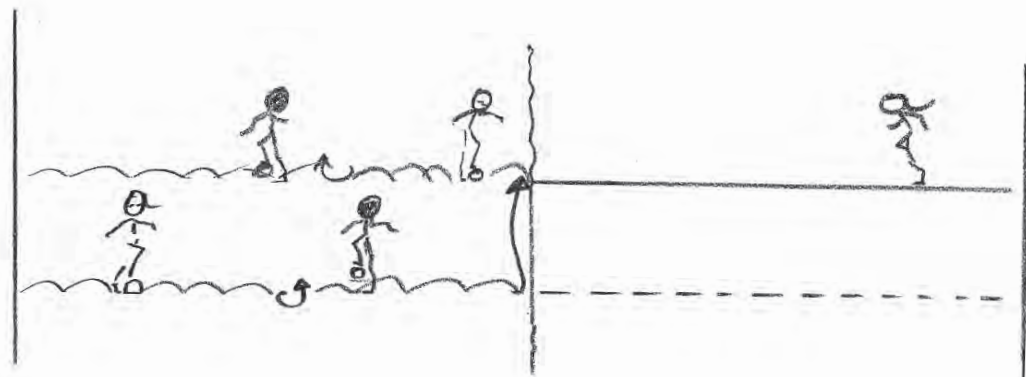
12' Continuos

20 m 20 m

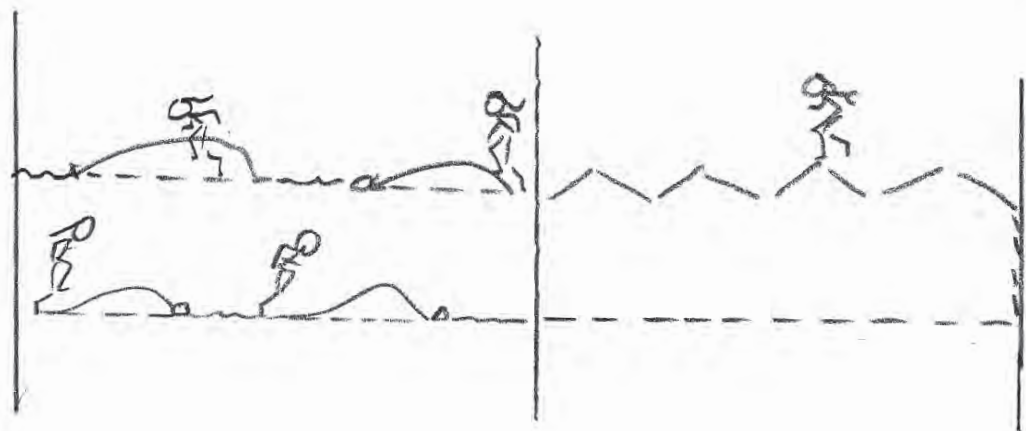
E1



E2

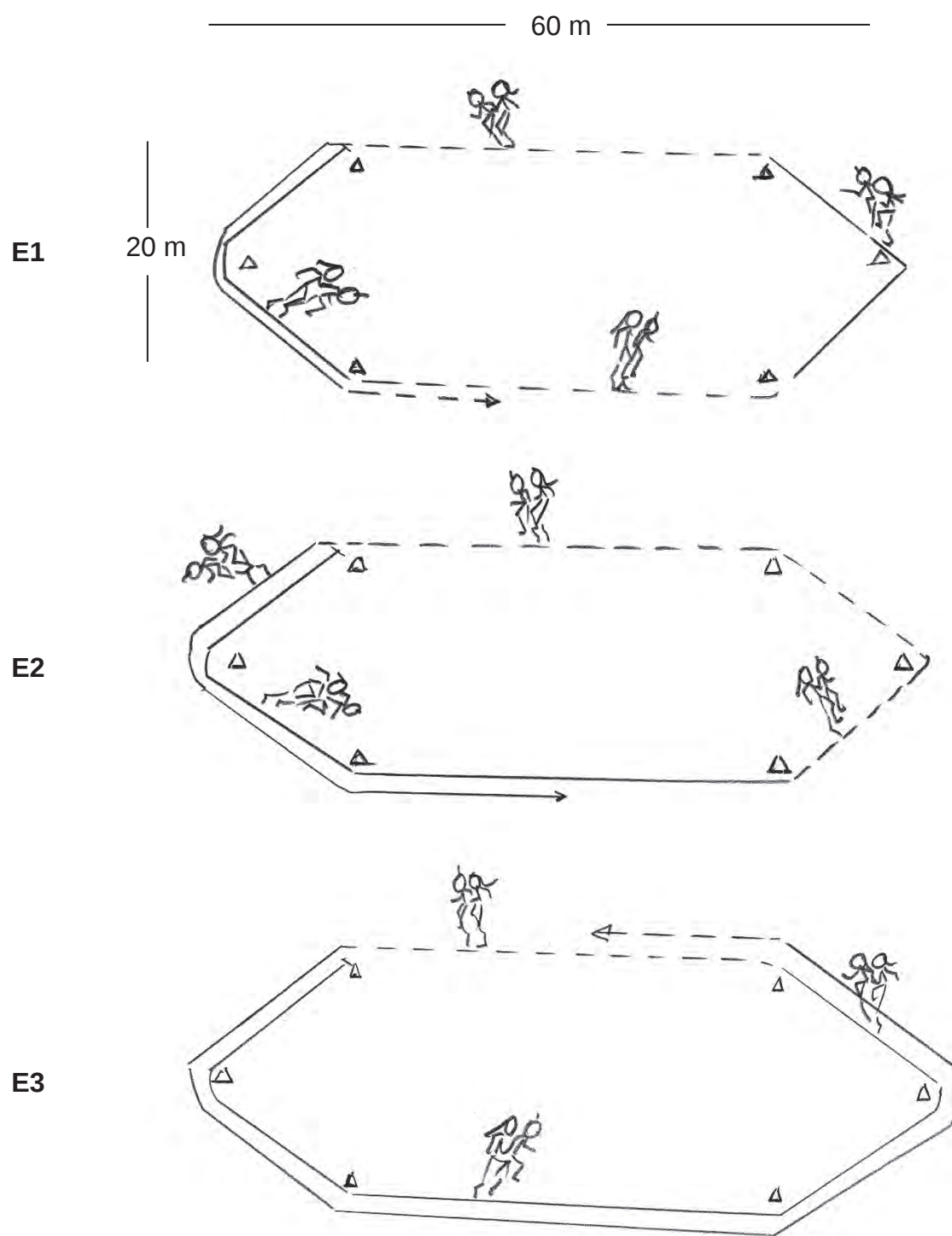


E3

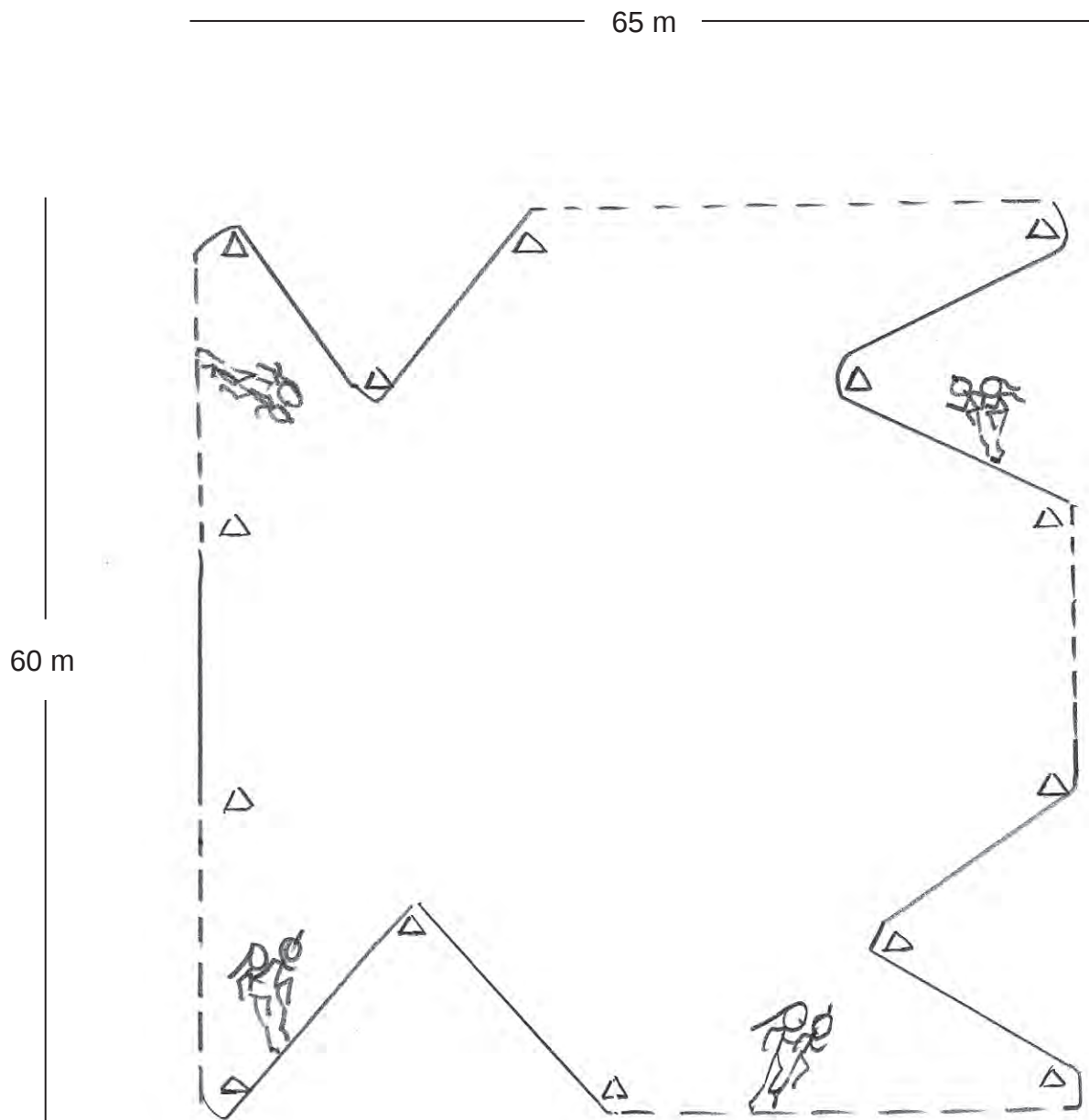


2'30" Balón + 1'30" Trote libre x E1 - E2 - E3

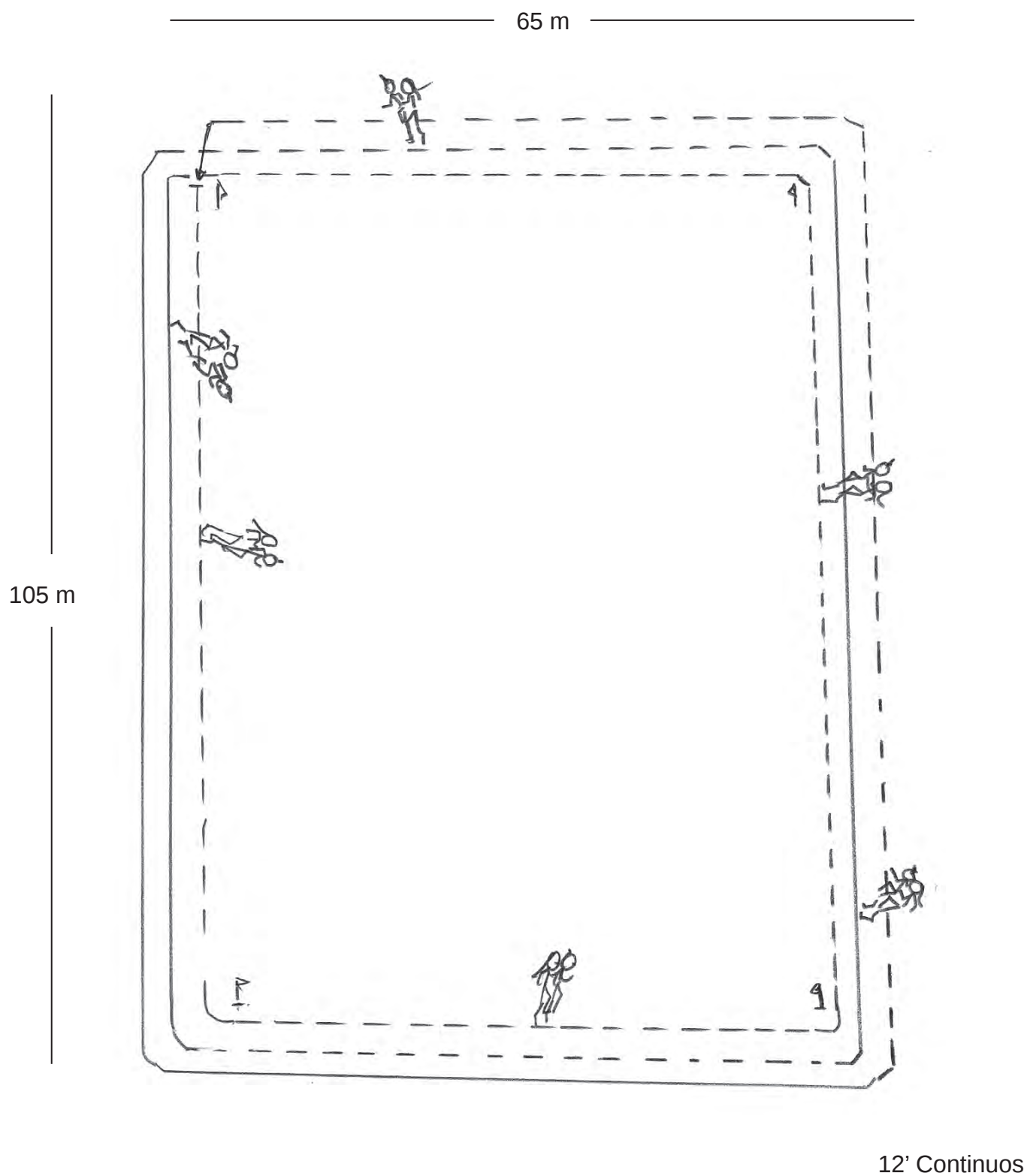
12' Continuos

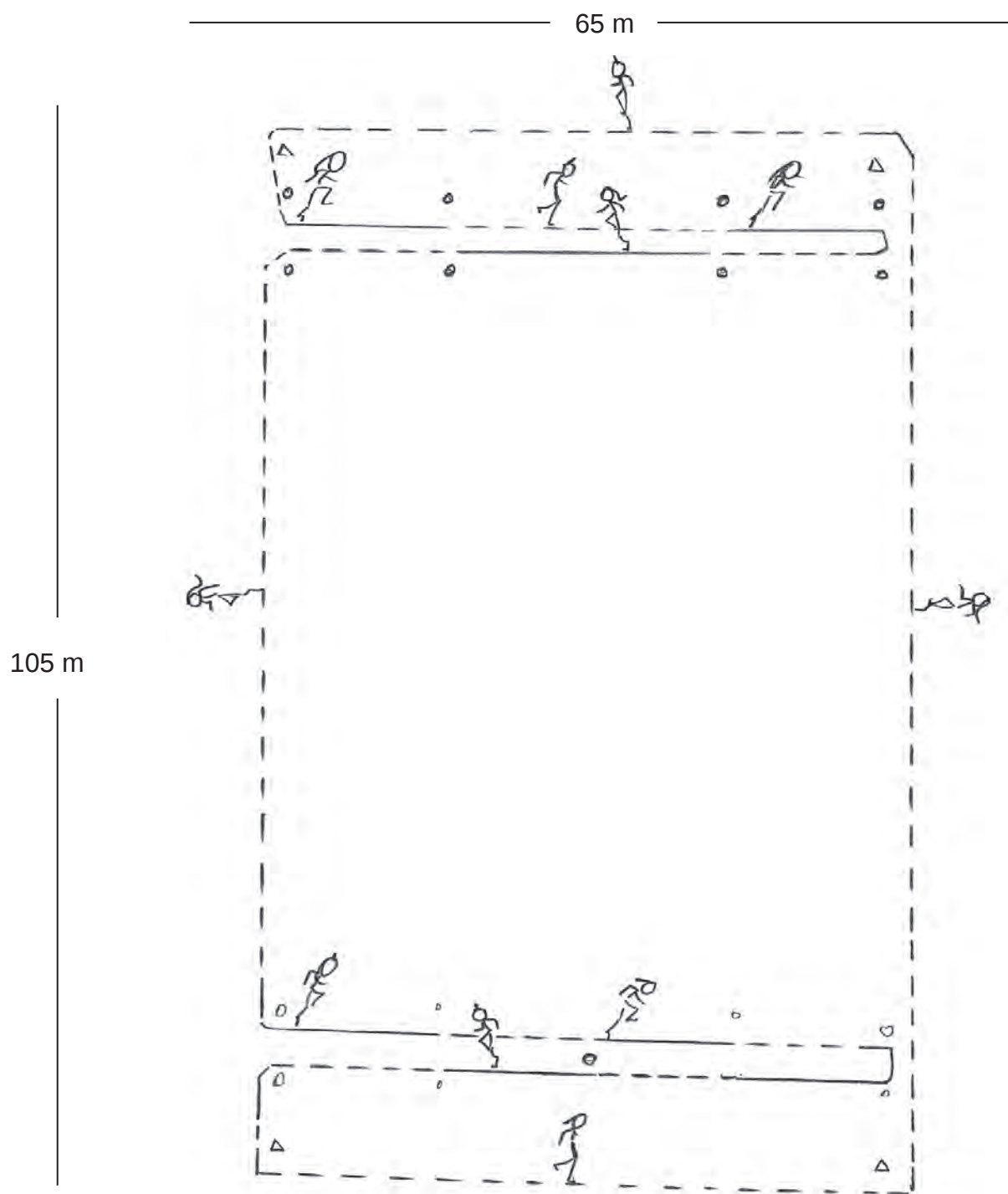


4' de carrera + 1' de pausa x E1 - E2 - E3

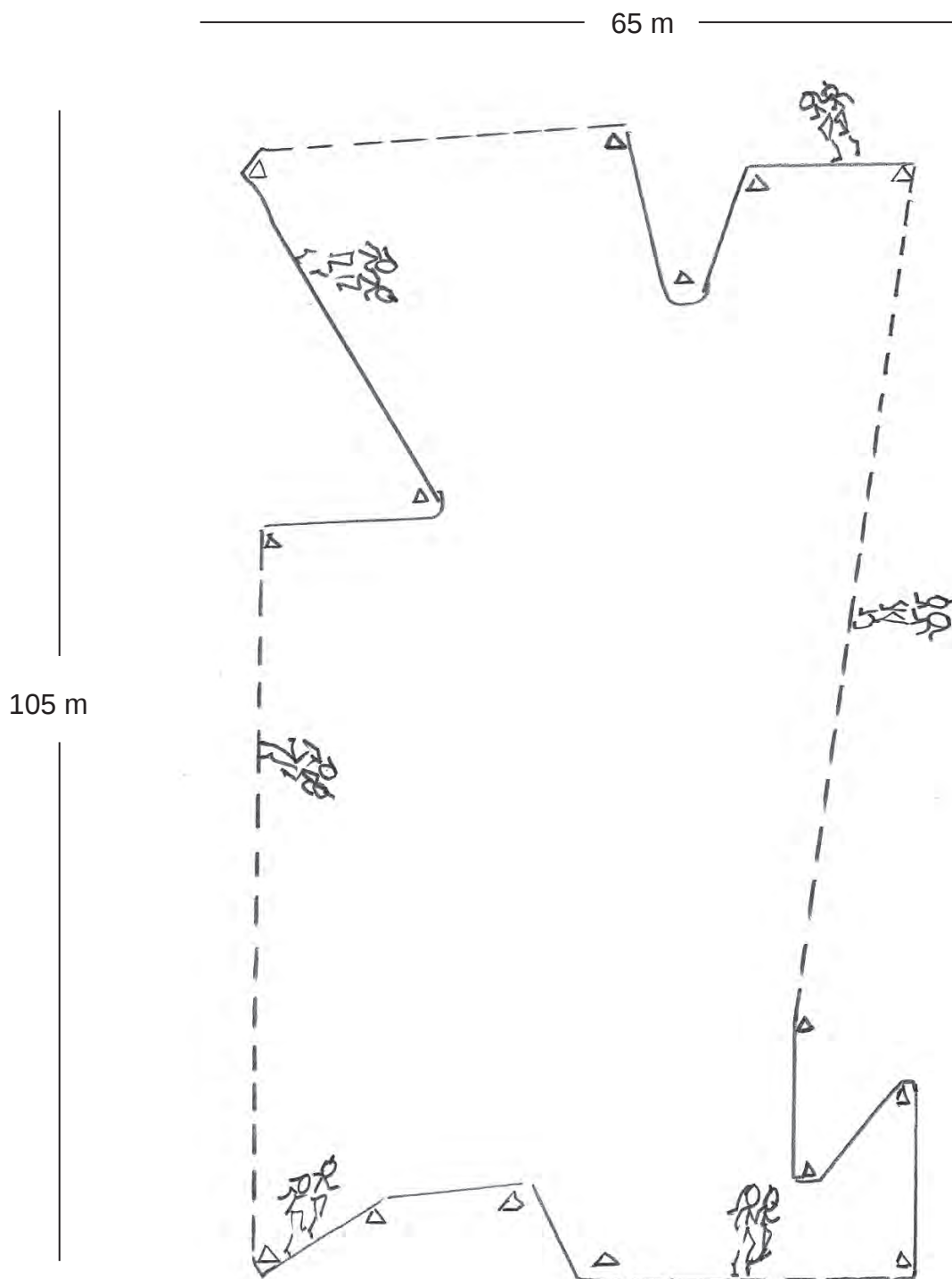


12' Continuos

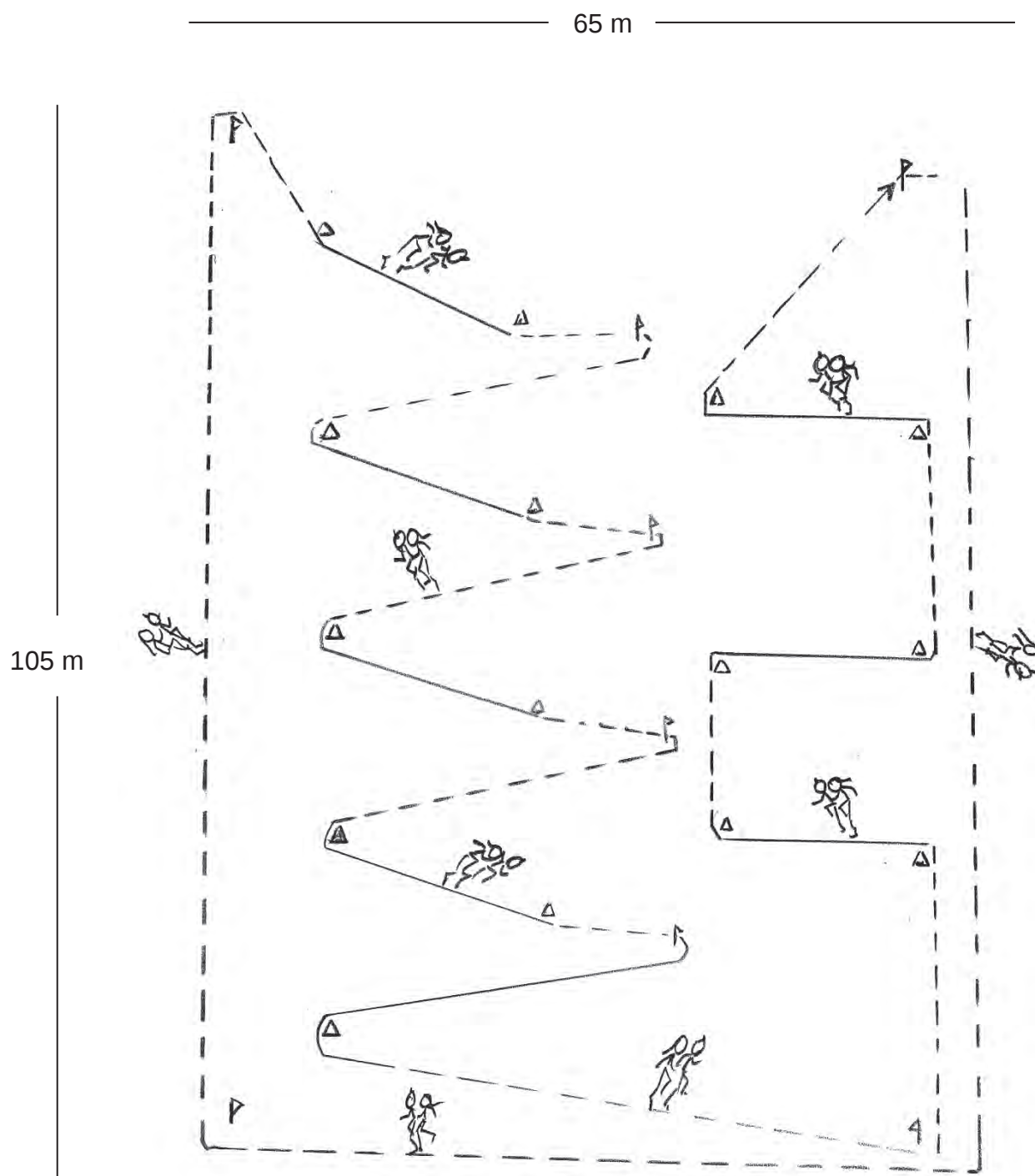




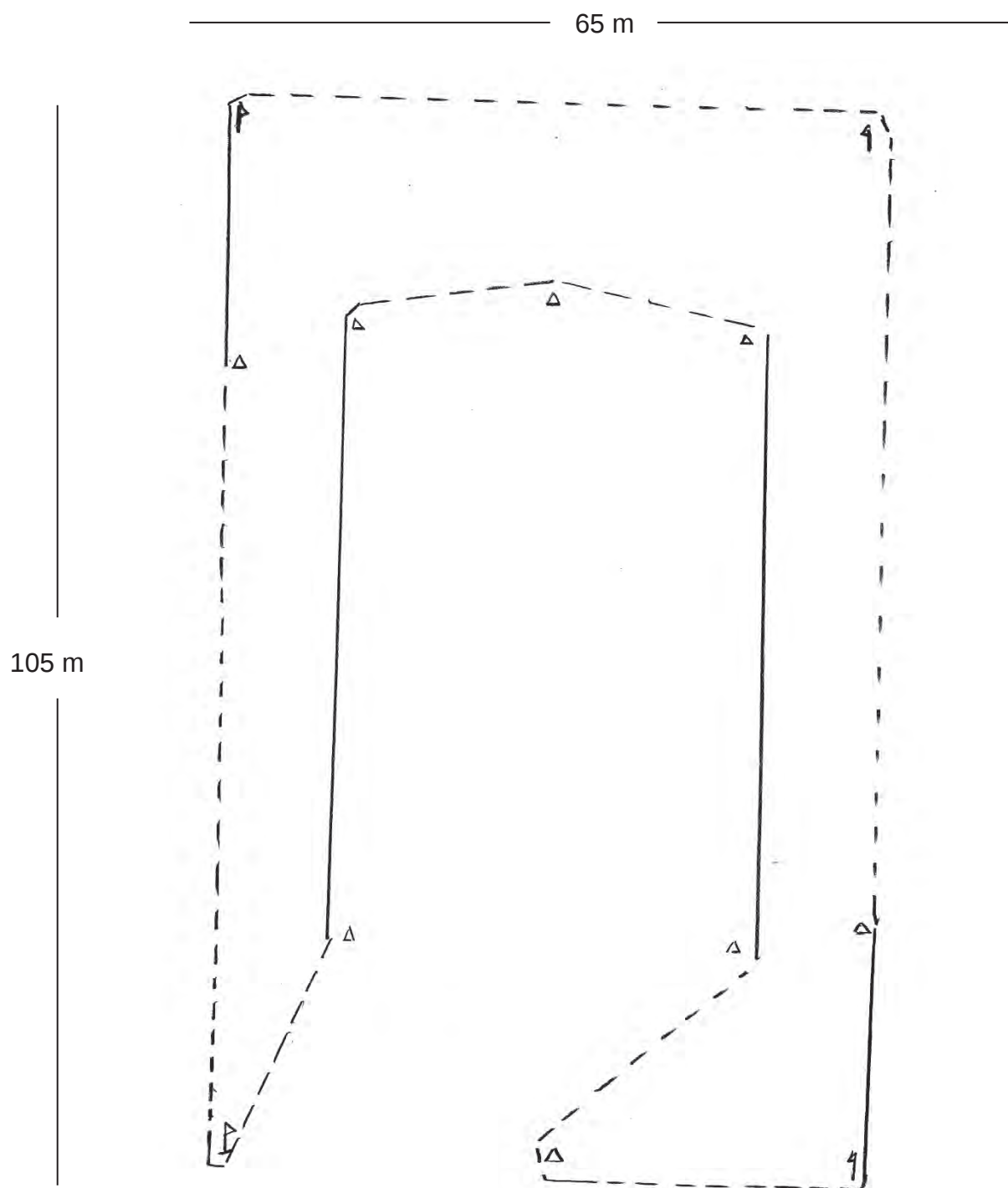
12' Continuos



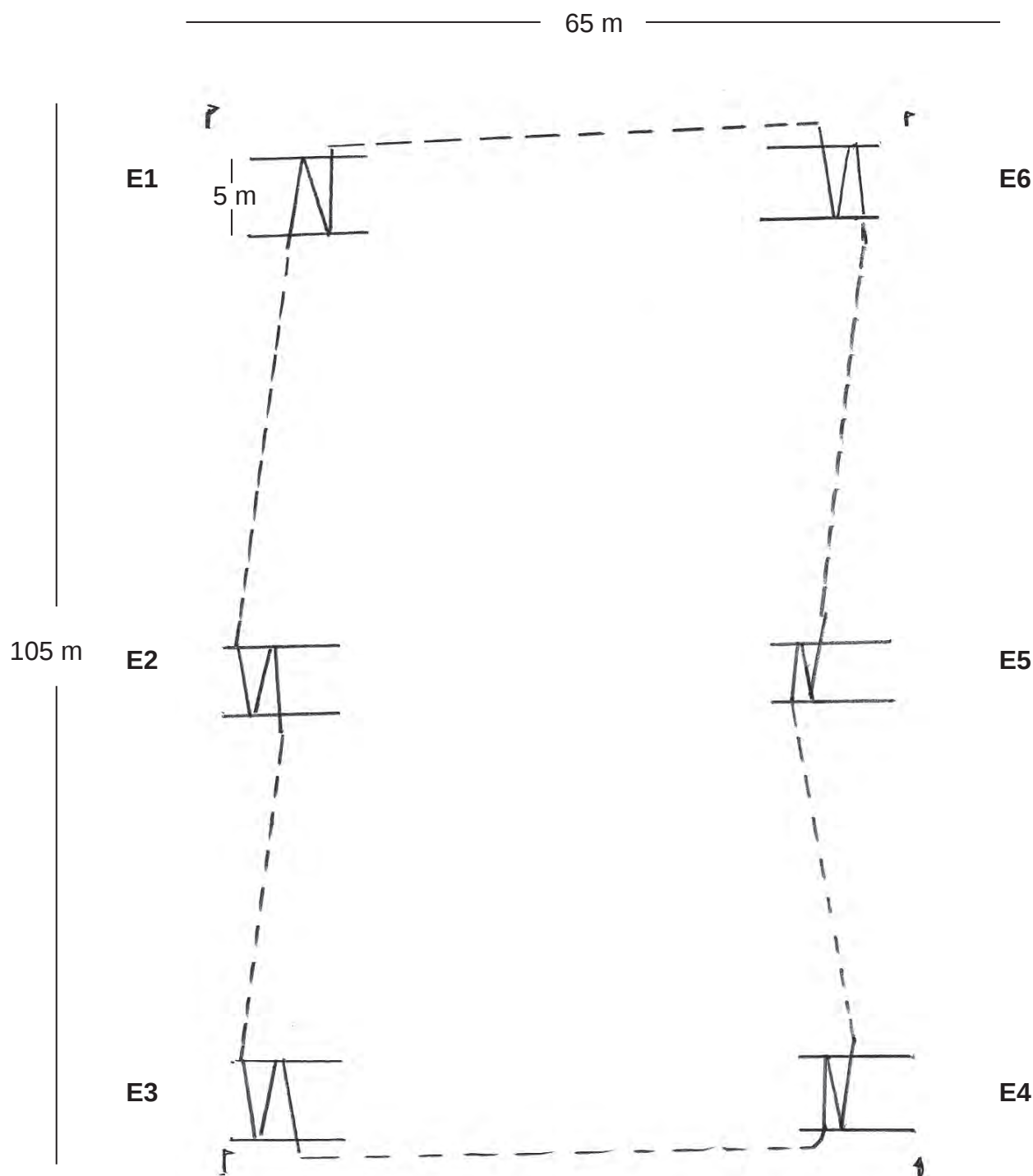
12' Continuos



12' Continuos

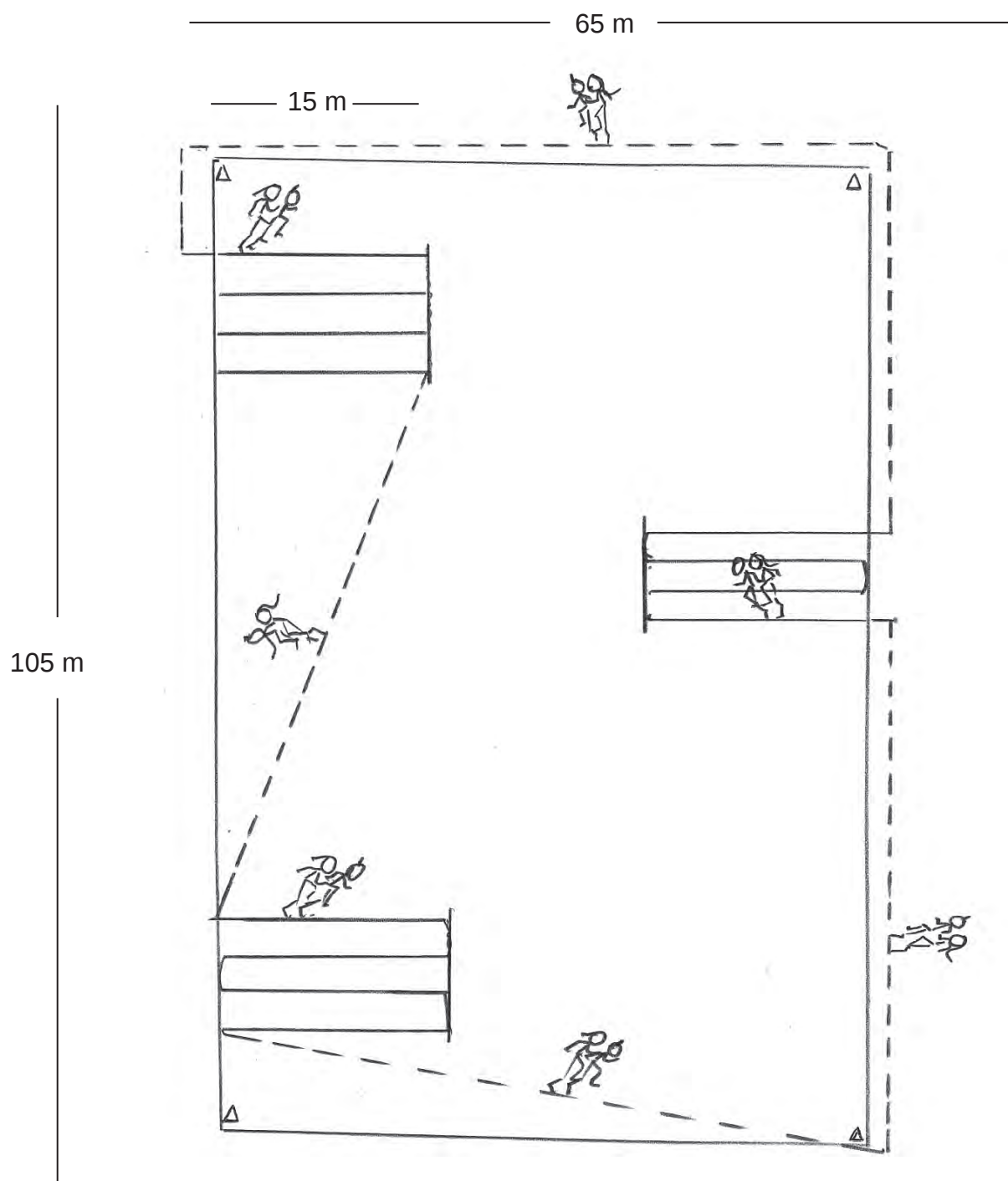


12' Continuos

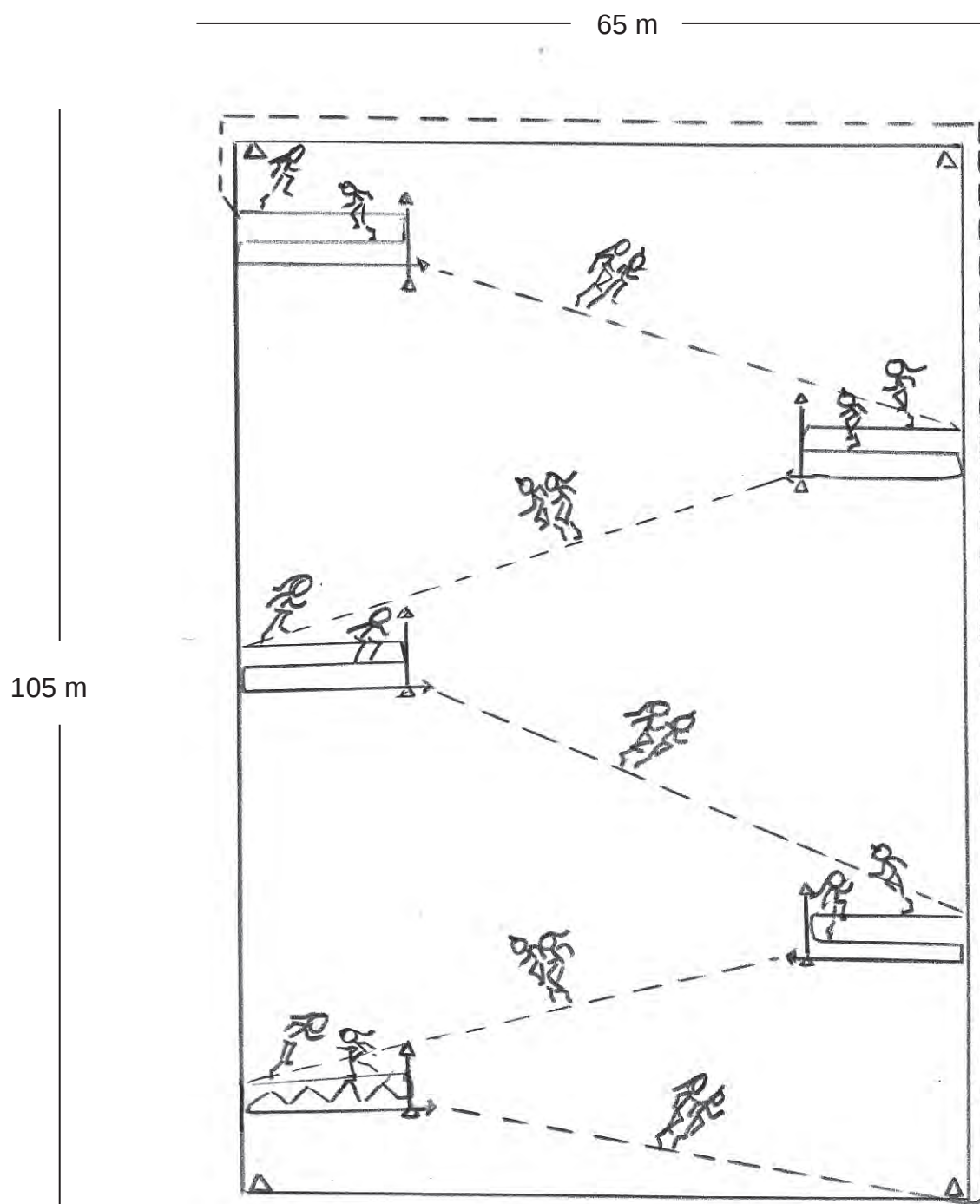


E1-E4 Carrera frontal
 E2-E5 Carrera frontal+espalda
 E3-E6 Carrera zigzag-frontal

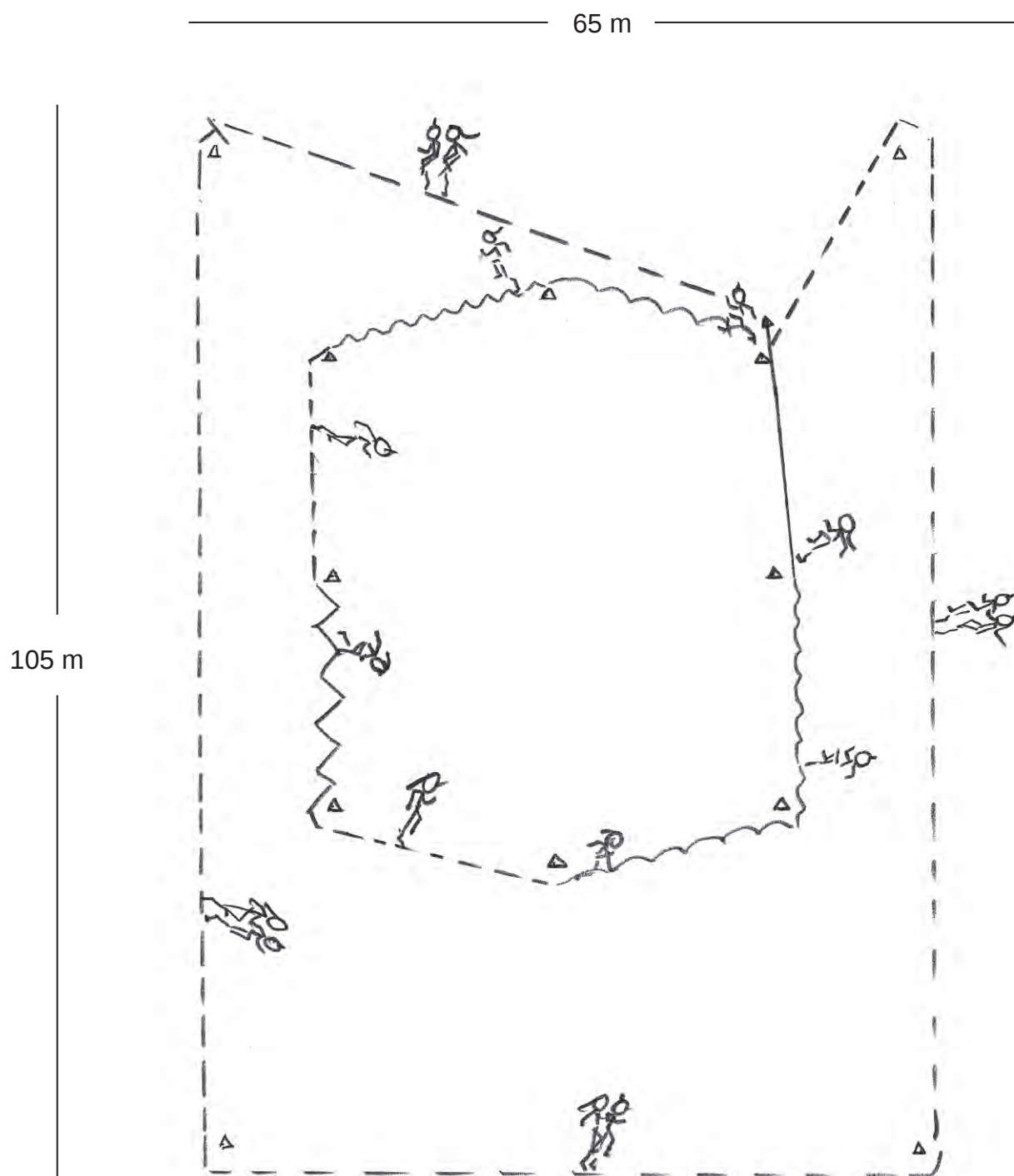
12' Continuos



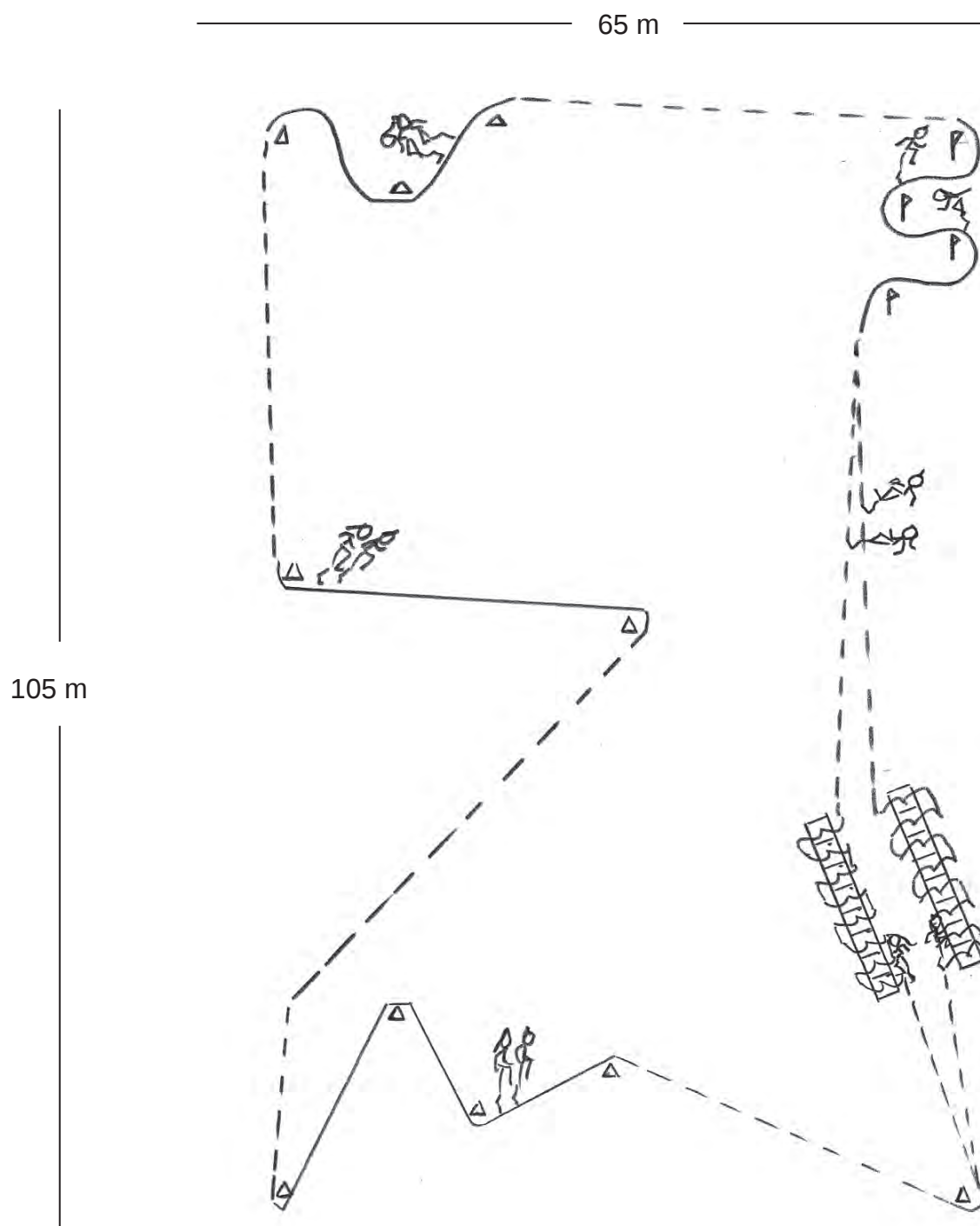
12' Continuos



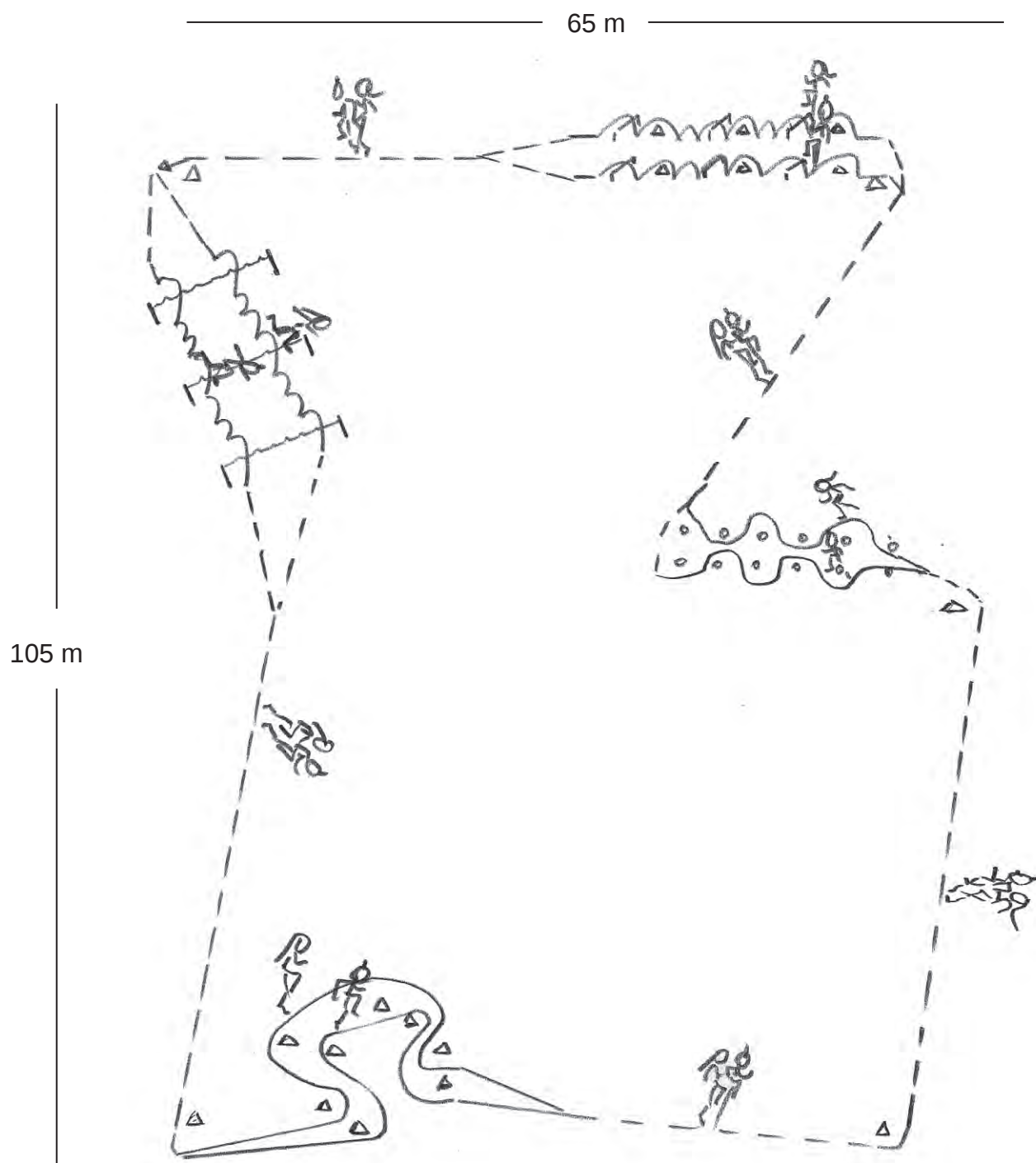
10' - 12' Continuos



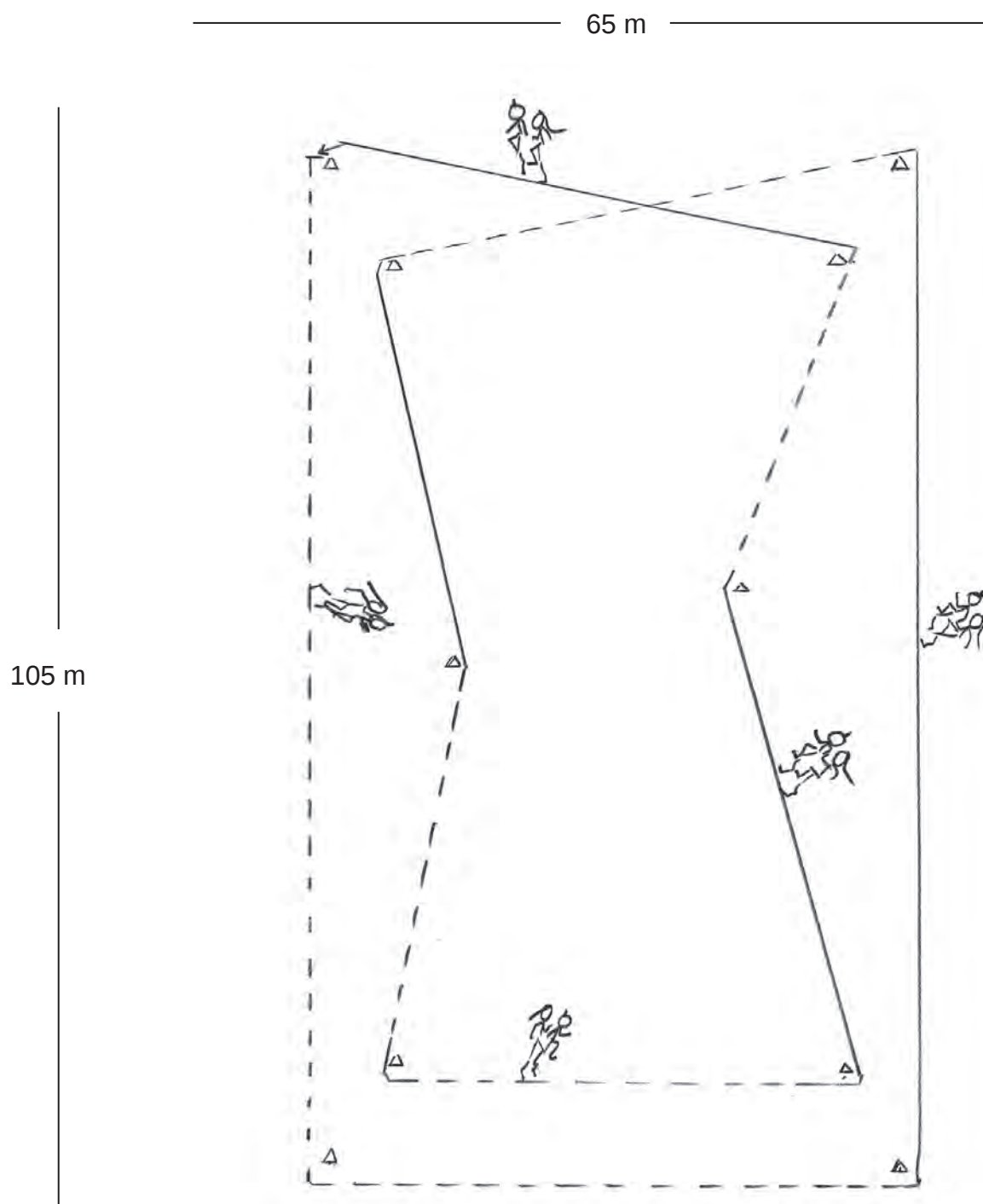
12' Continuos



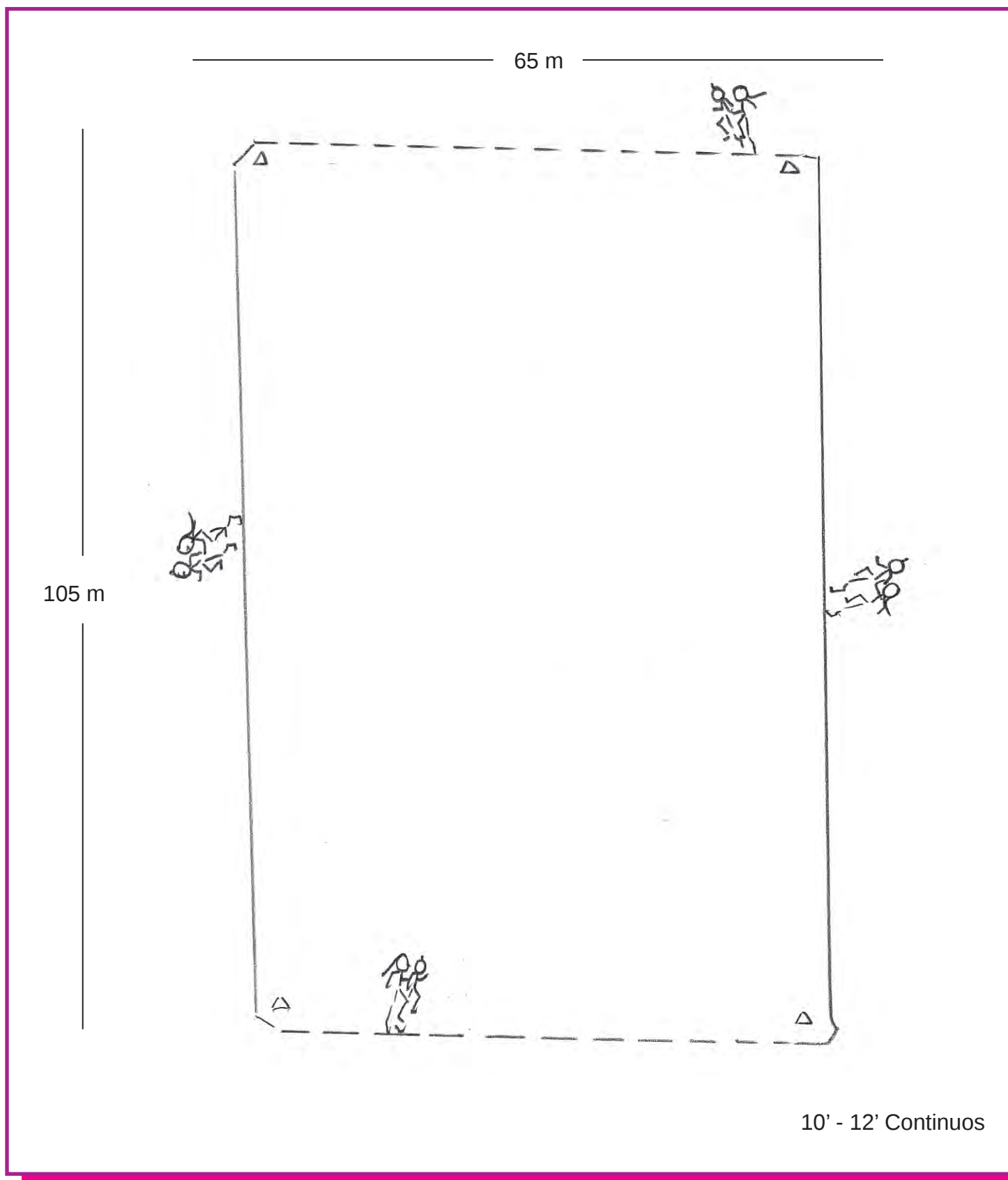
12' Continuos

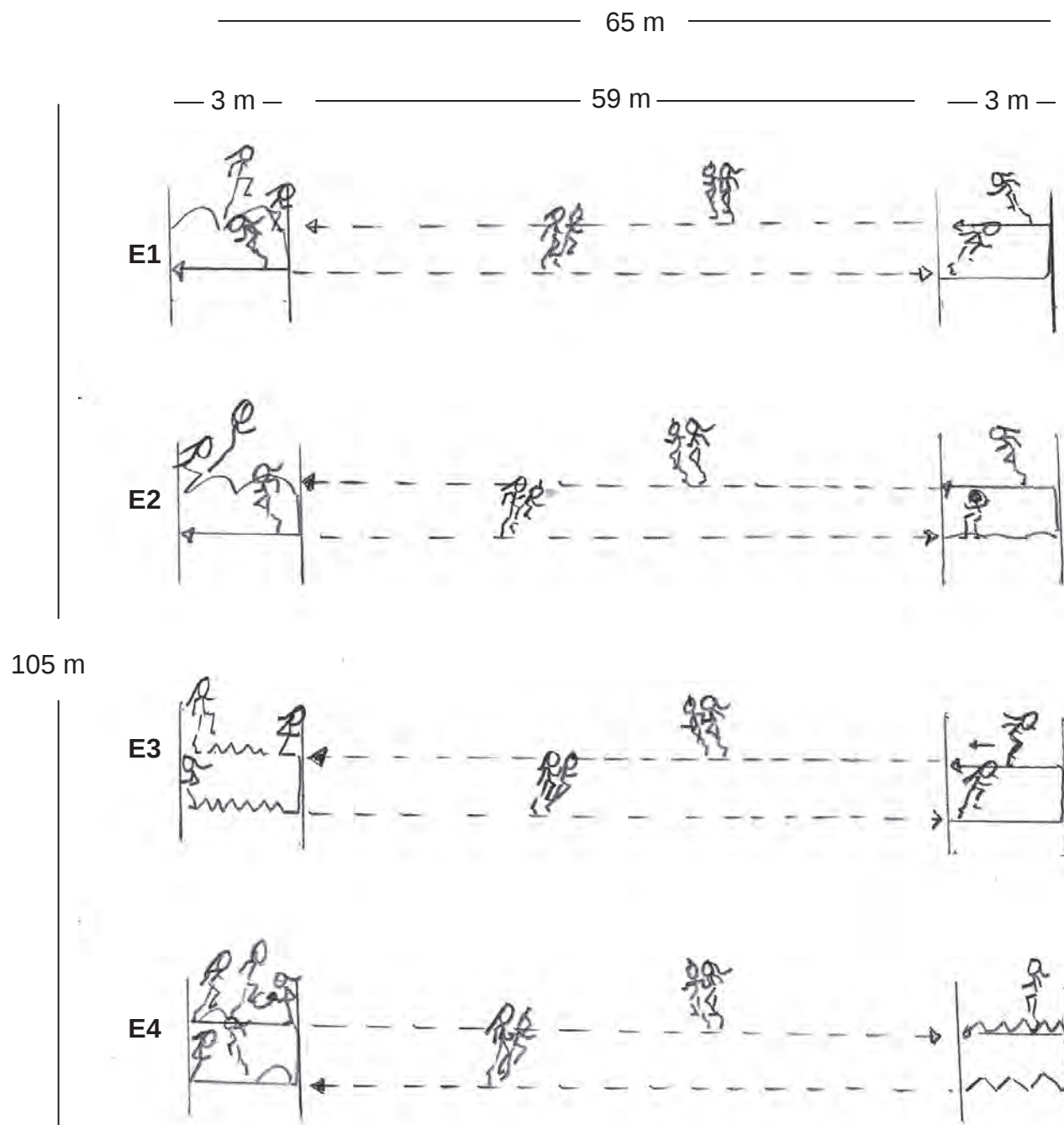


12' Continuos



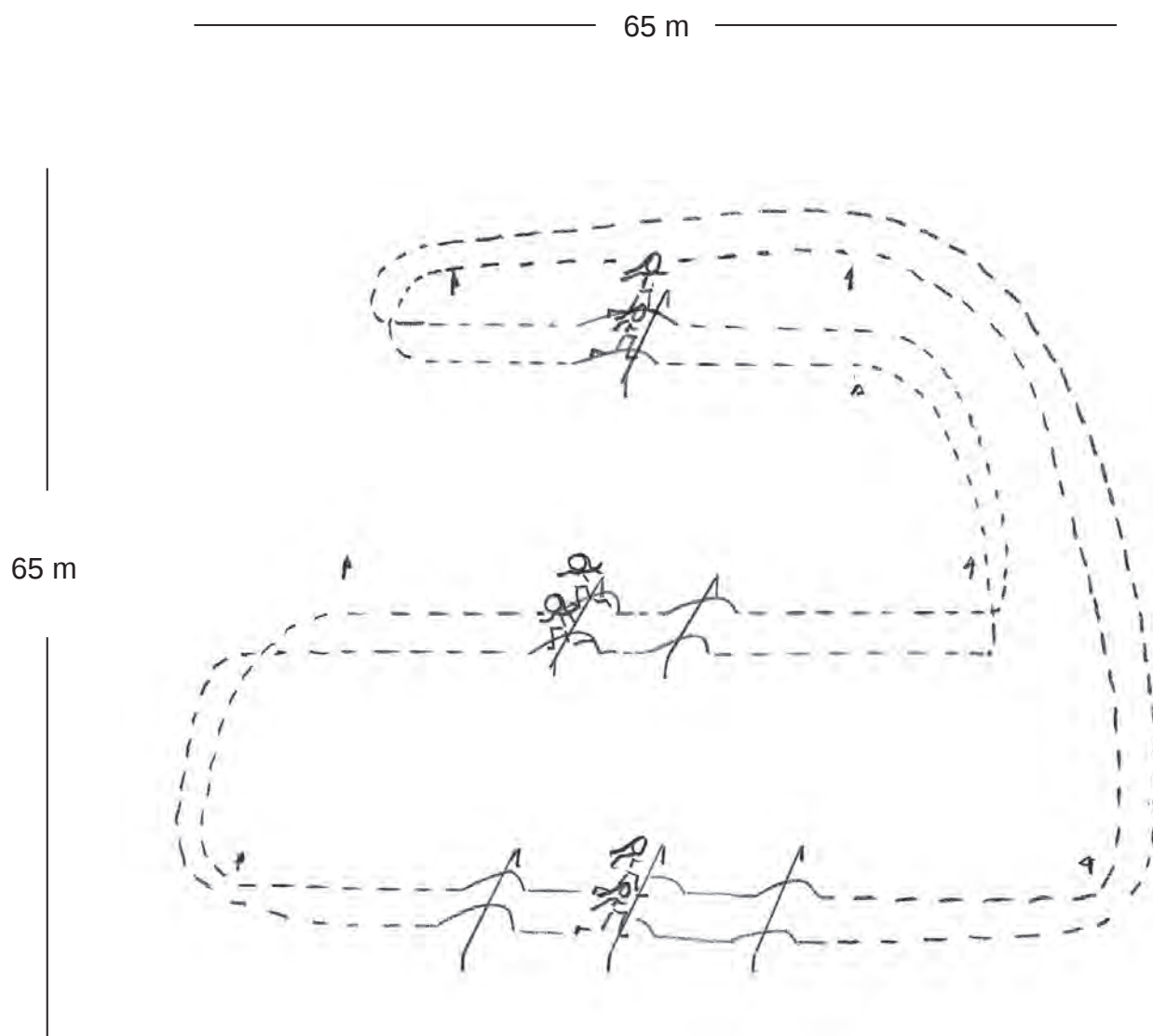
12' Continuos



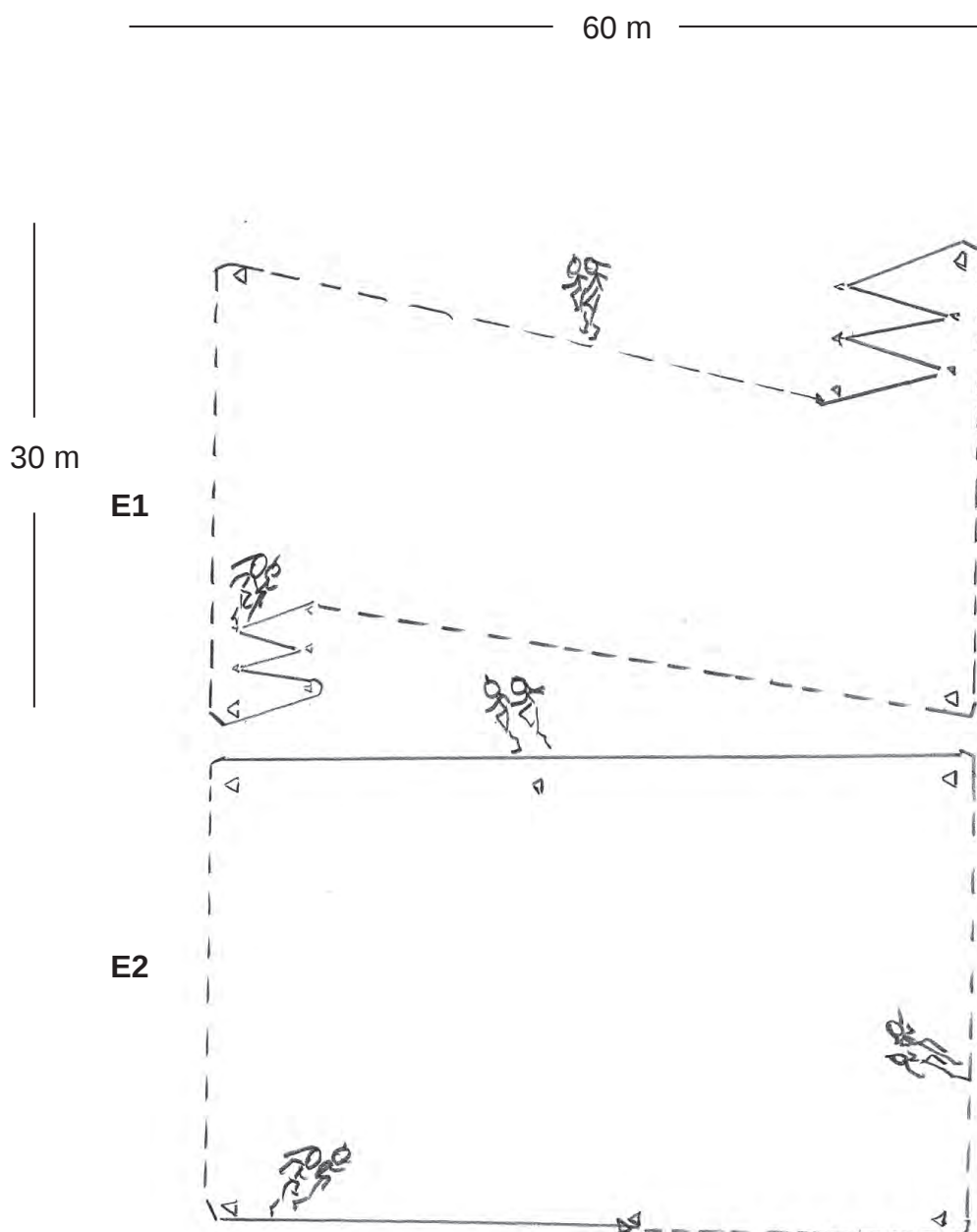


10" de trabajo en los extremos + trote en el centro
+ 1' de pausa de estación x E1 - E2 - E3 - E4

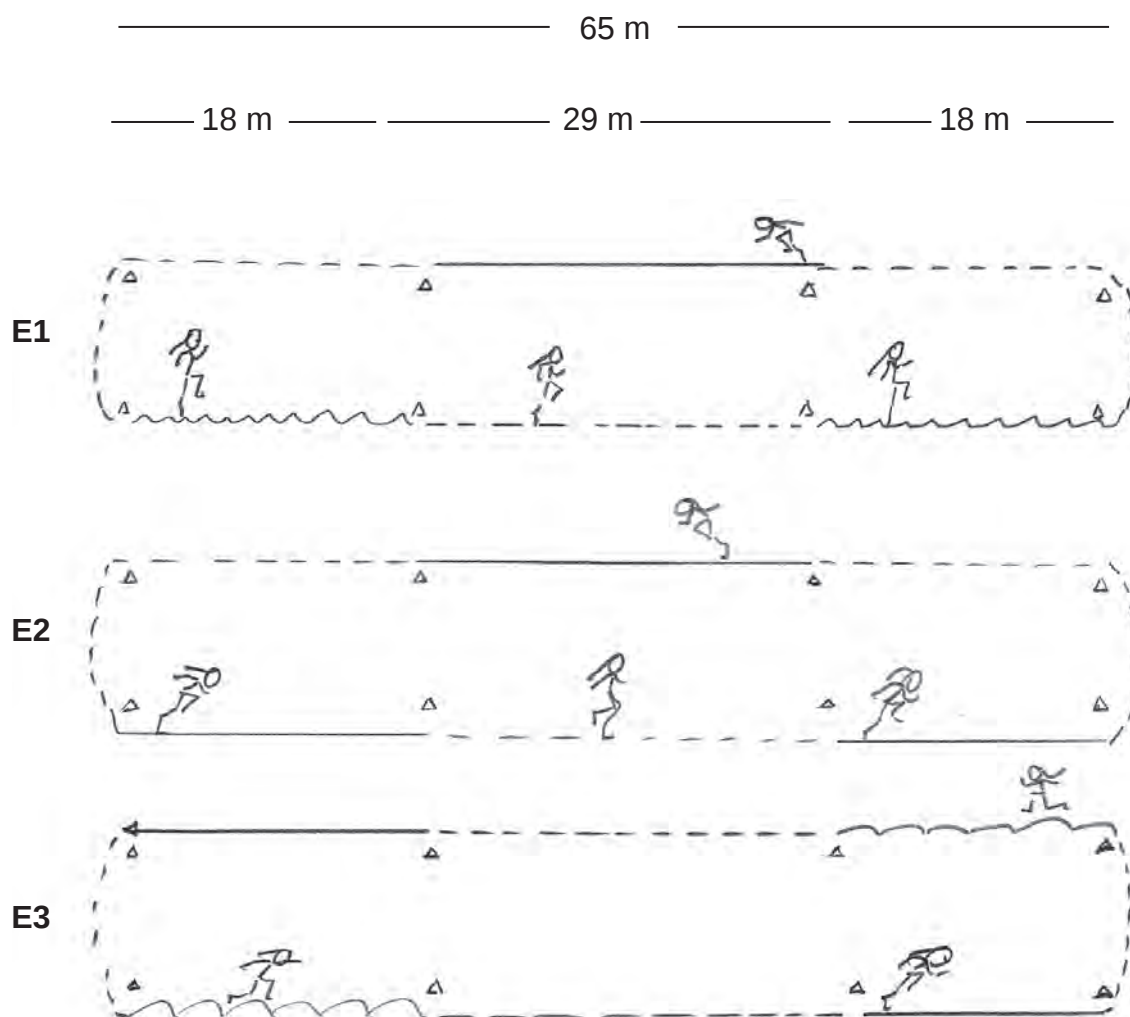
12' Continuos



10' Continuos

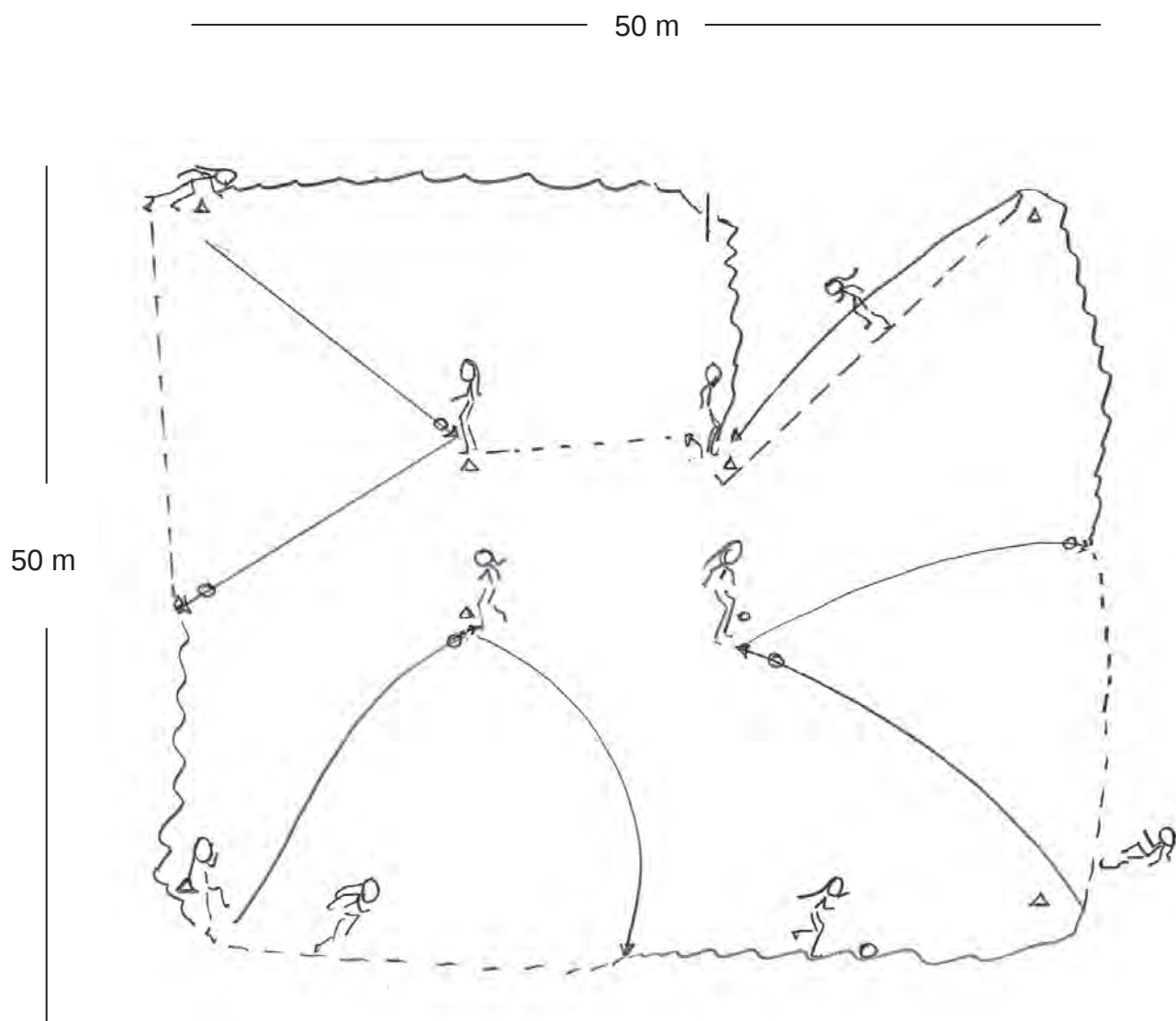


E1 - E2 x 5' + 1' de pausa de estación



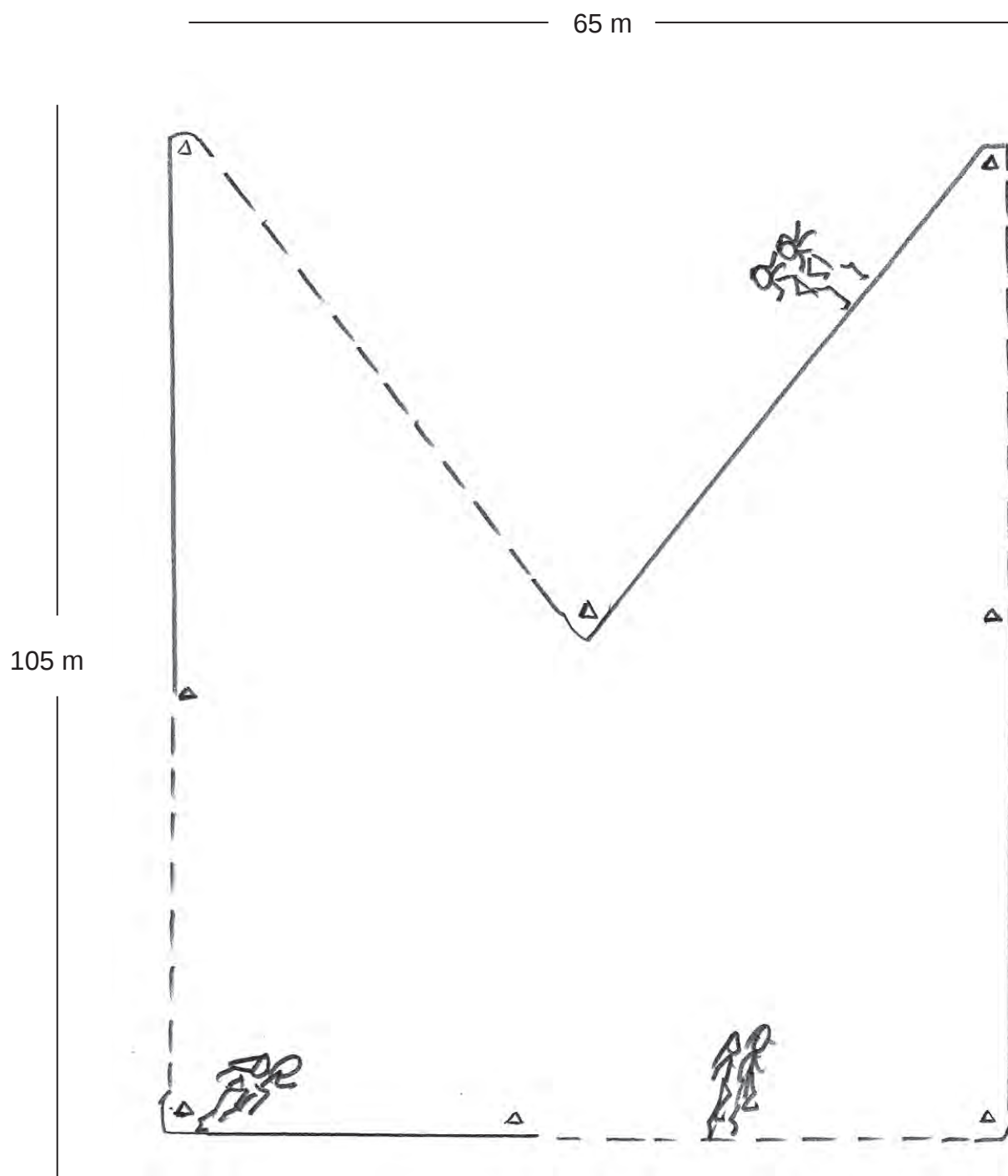
3' continuos + 1' de pausa de estación x E1 - E2 - E3

11' Continuos

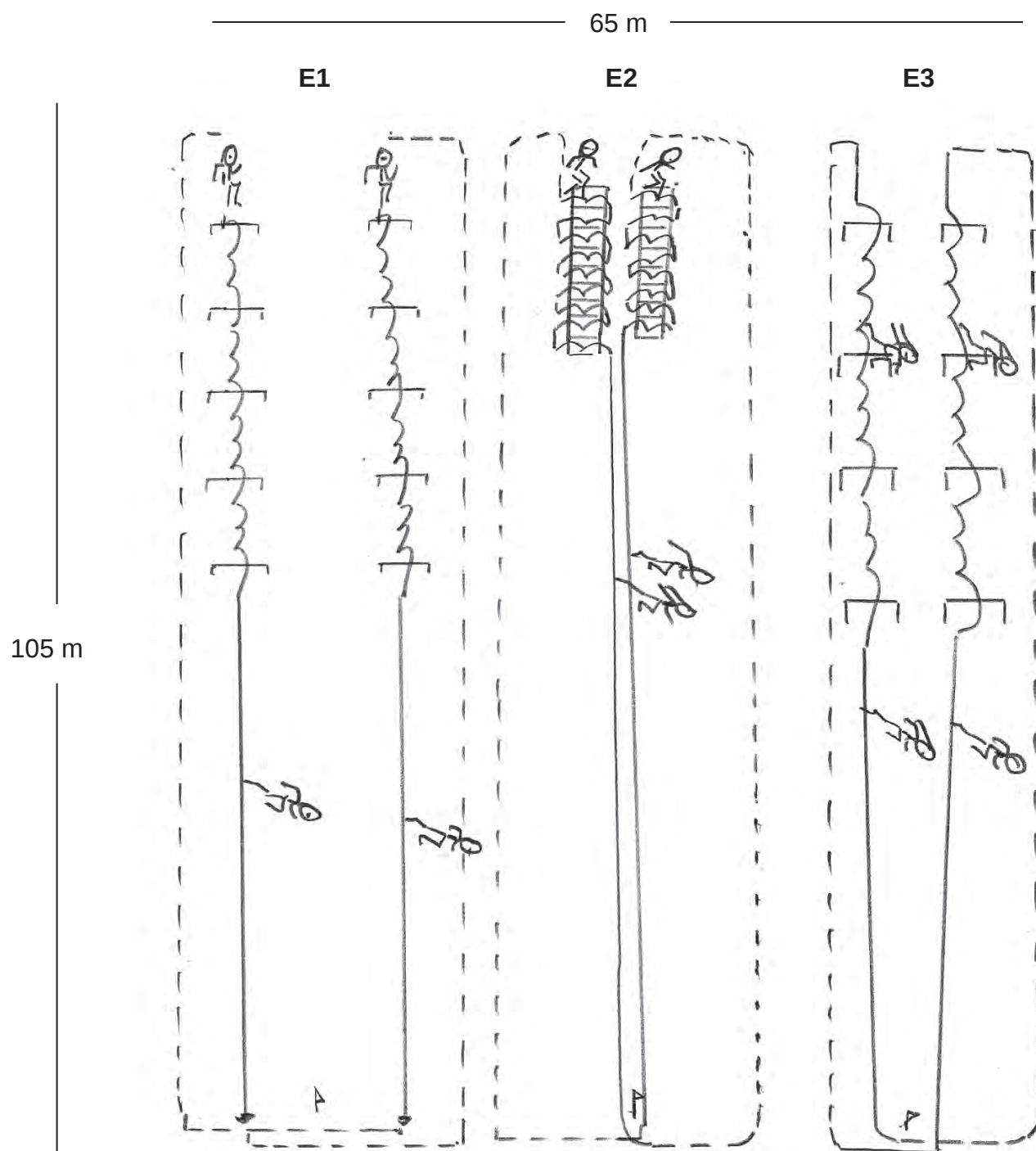


Cambio de los postes cada 3'

12' Continuos

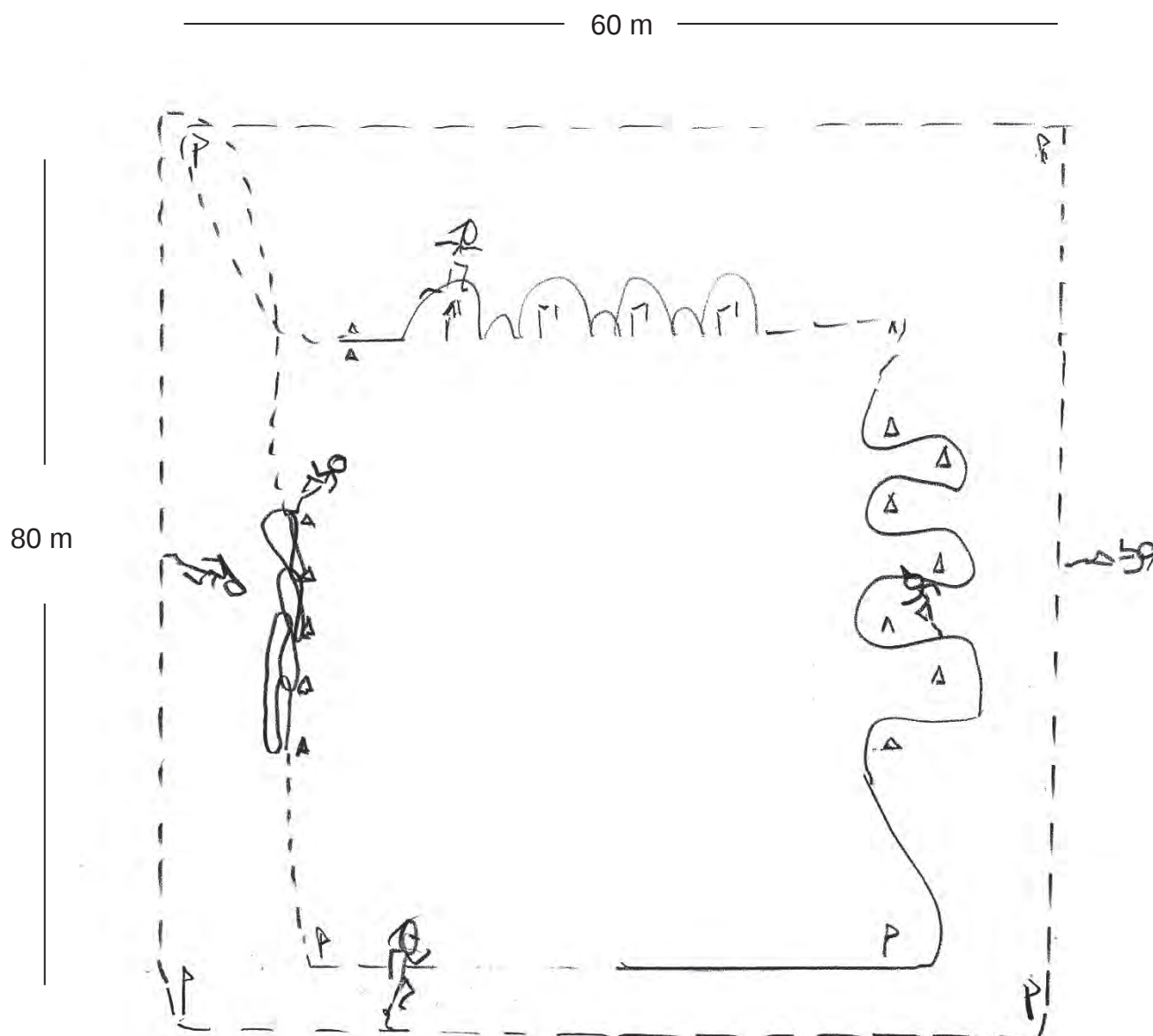


12' Continuos

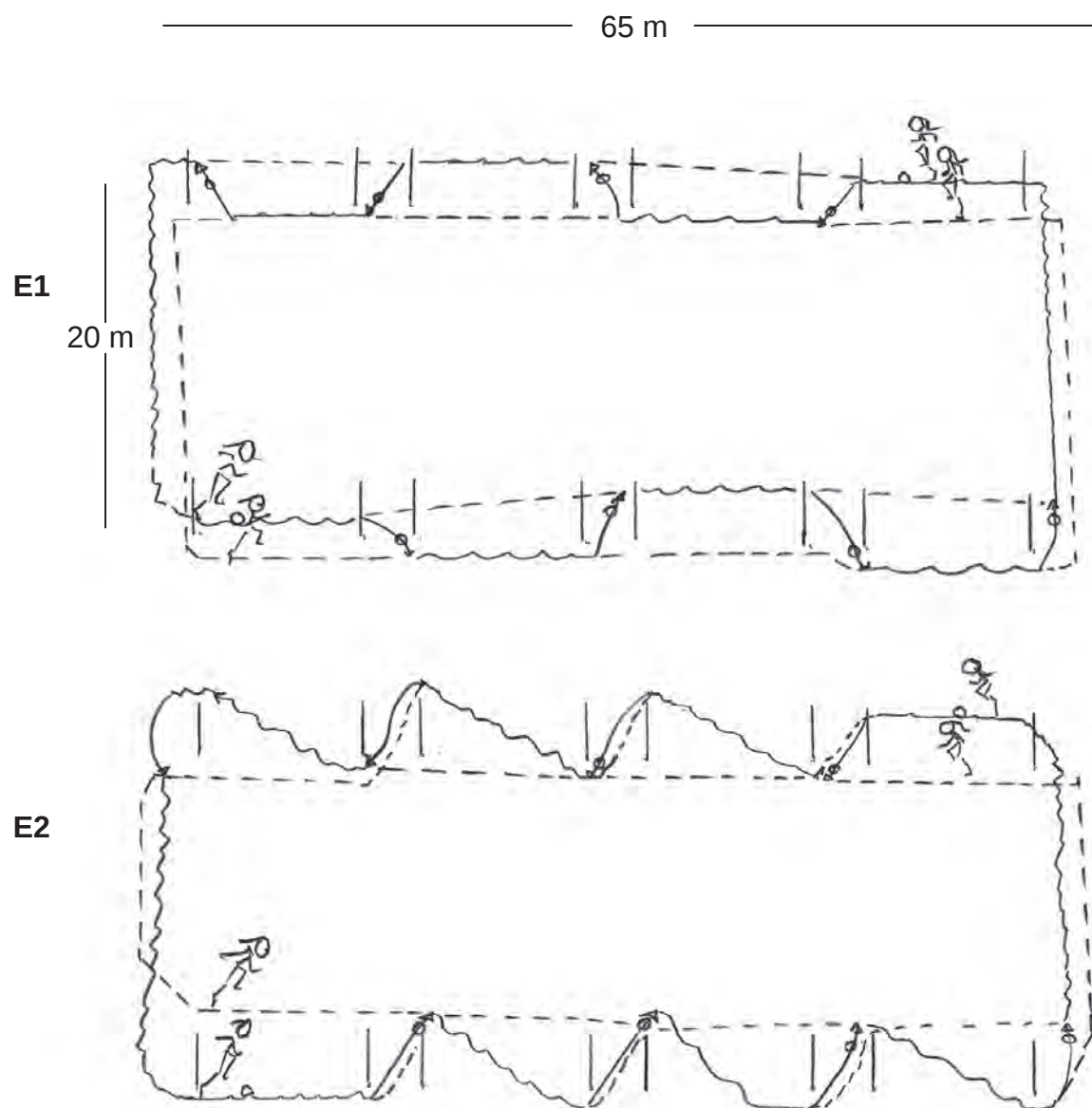


4' continuos + 1' de pausa de estación x E1 - E2 - E3

14' Continuos

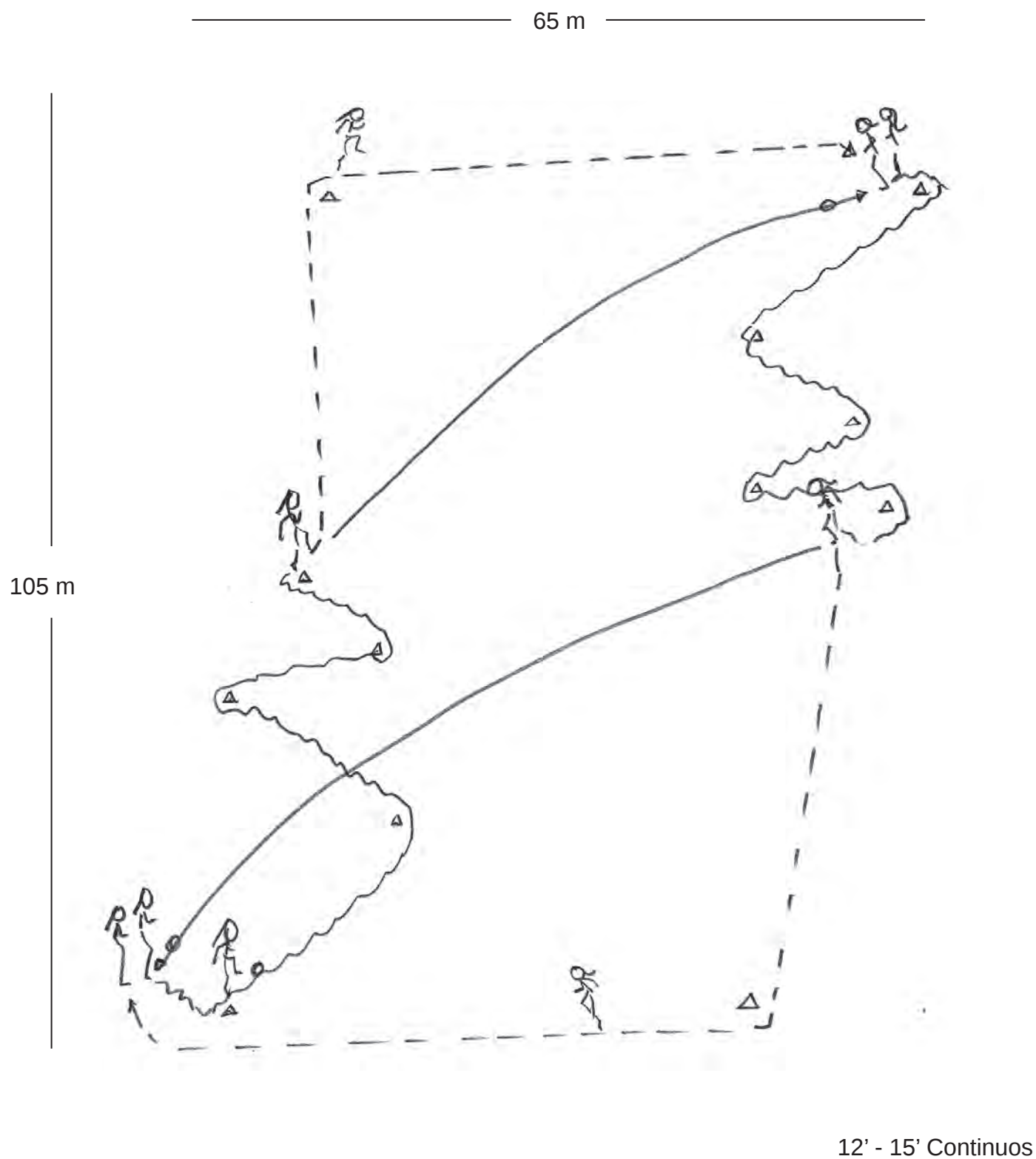


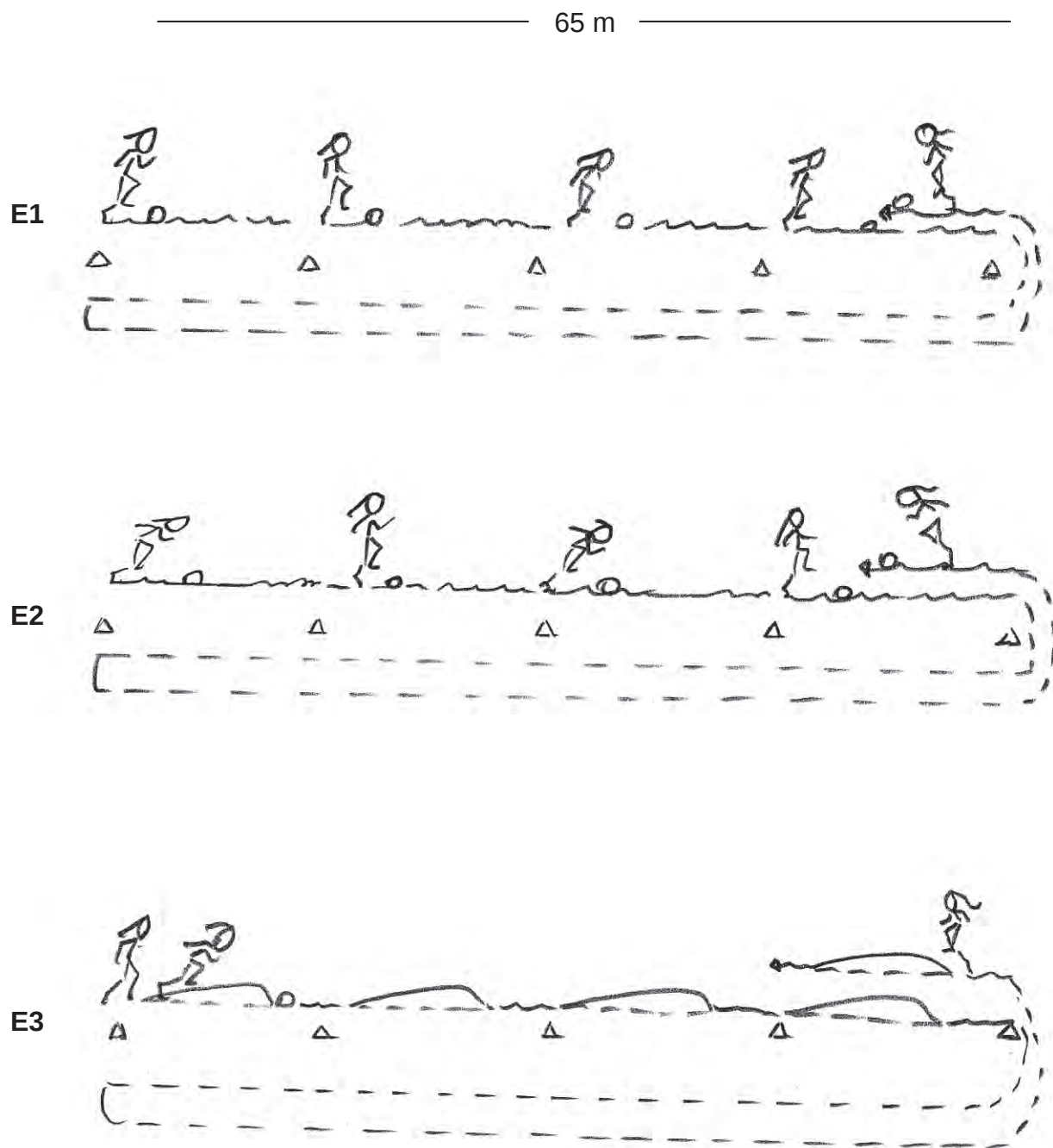
12' Continuos



4' continuos + 1' de pausa de estación x E1 - E2

11' Continuos

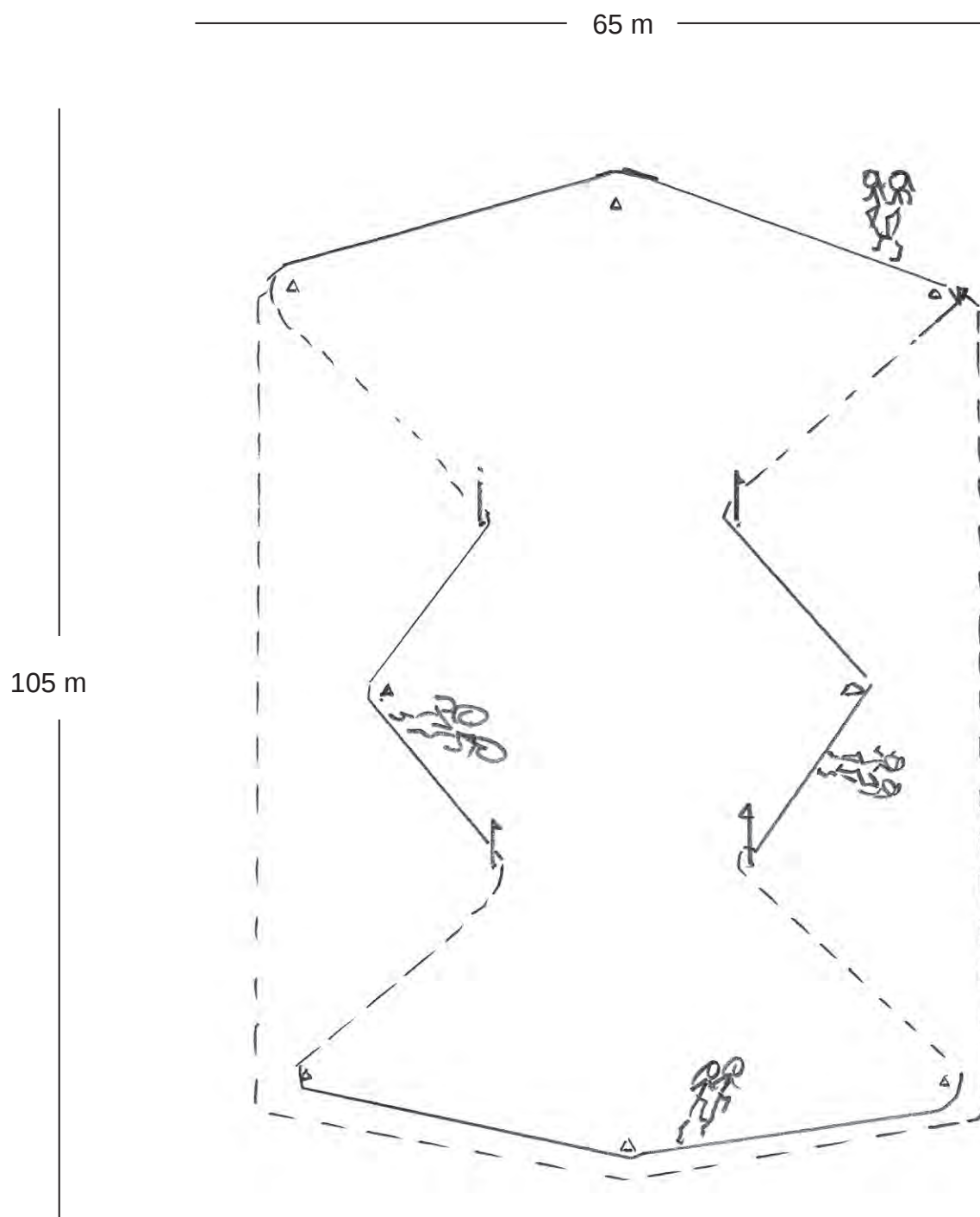




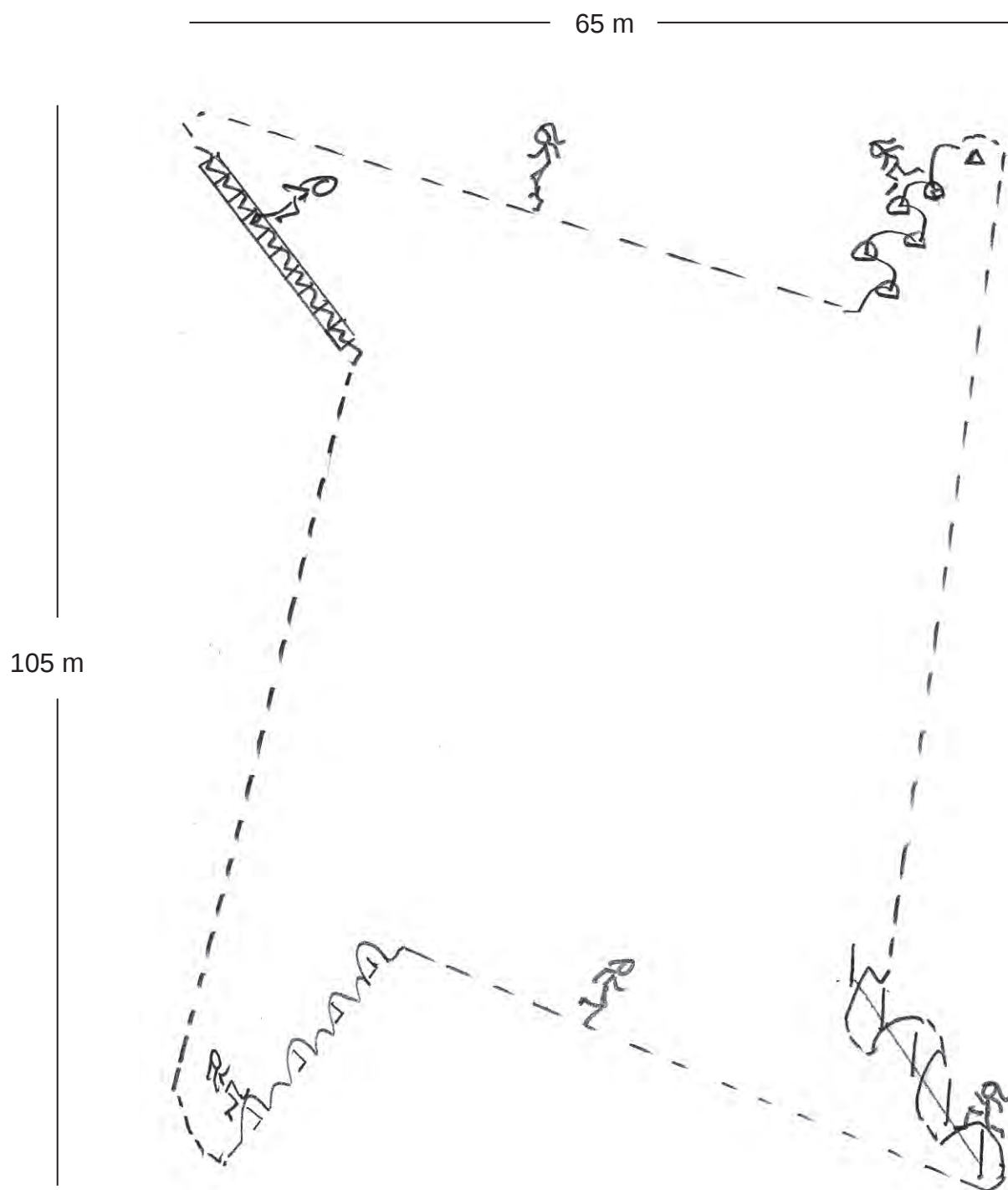
- E1. Conducción con derecha, conducción con izquierda.
 E2. Conducción rápida, conducción lenta.
 E3. Autopase y sprint detrás del balón.

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

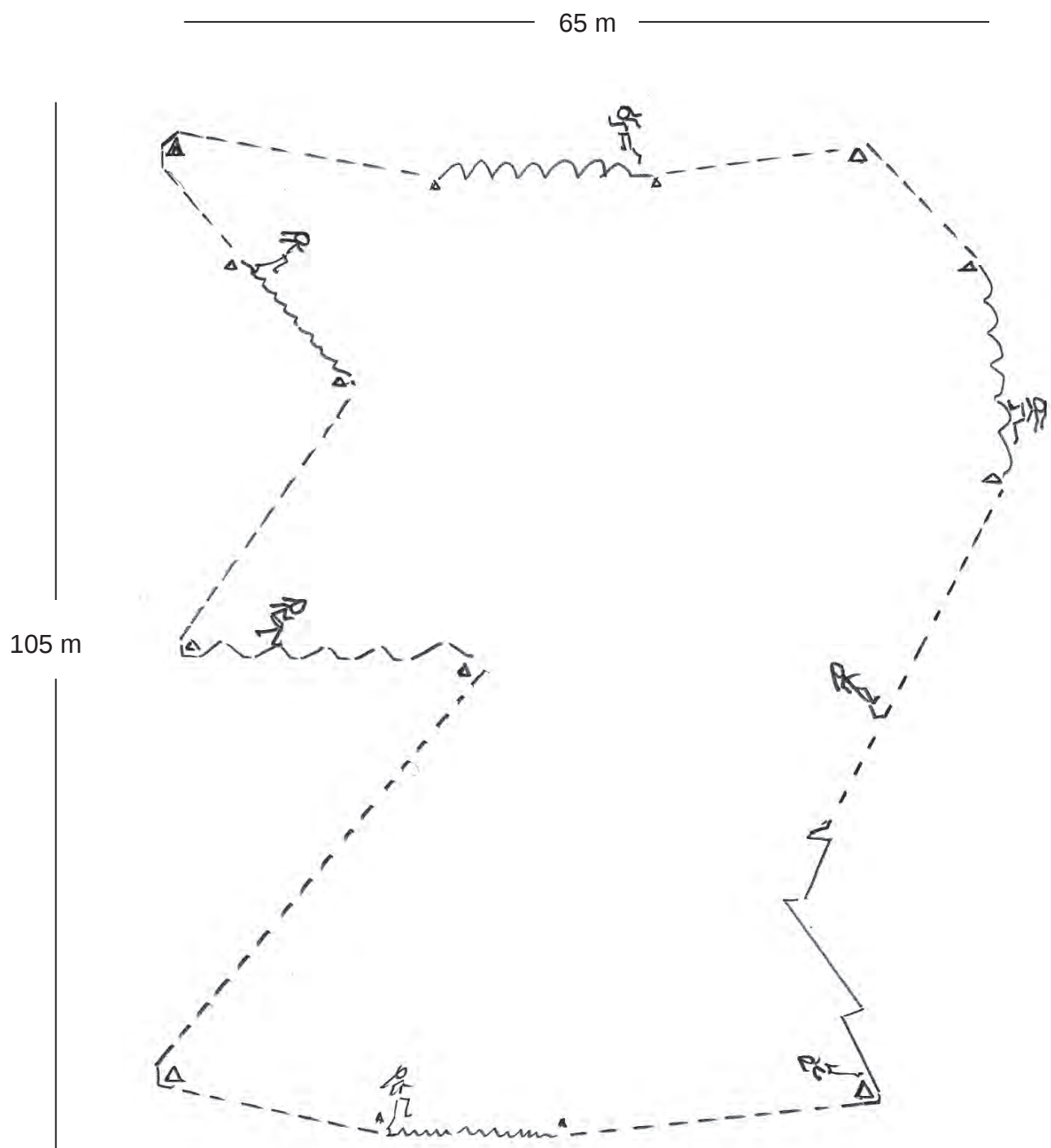
11' Continuos



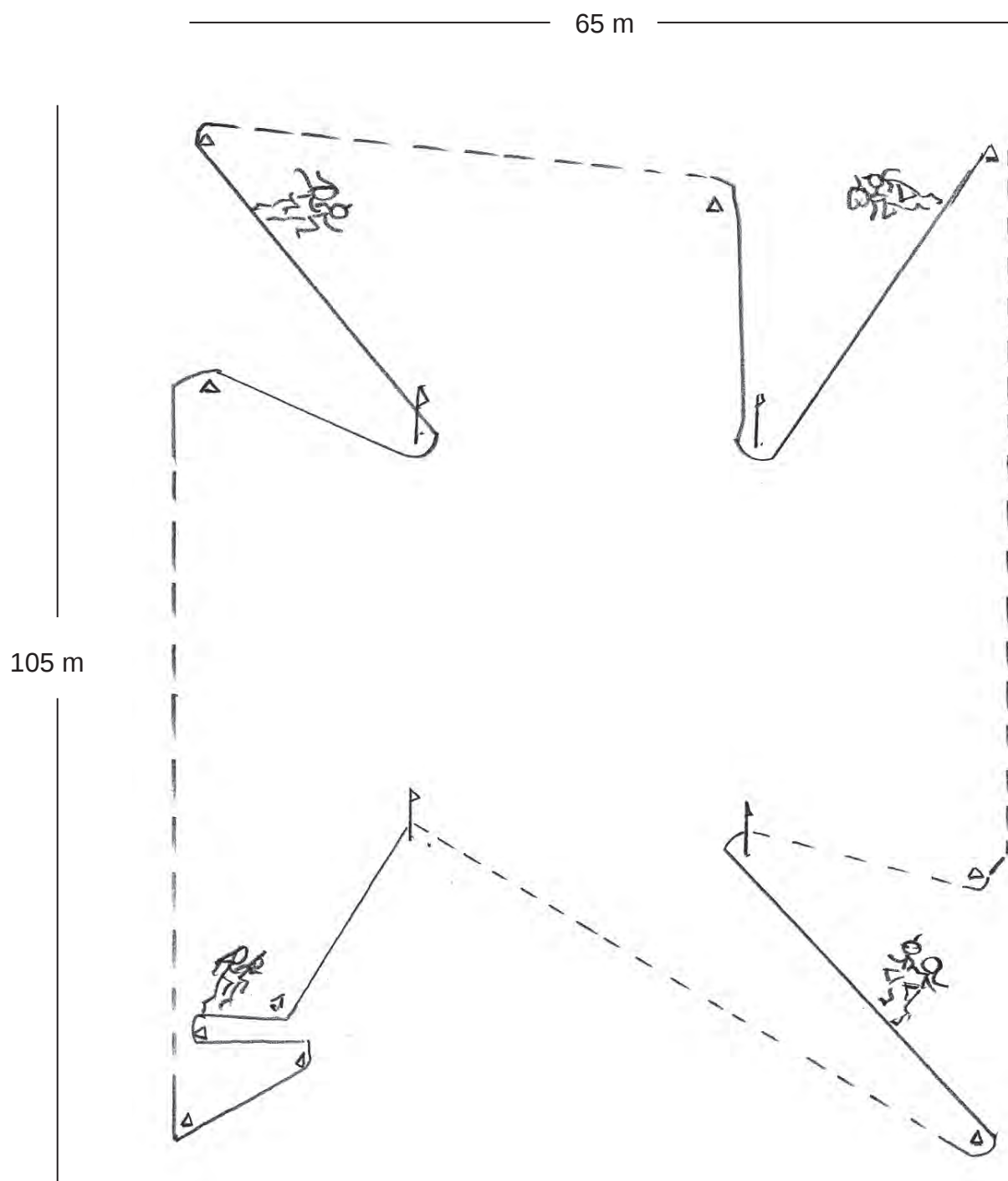
12' Continuos



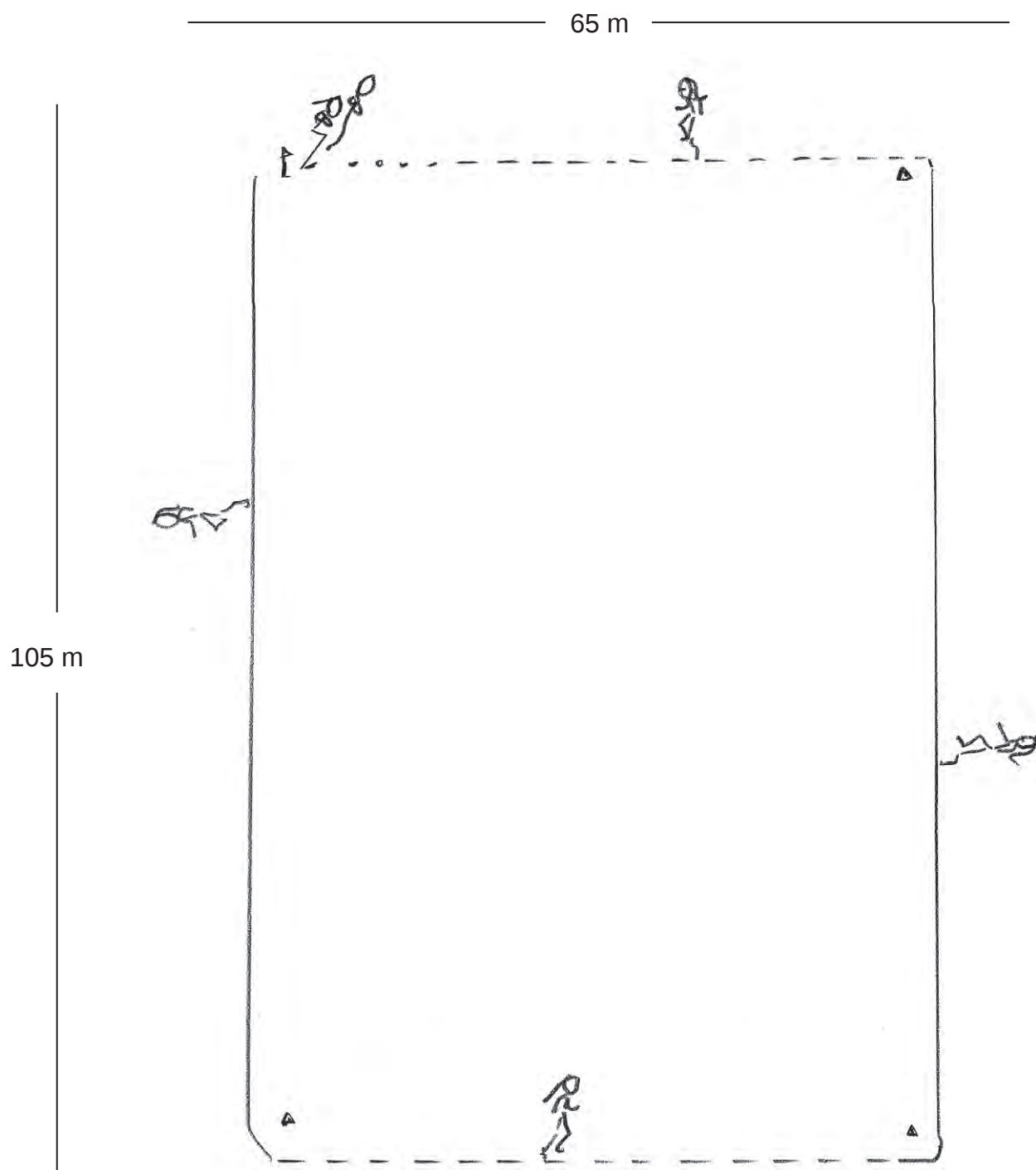
12' Continuos



12' Continuos

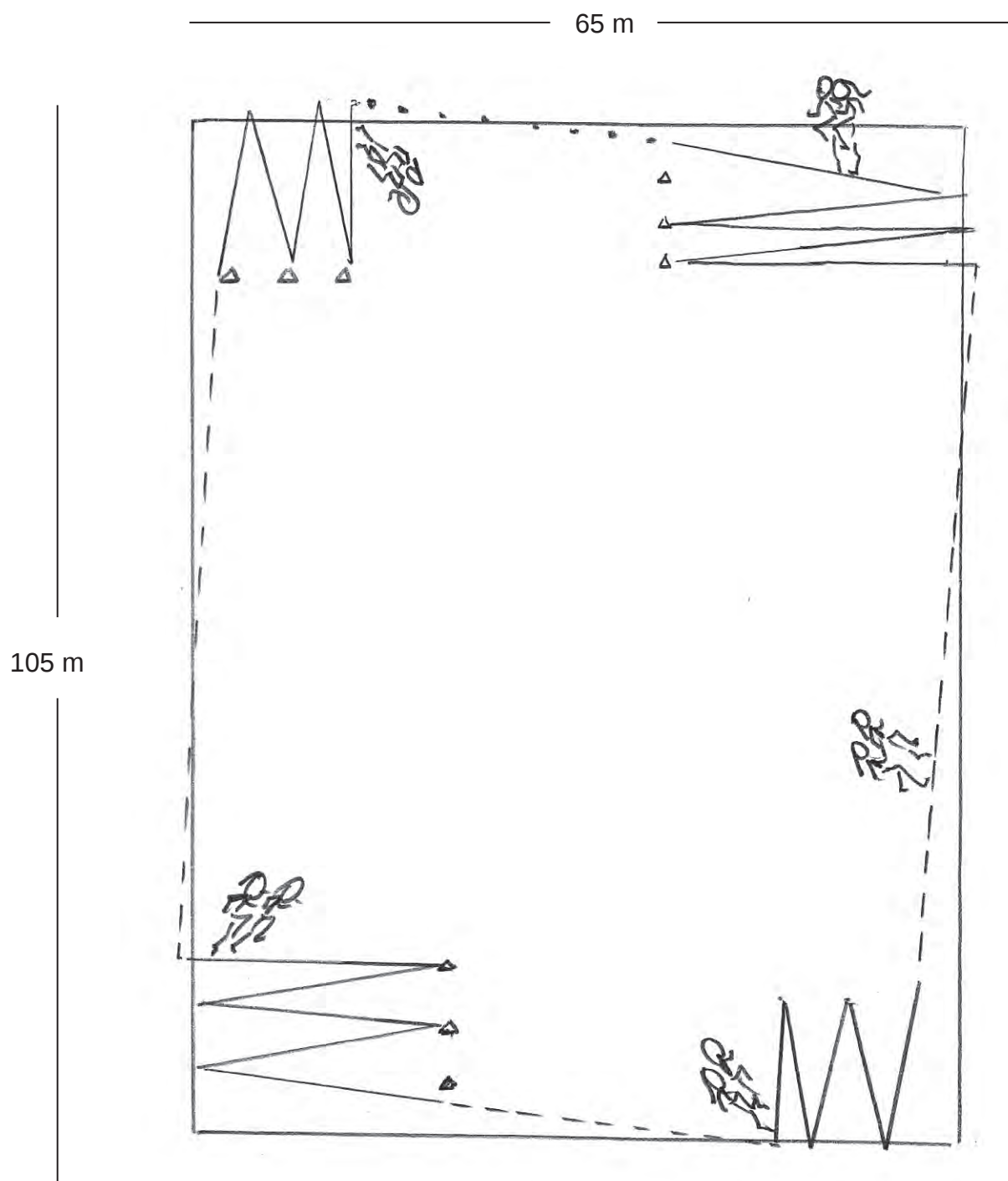


12' Continuos



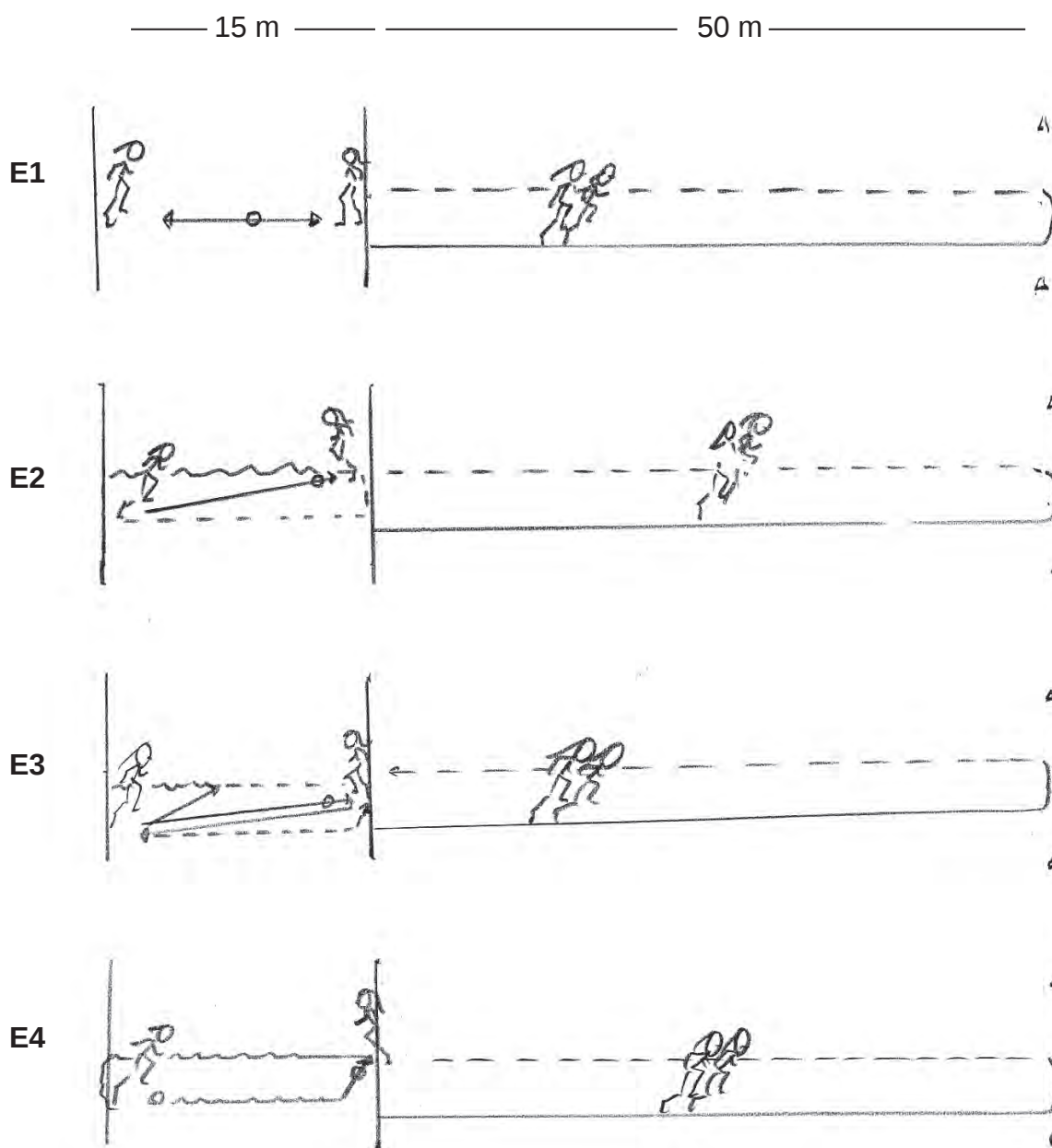
10 Saltos verticales con bolsa de arena después de cada vuelta.

10' - 15' Continuos



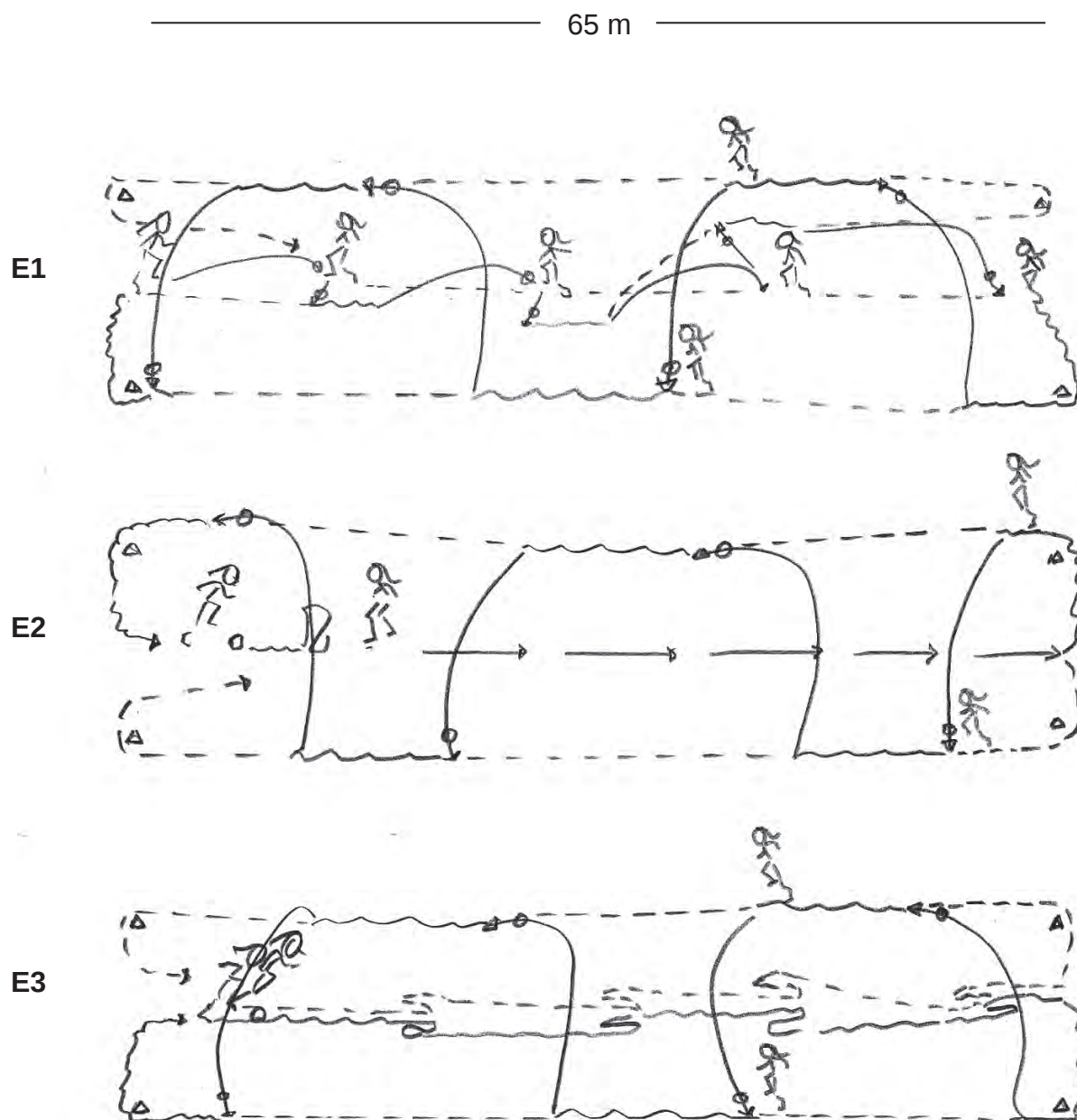
Zonas de intensidad 15 a 20m.

12' Continuos



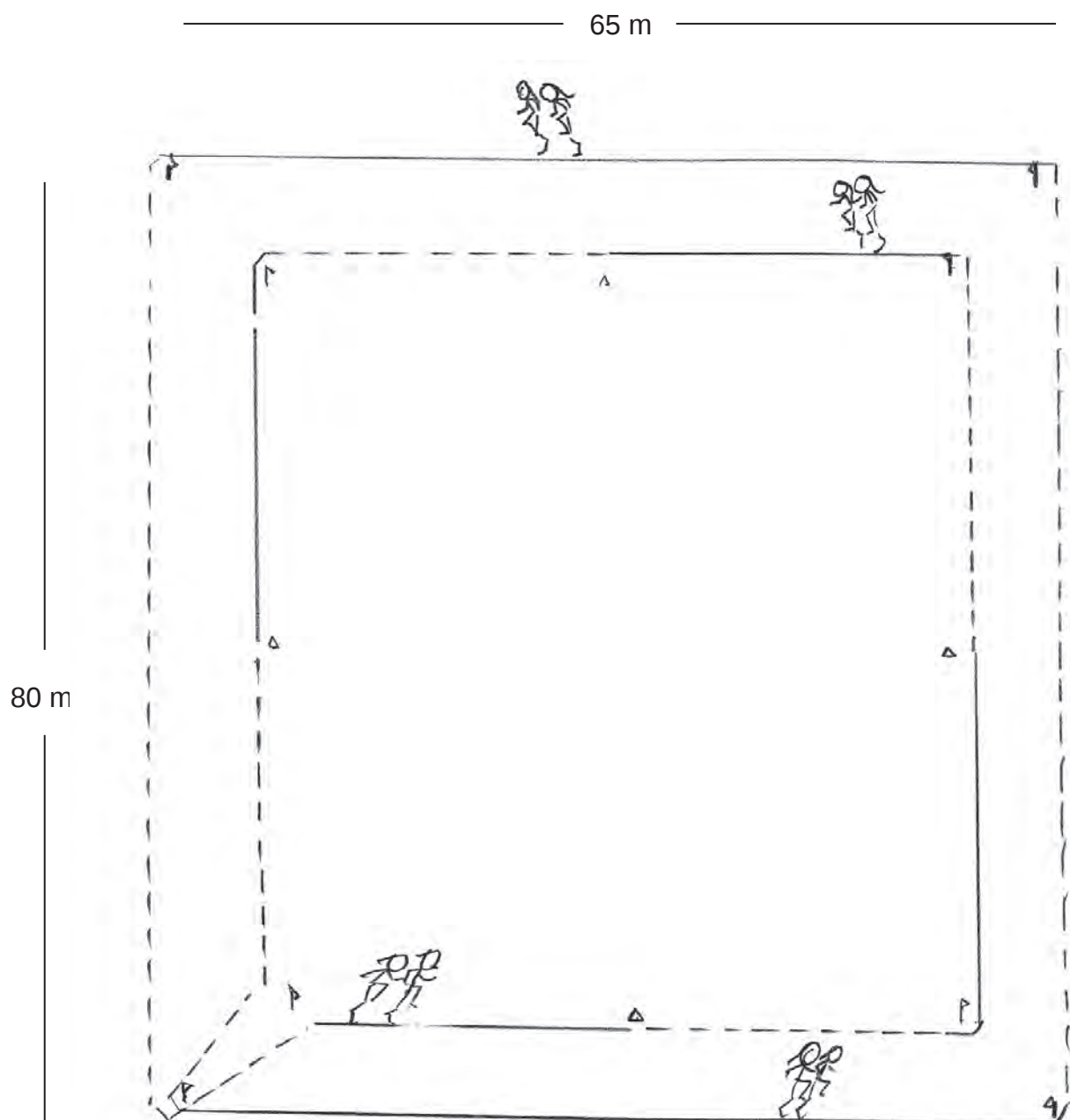
3' Continuos + 1' pausa de ejercicio x E1 - E2 - E3 - E4

15' Continuos

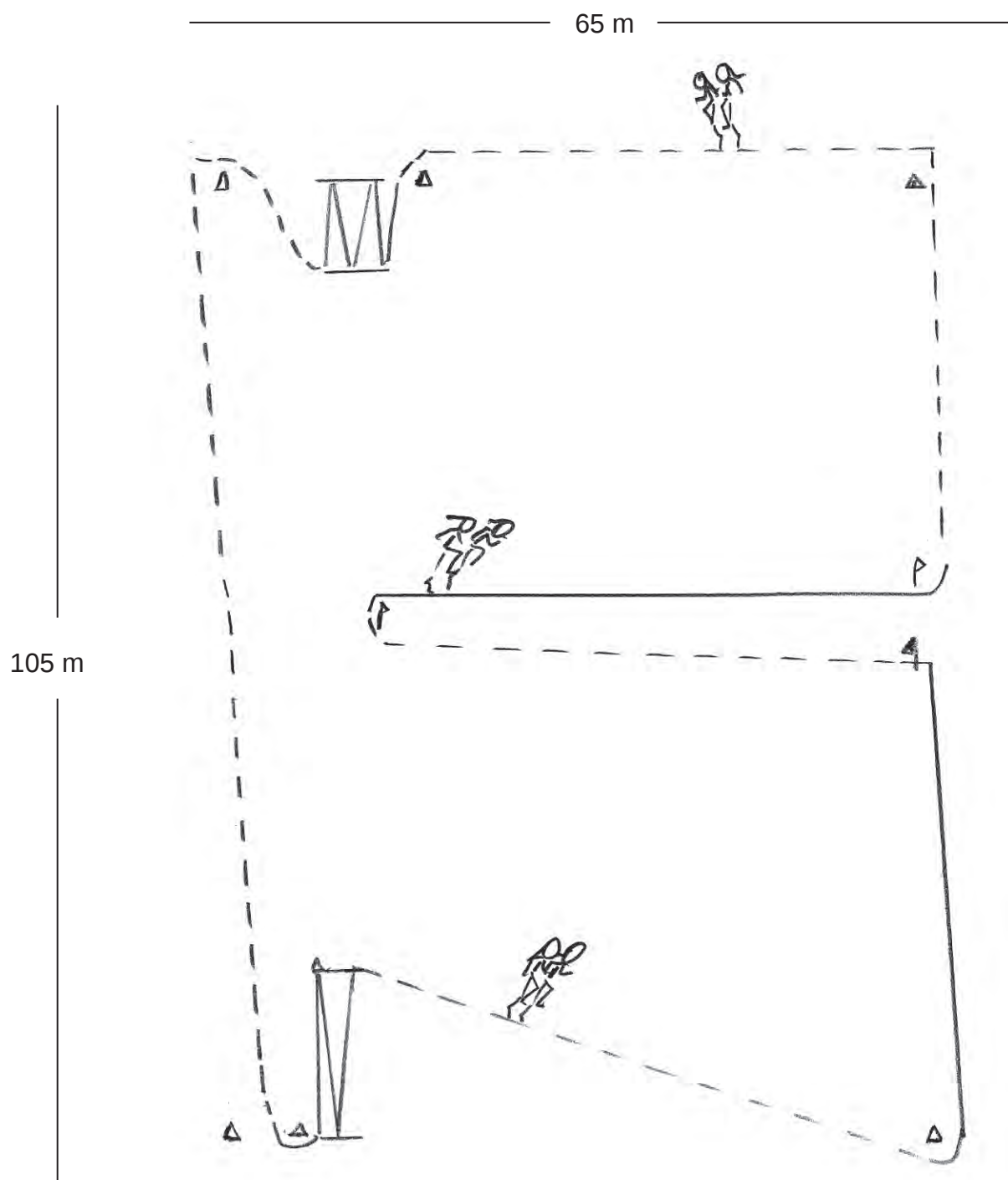


3' Continuos + 1' pausa de ejercicio x E1 - E2 - E3

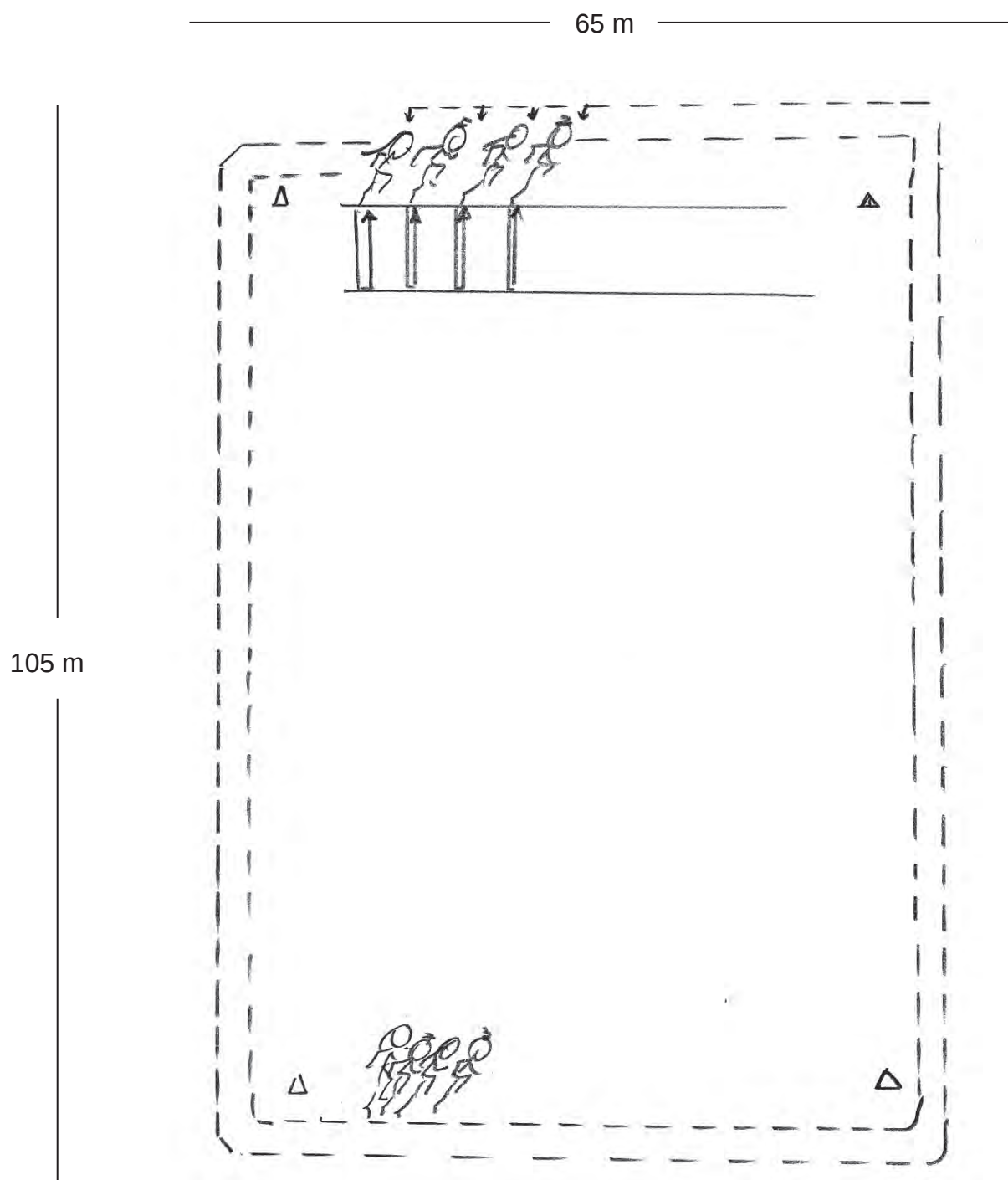
11' Continuos



12' Continuos

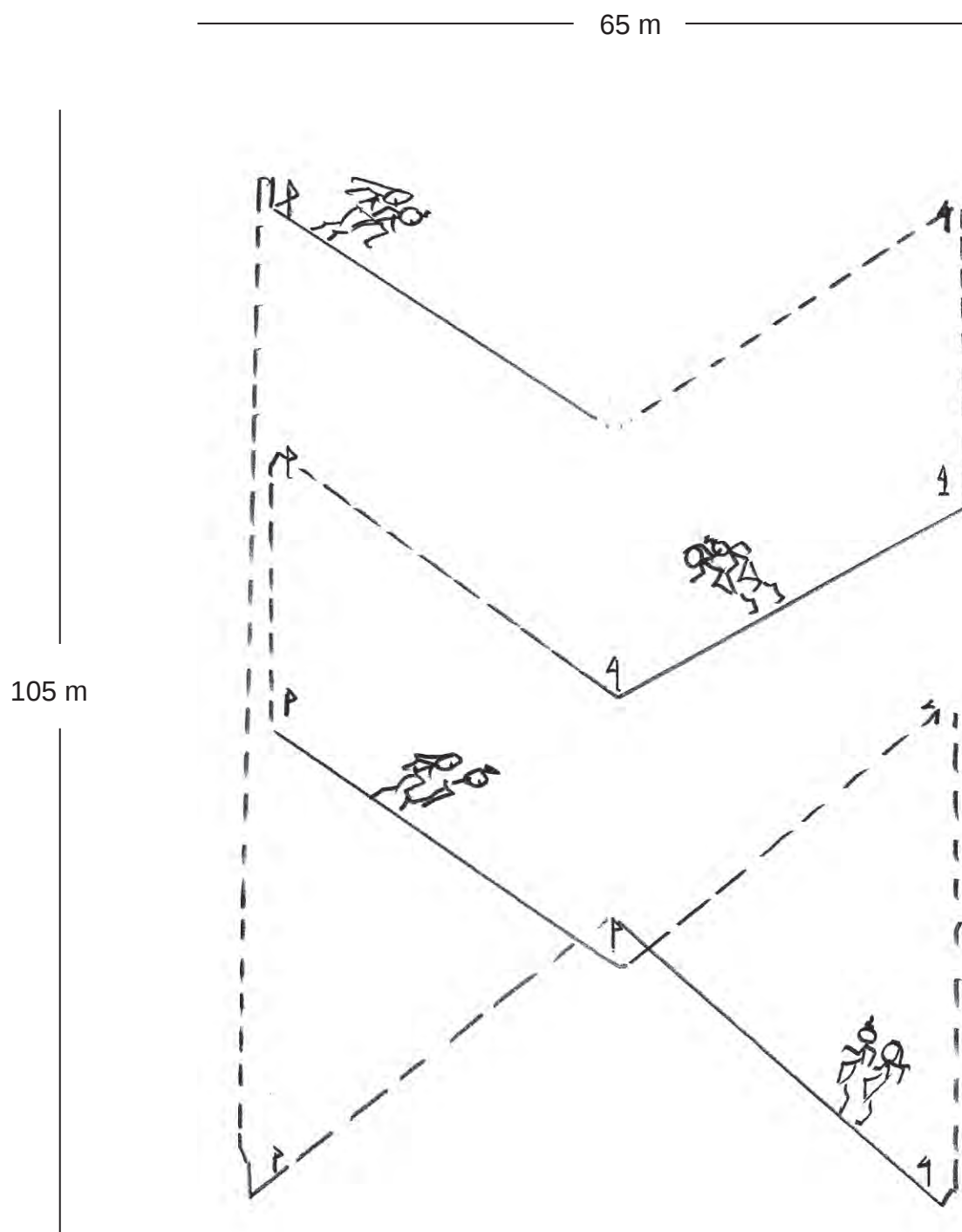


12' Continuos

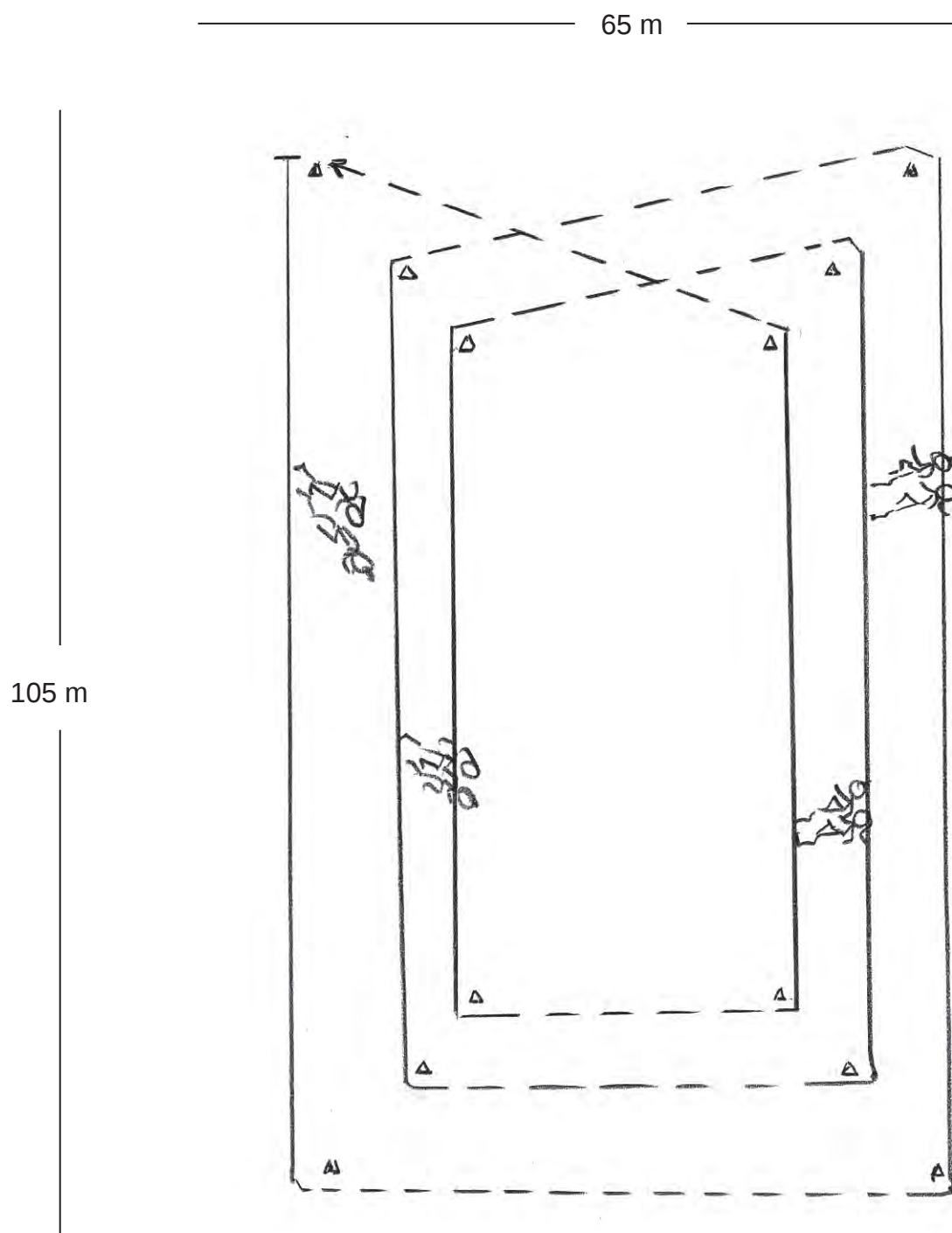


30" de carrera pendular + 2 vueltas de trote medio (150 pulsaciones)

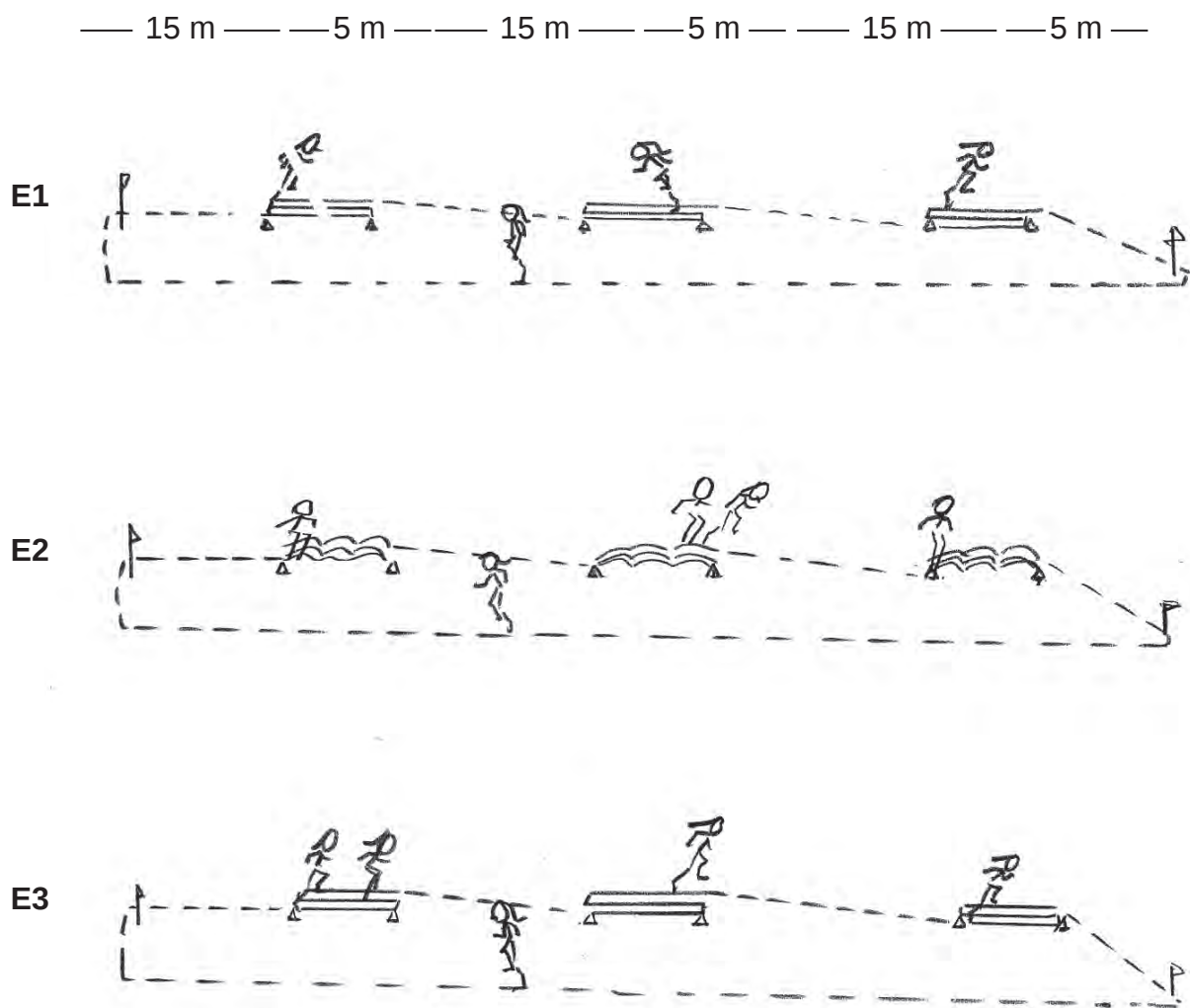
12' Continuos



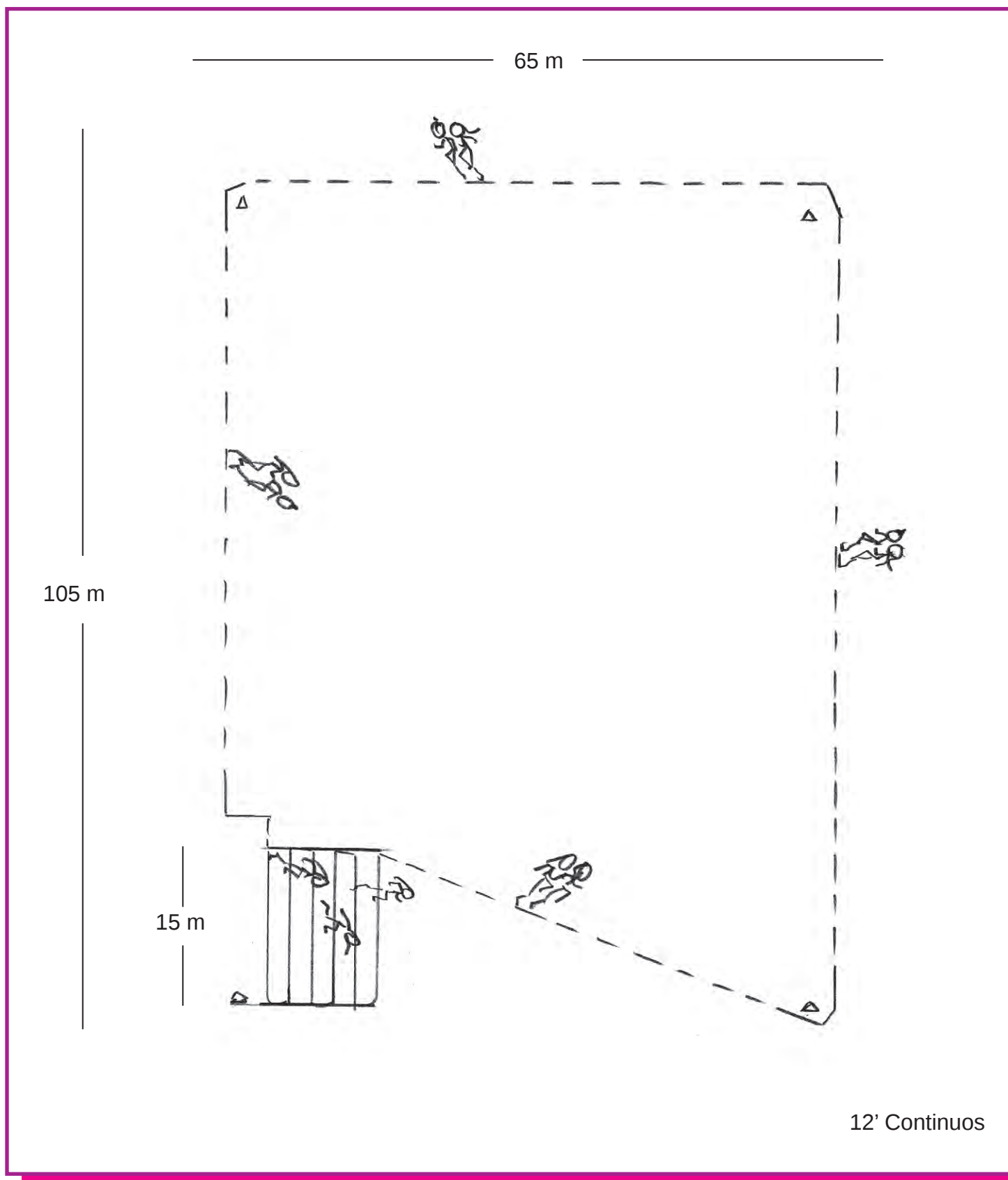
12' Continuos

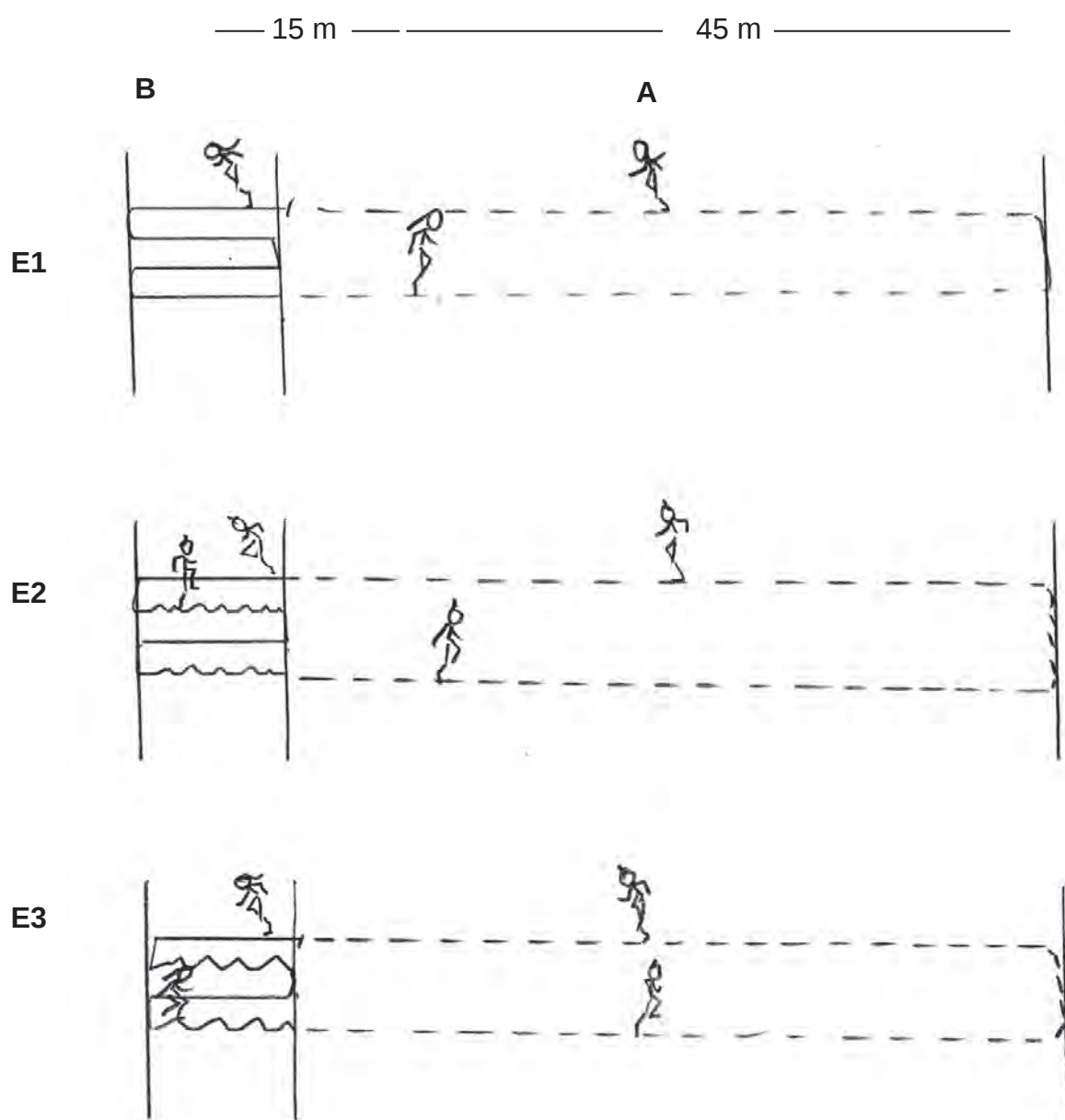


12' Continuos



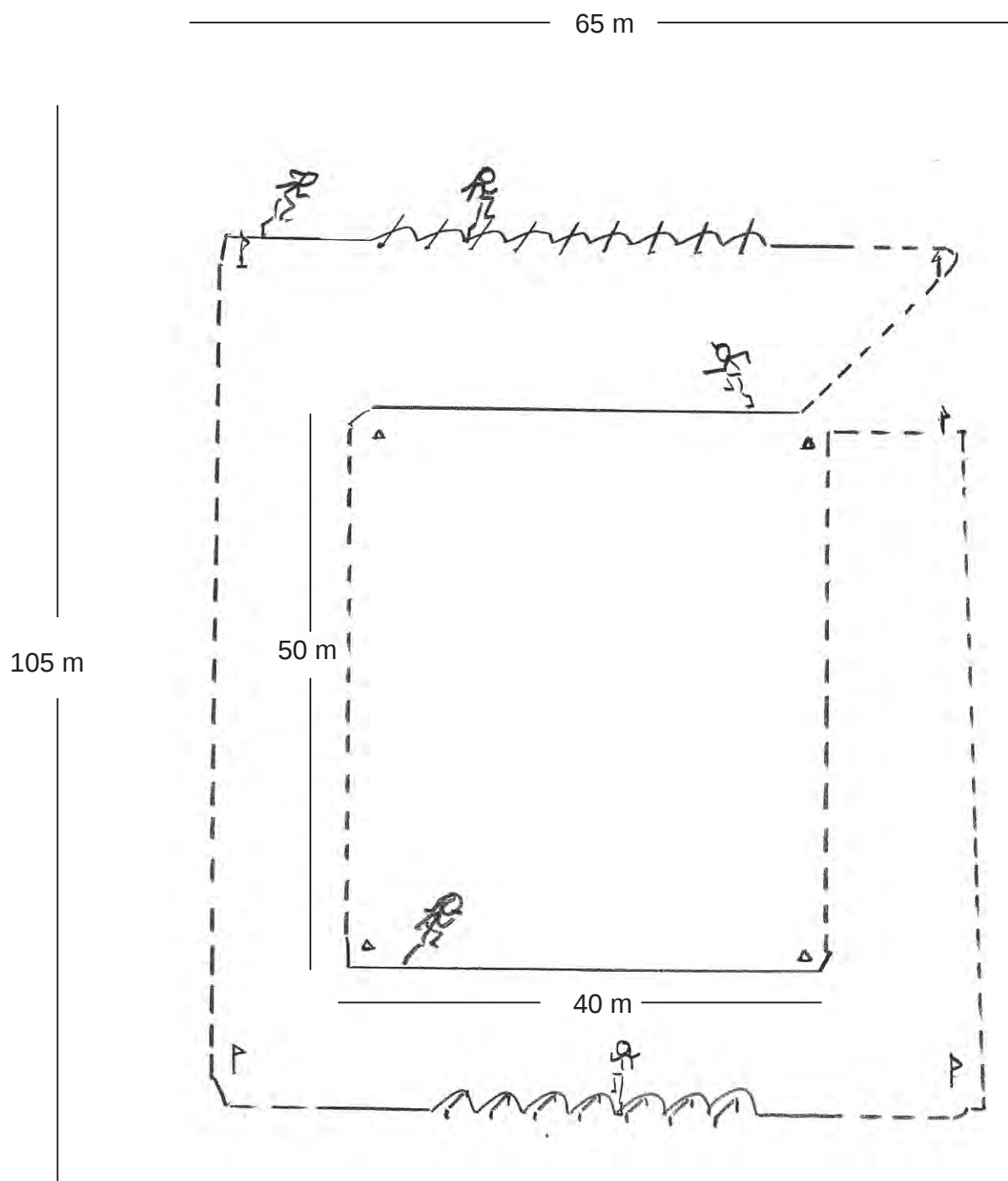
3' Trabajo + 1' pausa de ejercicio x E1 - E2 - E3



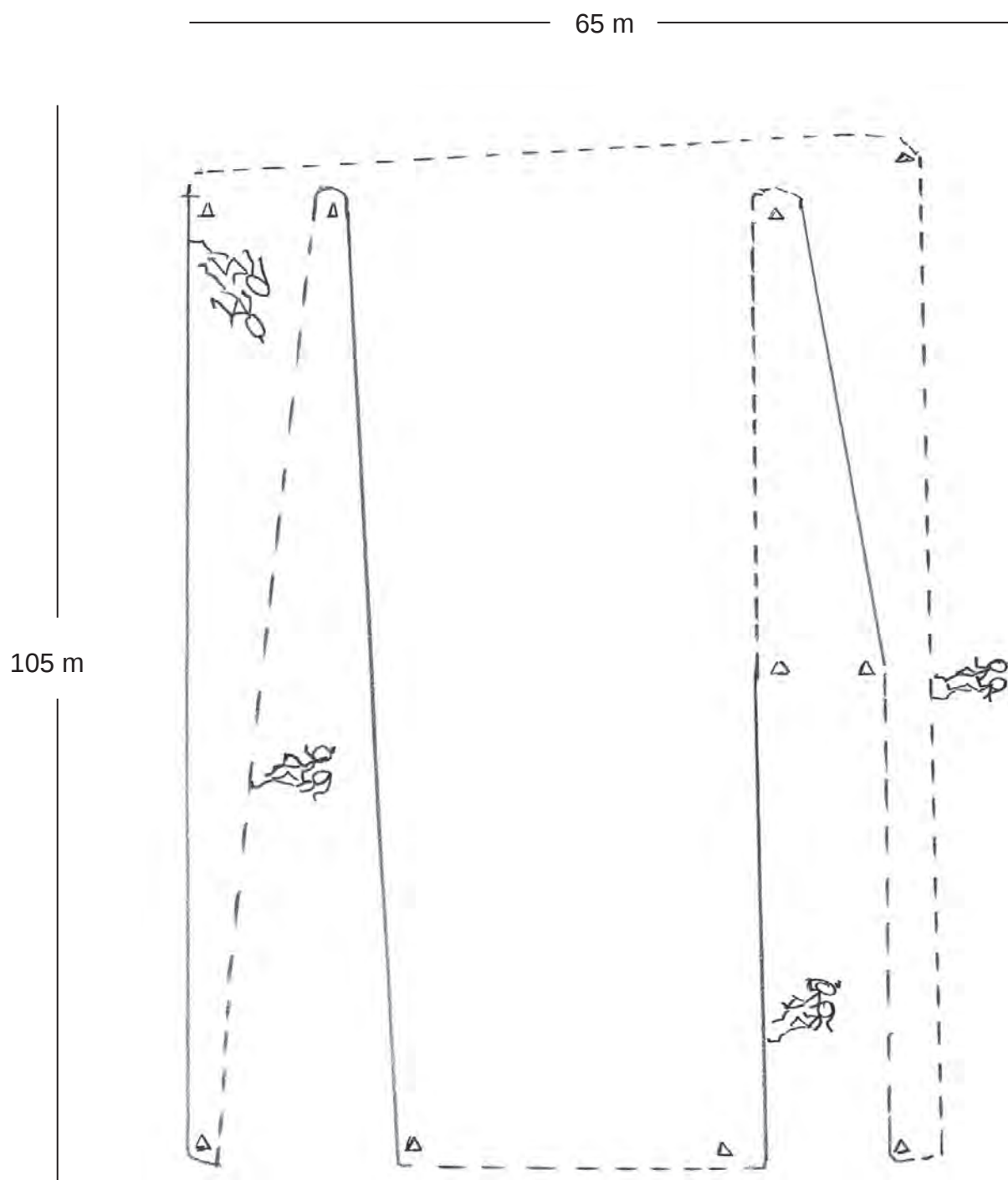


3' Trabajo 1' pausa x E1 - E2 - E3

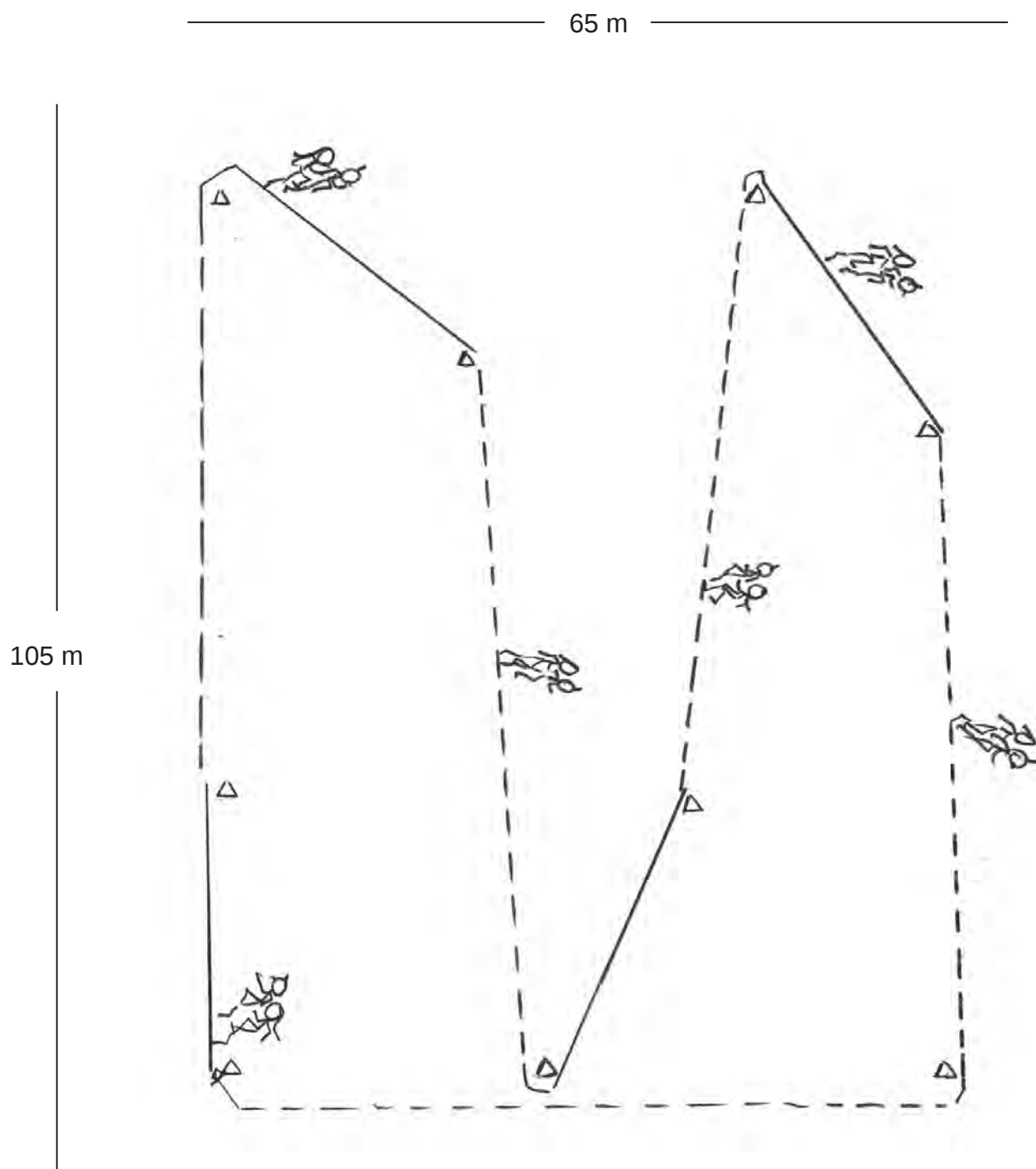
11' Continuos



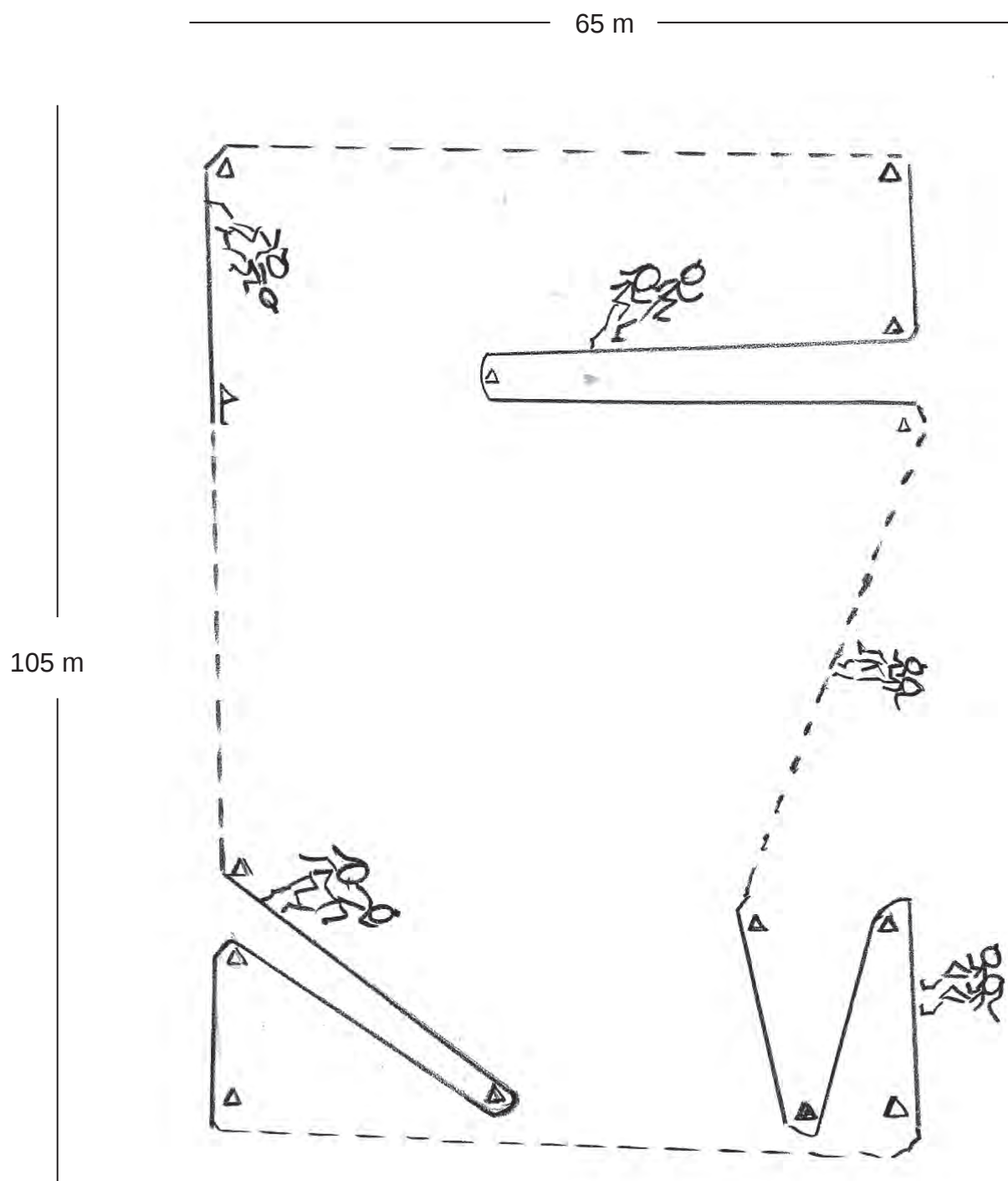
12' Continuos



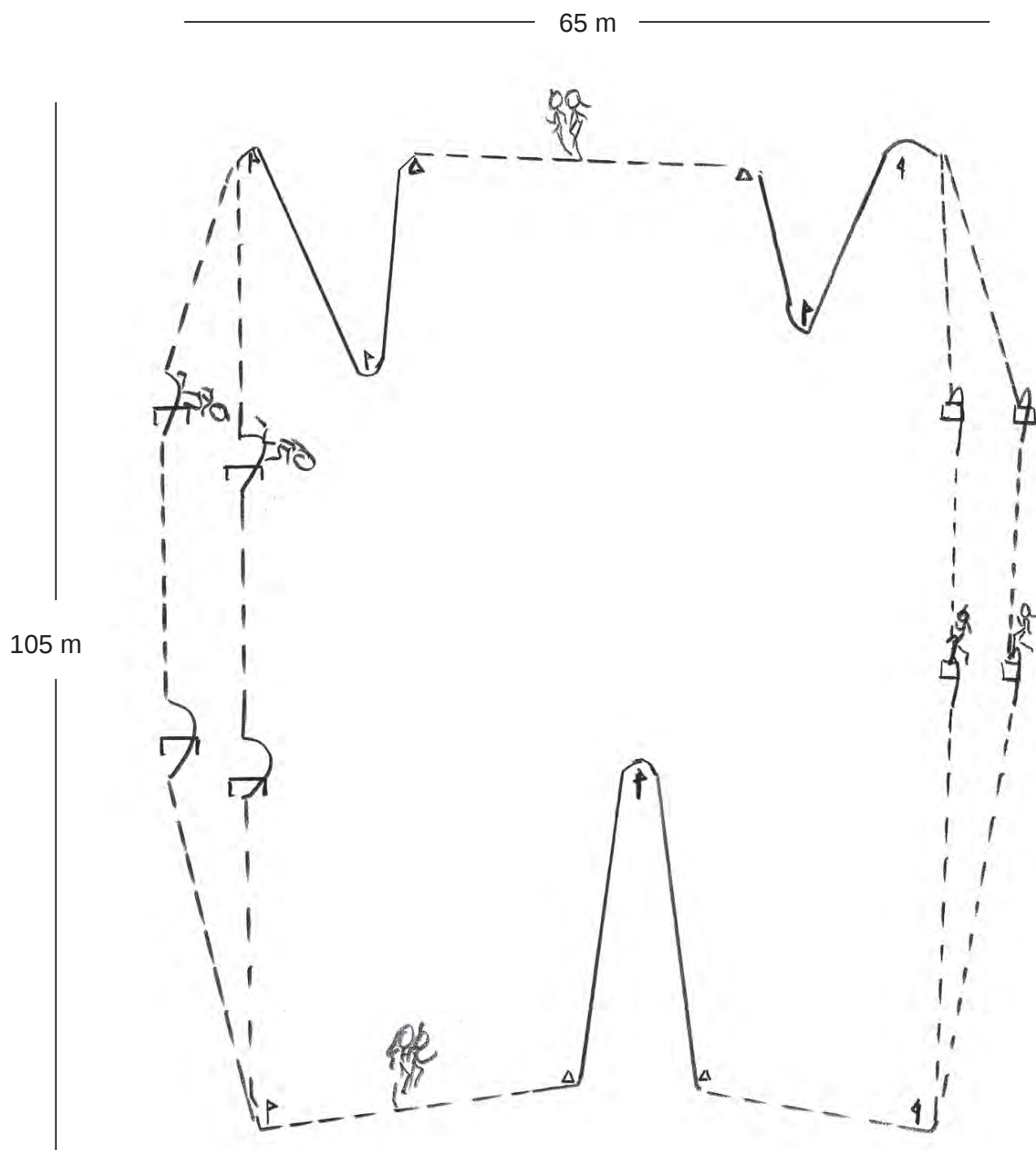
12' Continuos



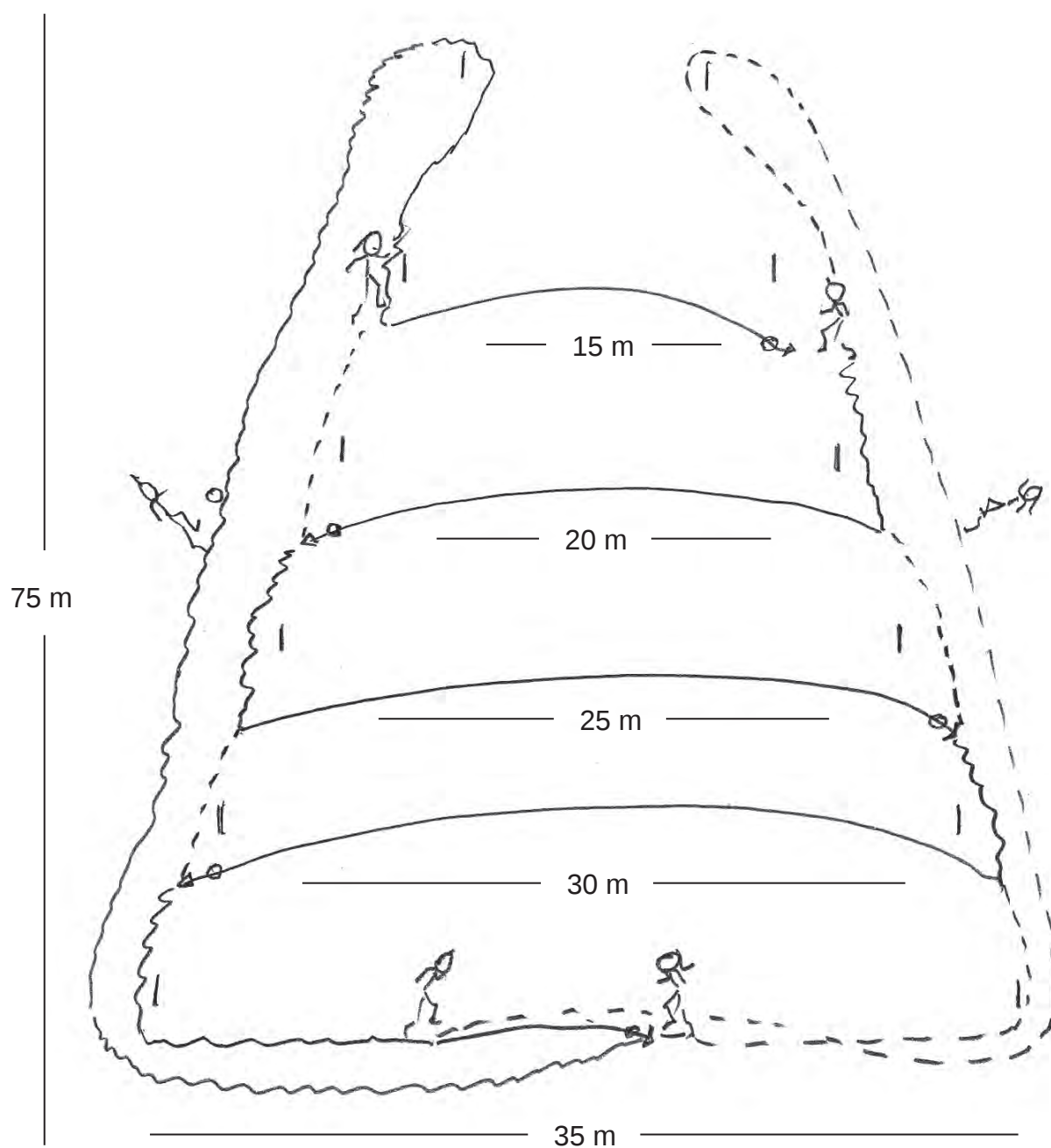
12' Continuos



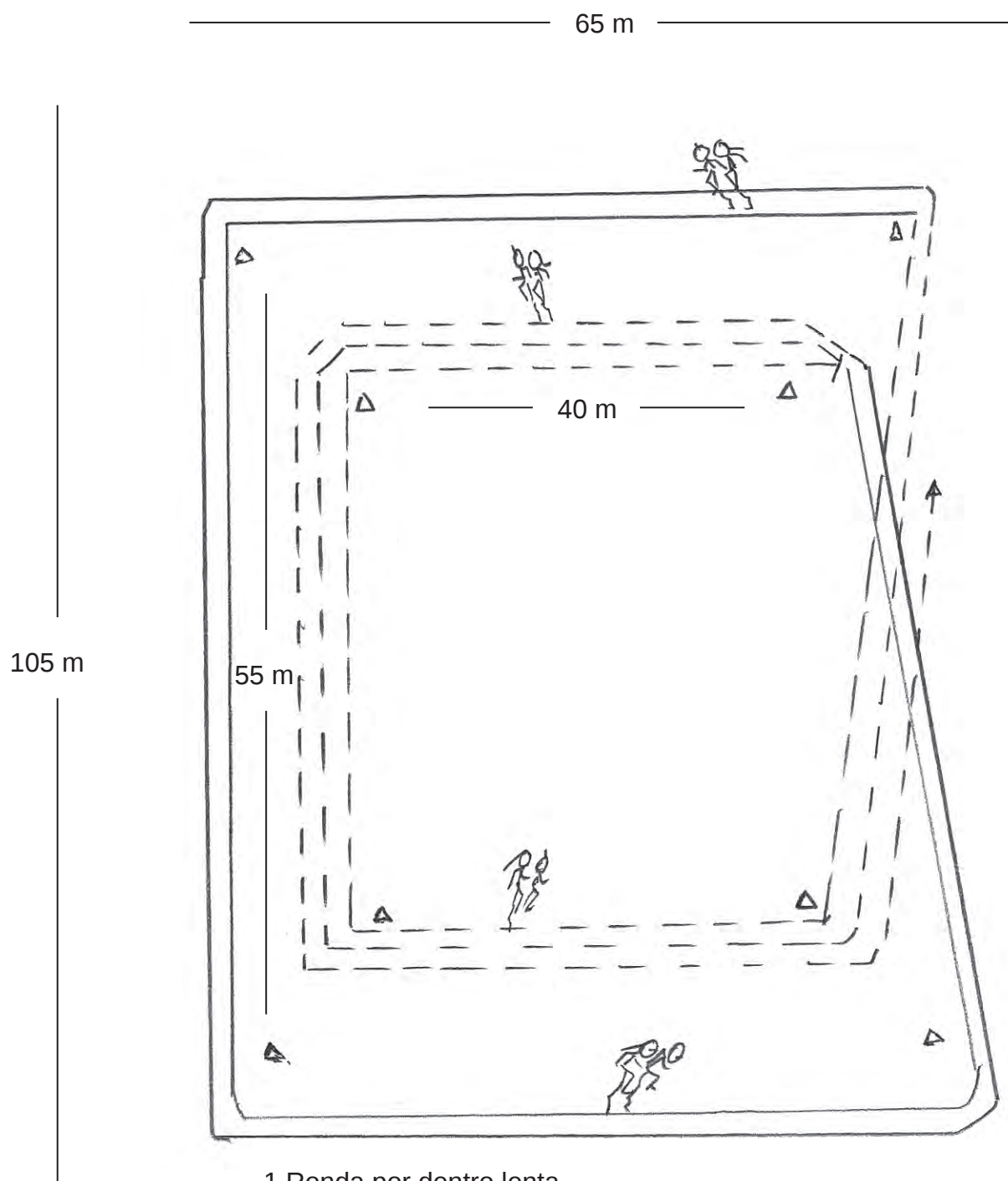
12' Continuos



12' Continuos

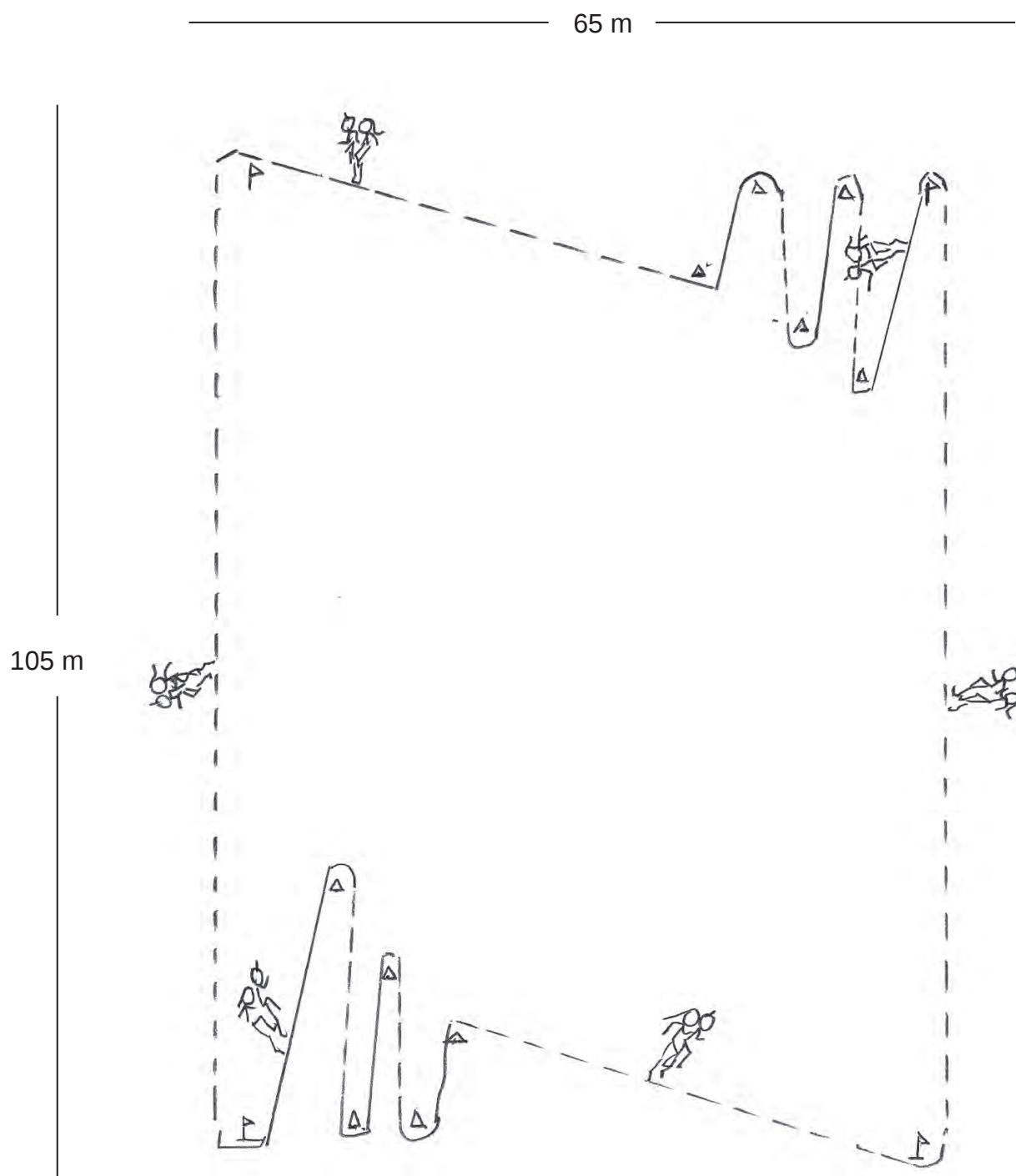


10' Continuos

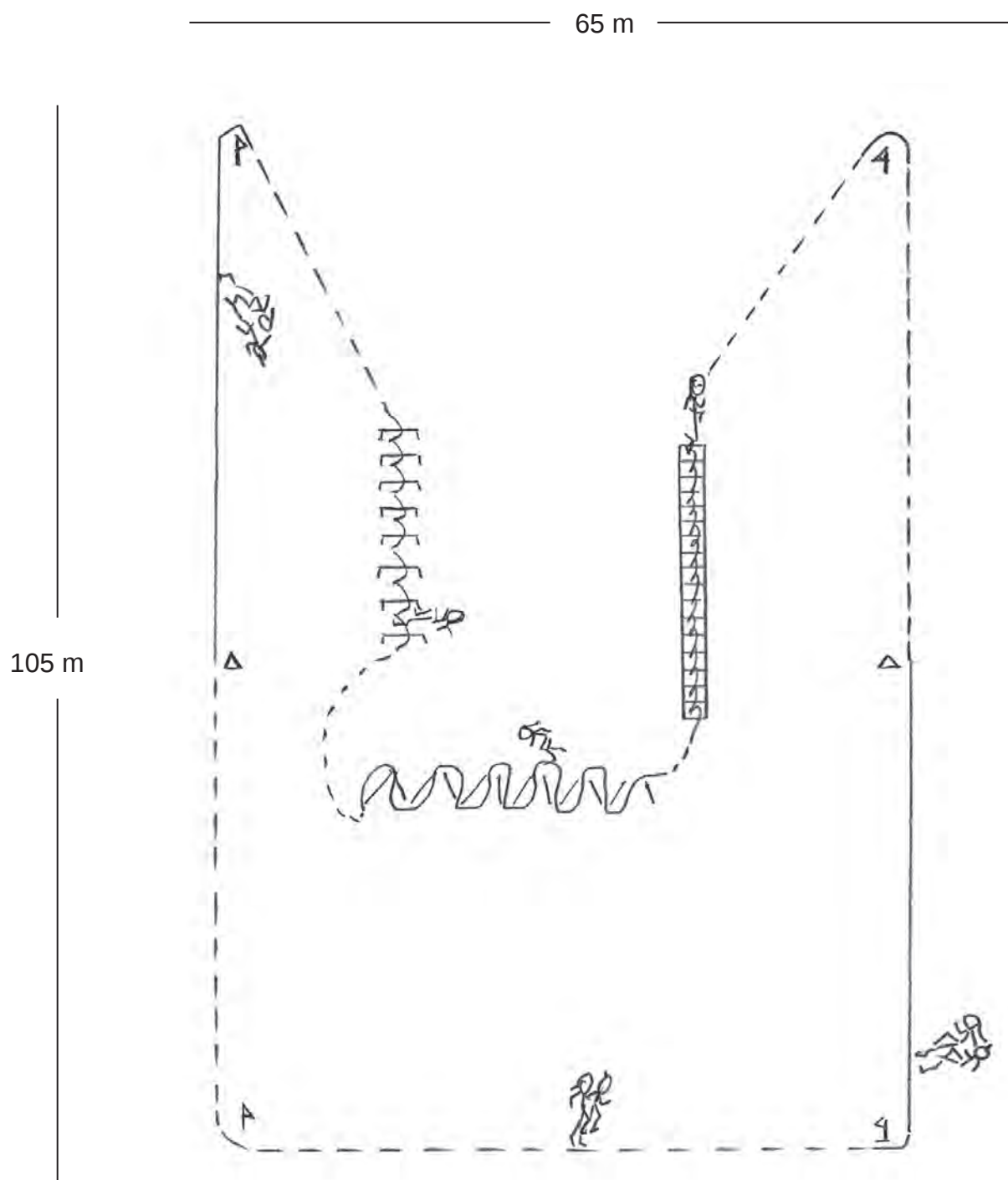


- 1 Ronda por dentro lenta
- 1 Ronda por fuera media
- 1 Ronda por dentro lenta
- 1 Ronda por fuera rápida

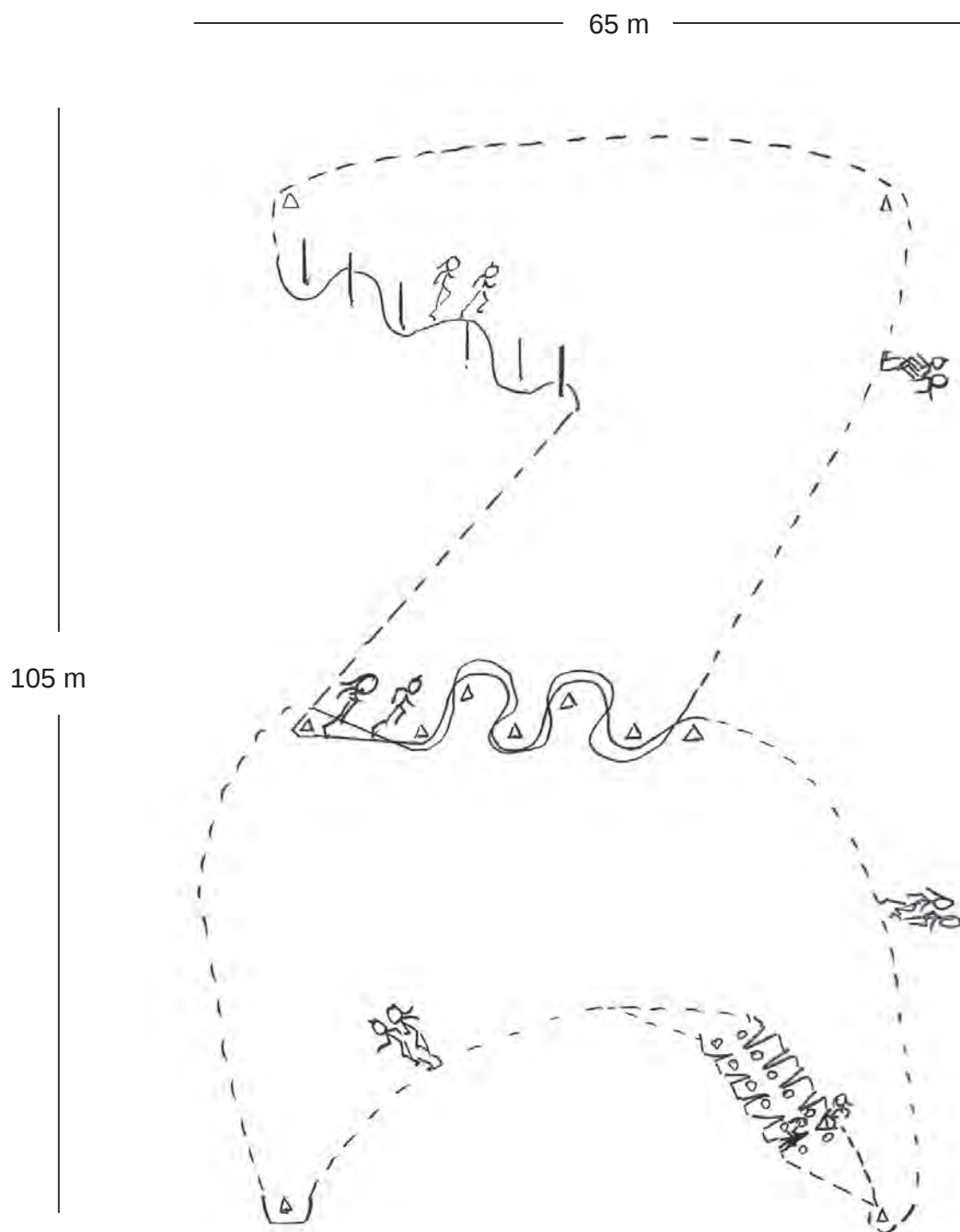
12' Continuos



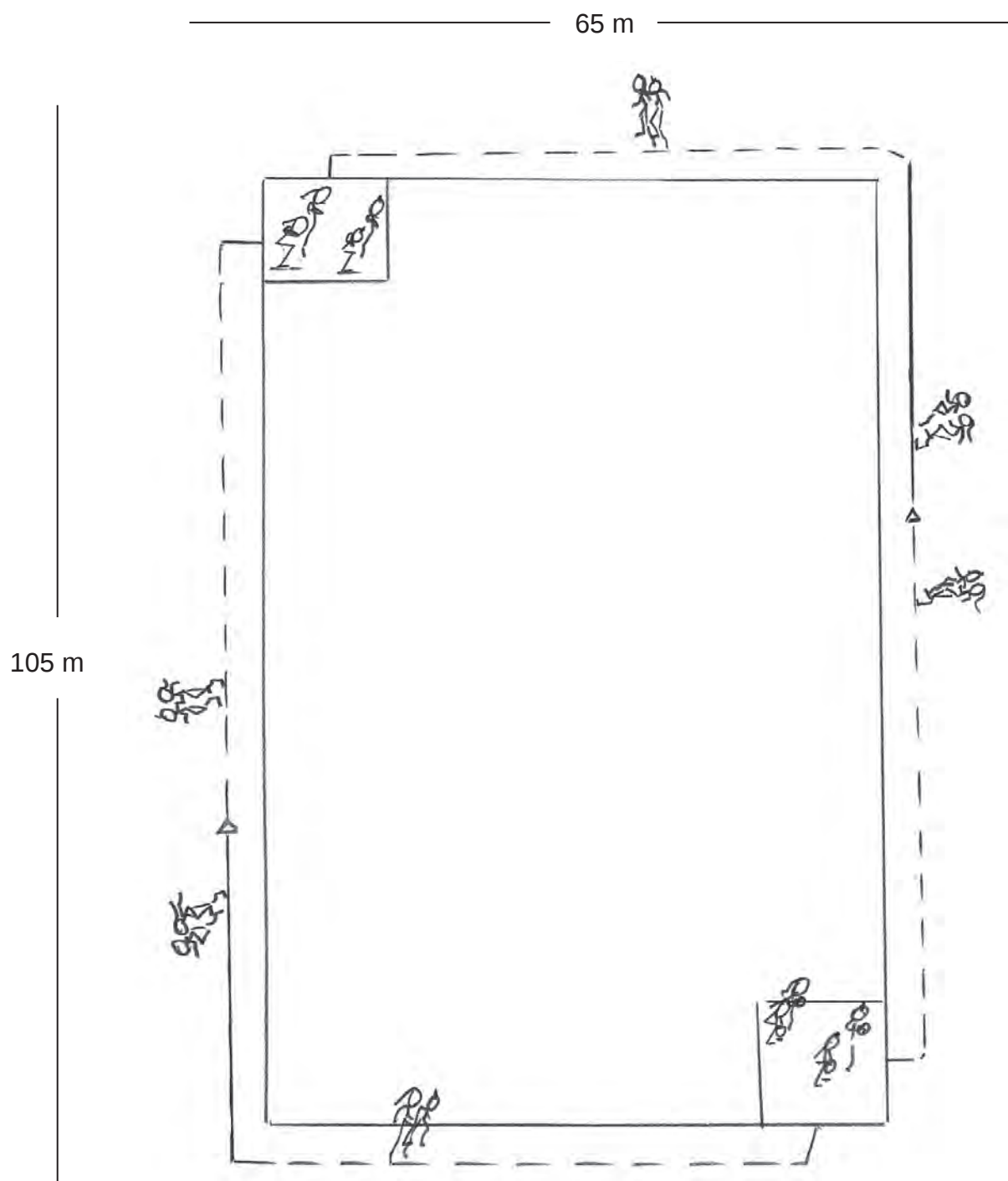
12' Continuos



12' Continuos

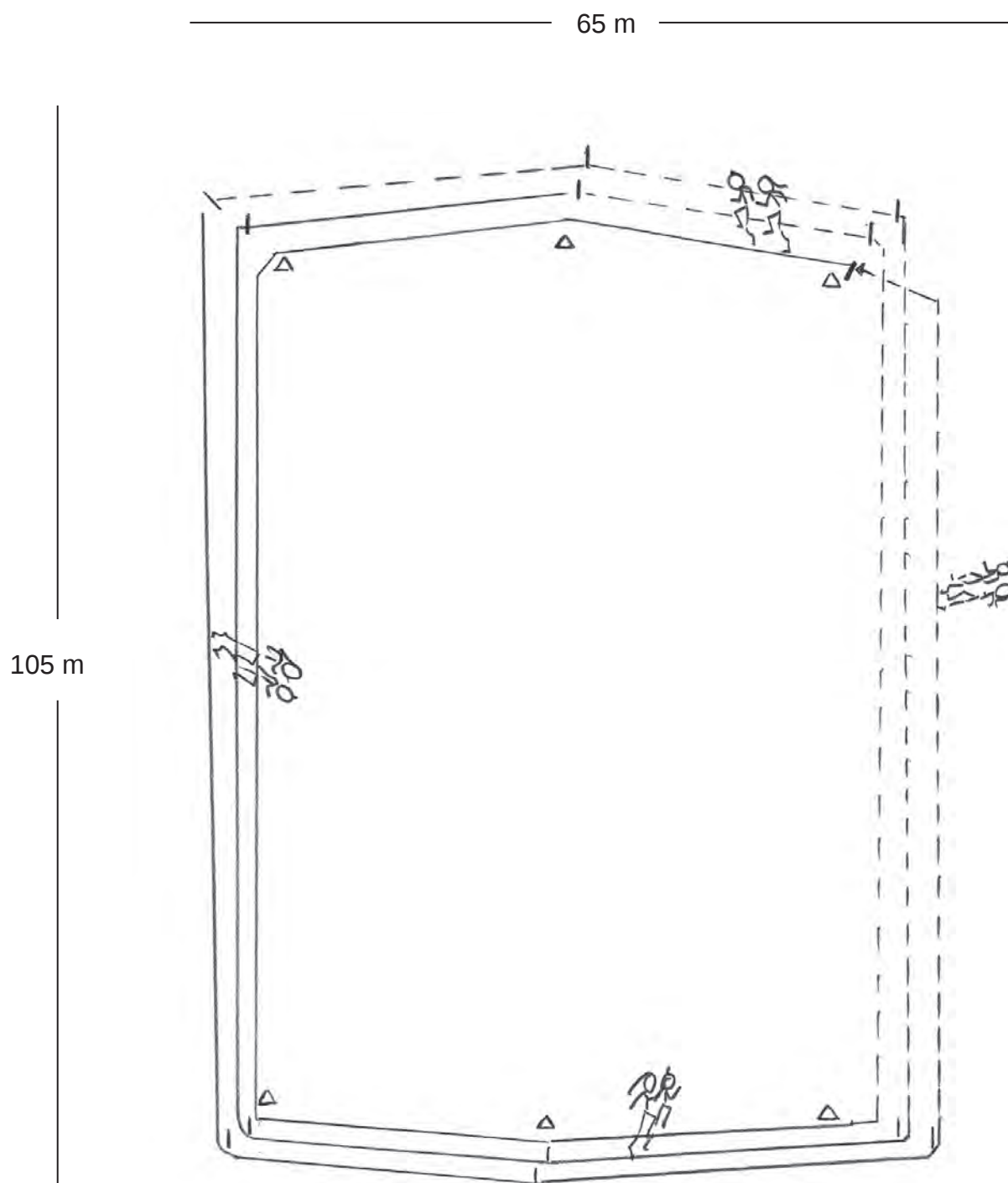


12' Continuos

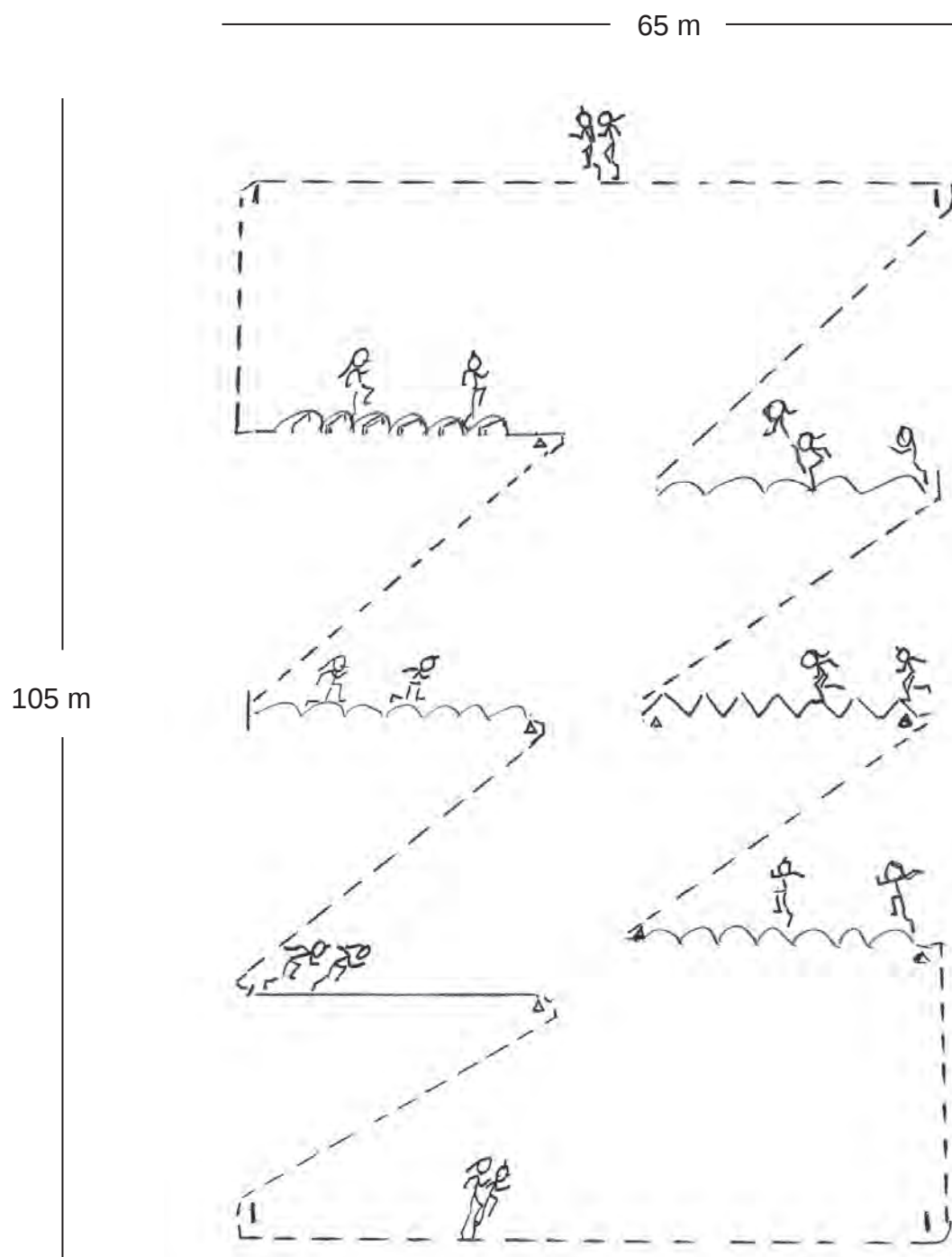


6 Saltos en cada extremo con bolsa de arena

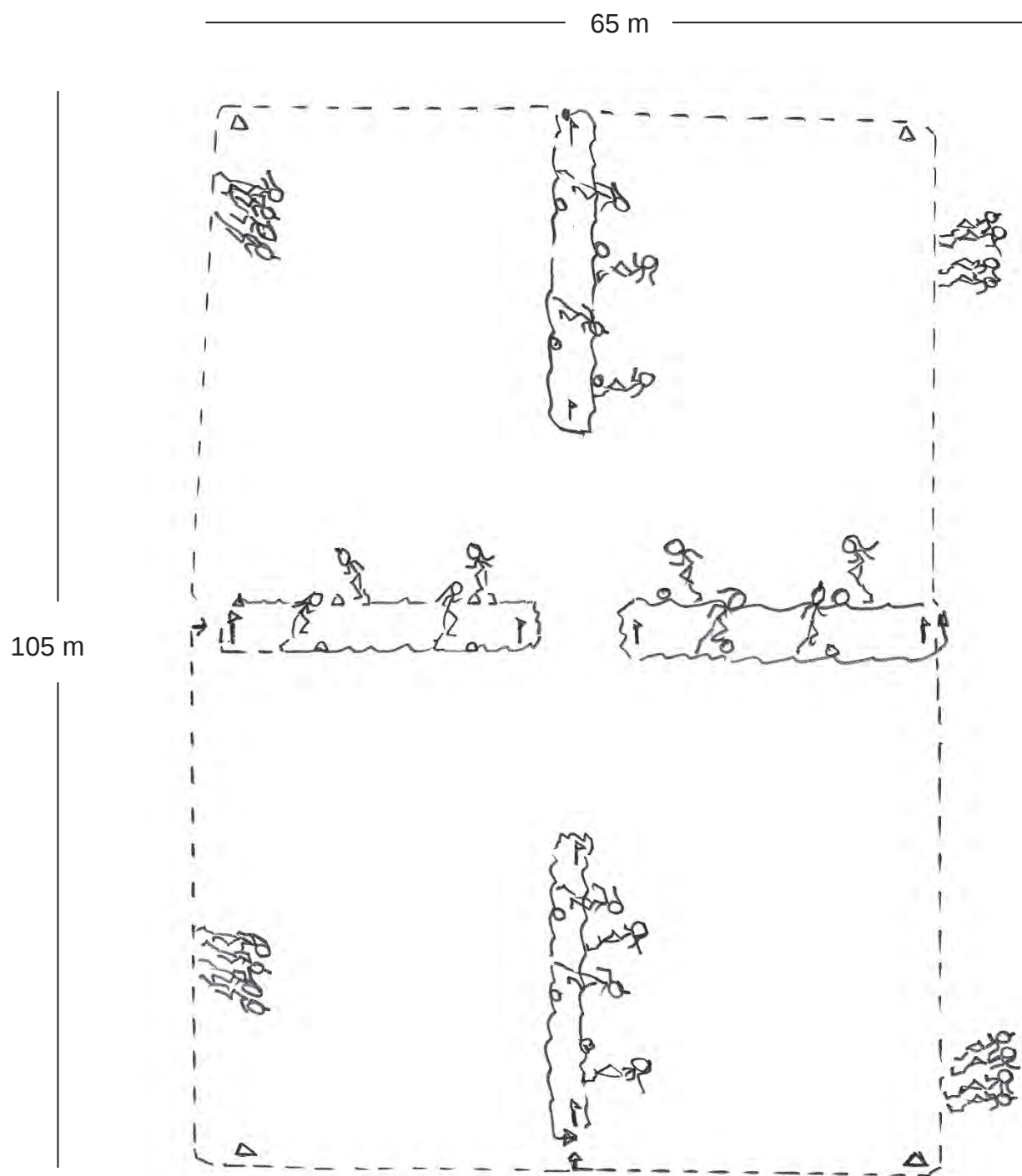
12' Continuos



12' Continuos

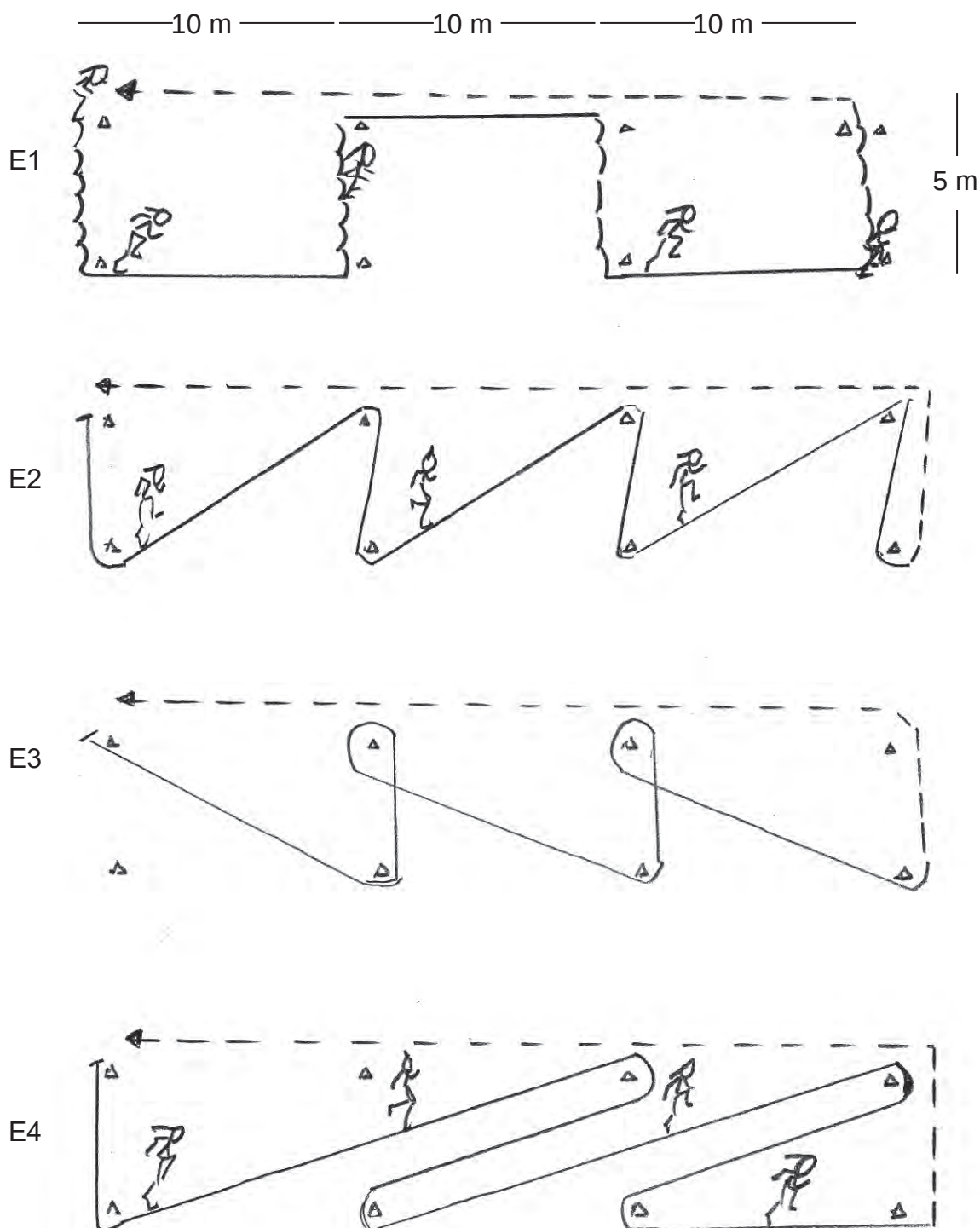


12' Continuos



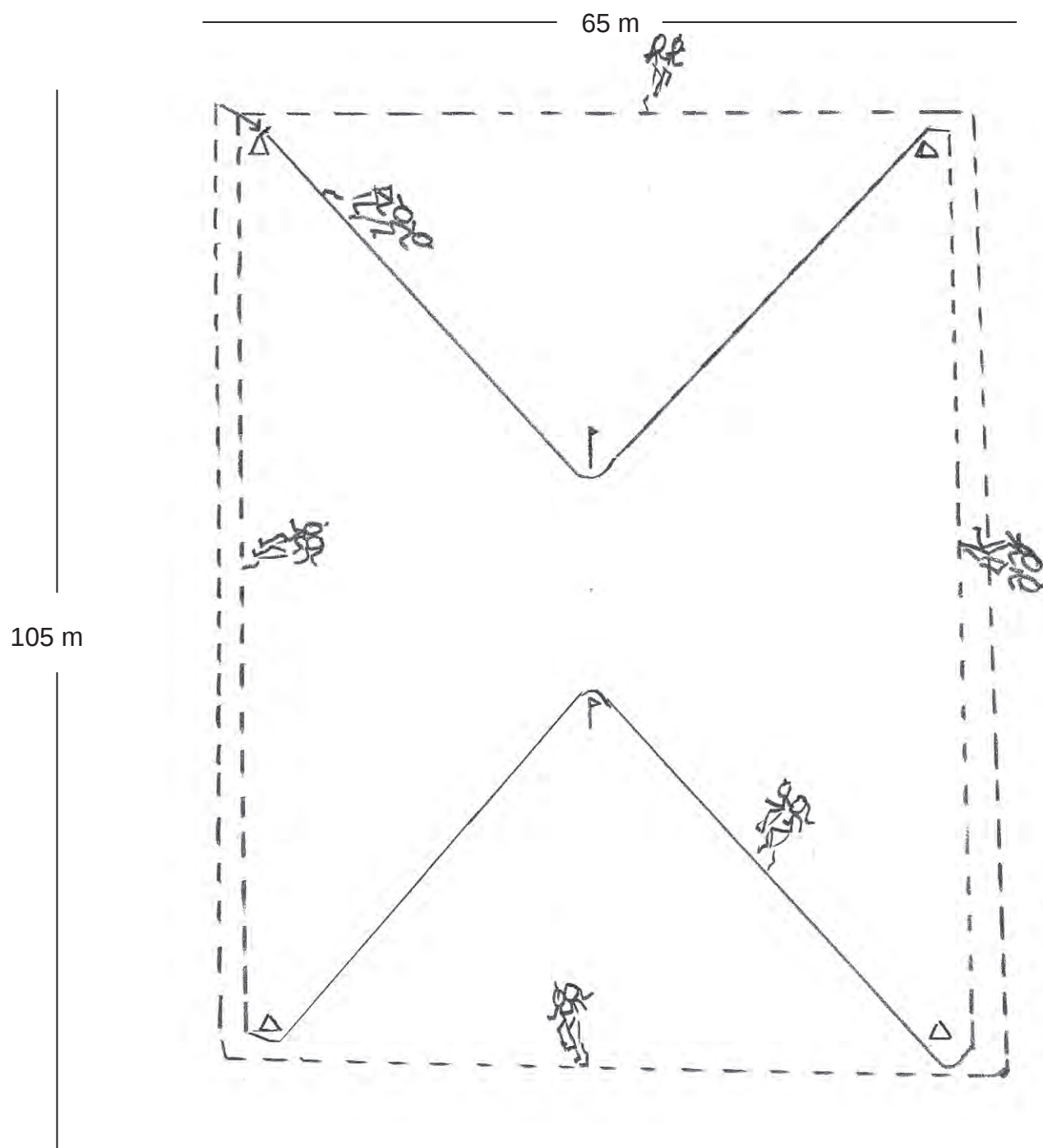
30" en cada estación y continuar trotando

12' Continuos

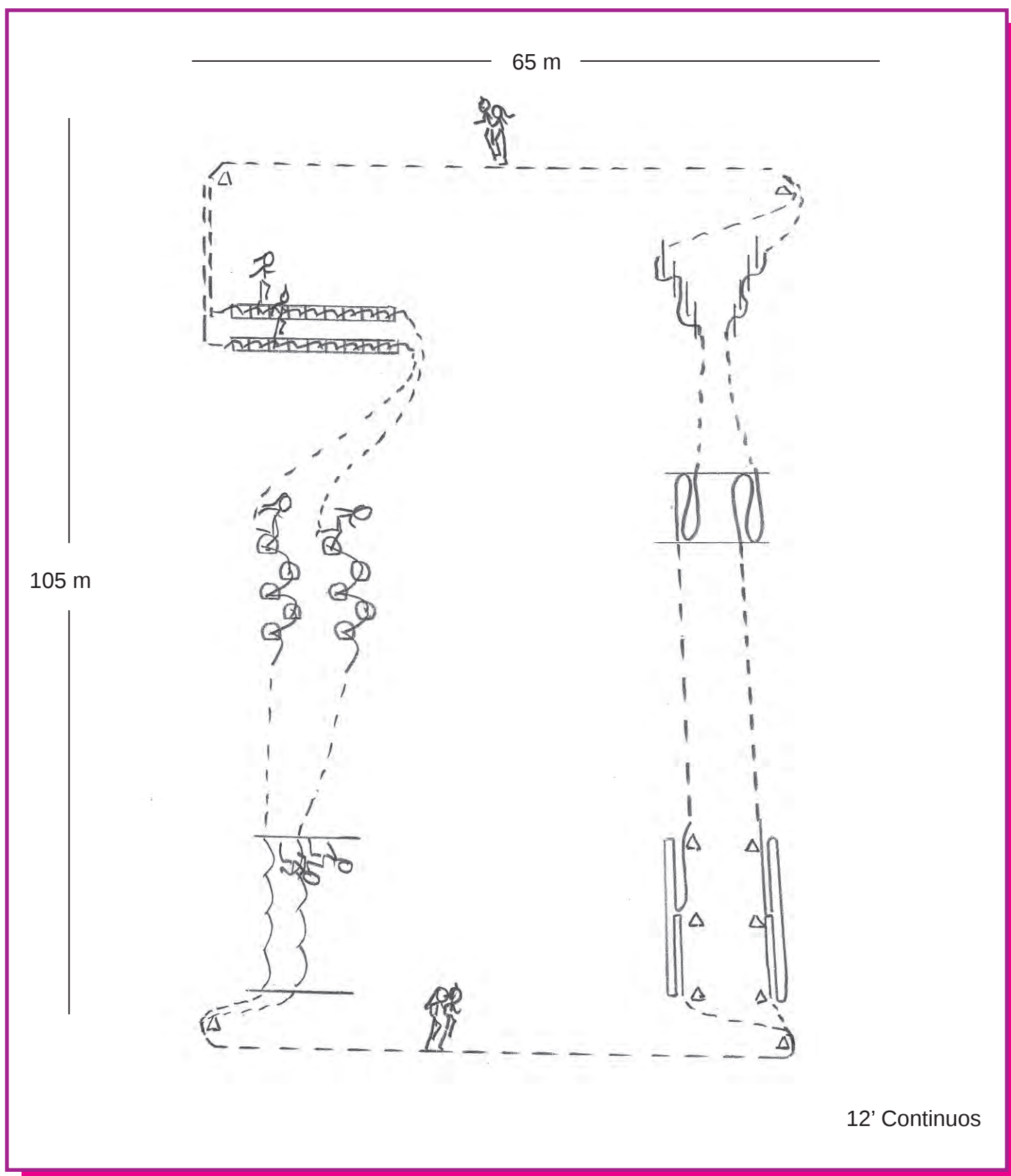


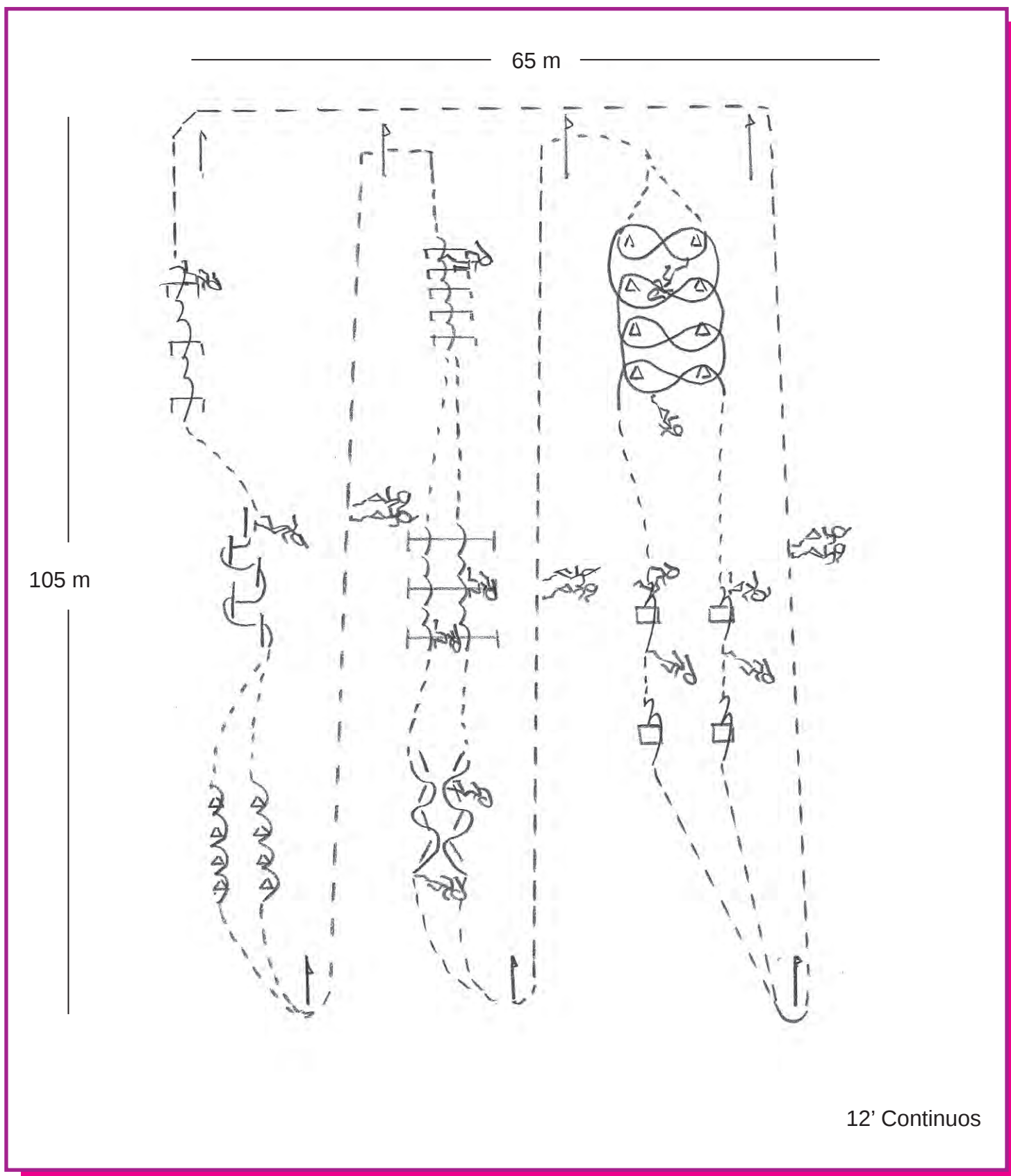
2'30" continuos + 1' Pausa de estación x E1 - E2 - E3 - E4

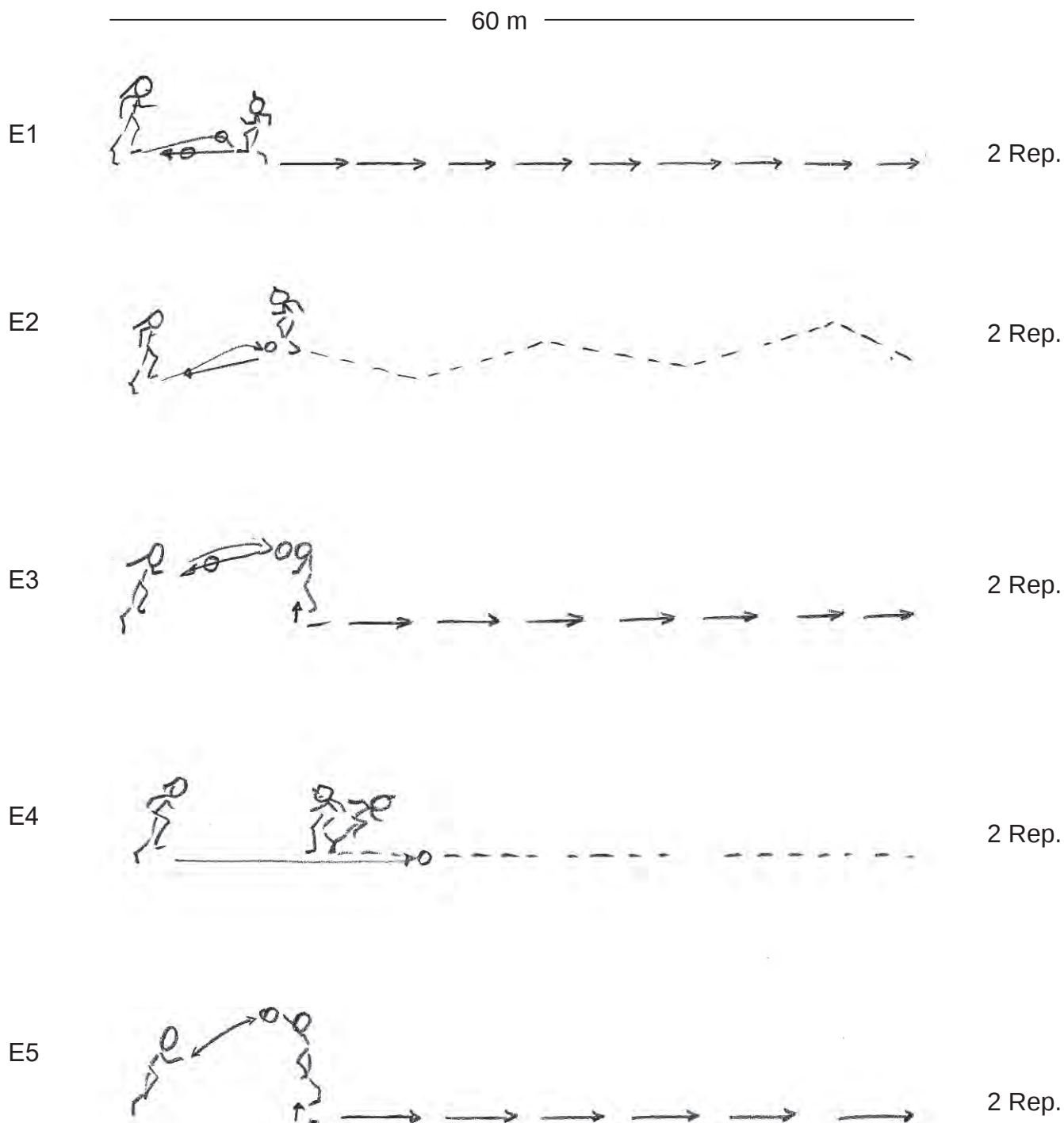
14' Continuos



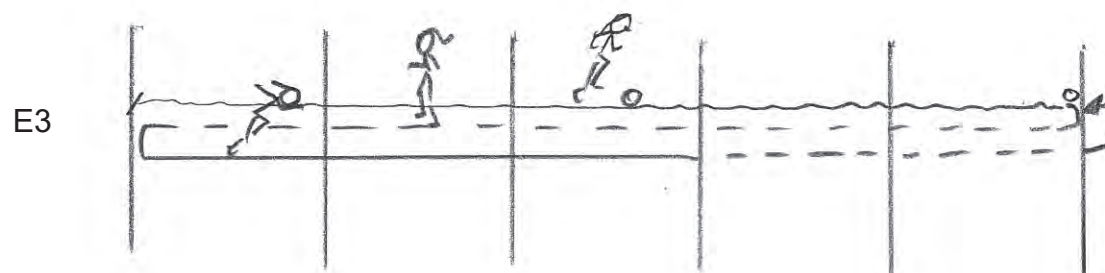
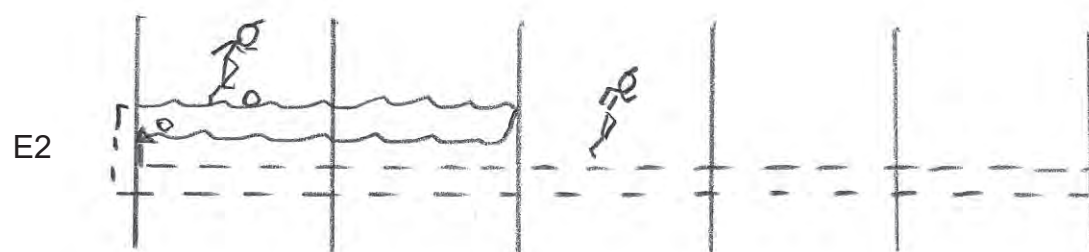
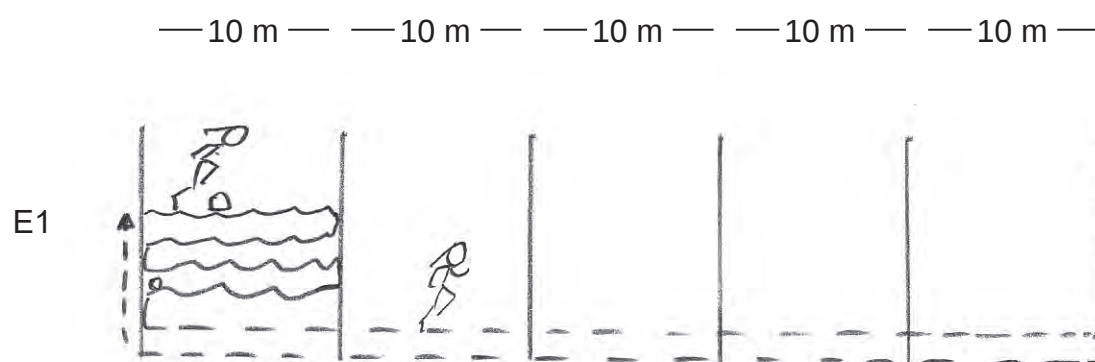
12' Continuos



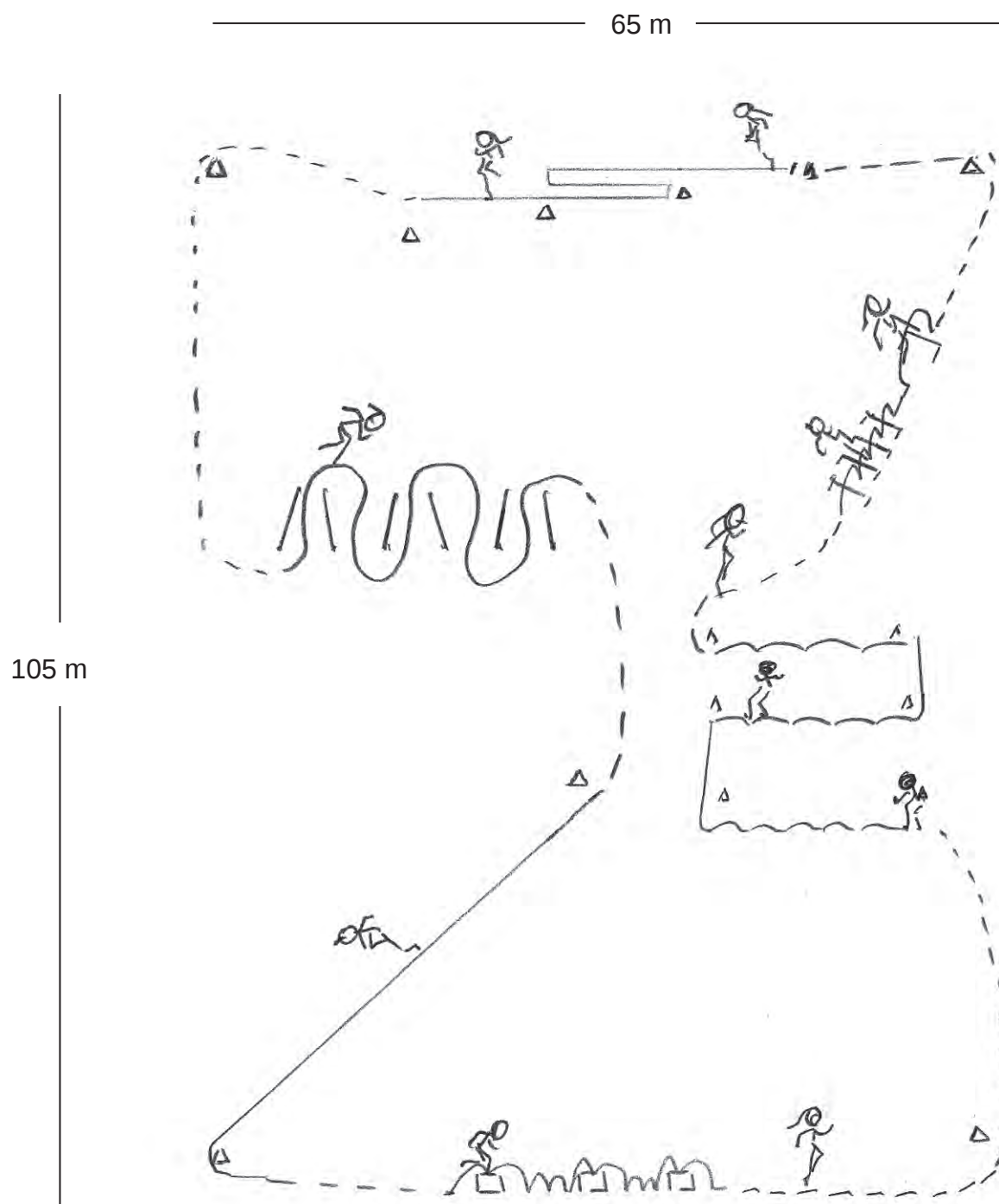




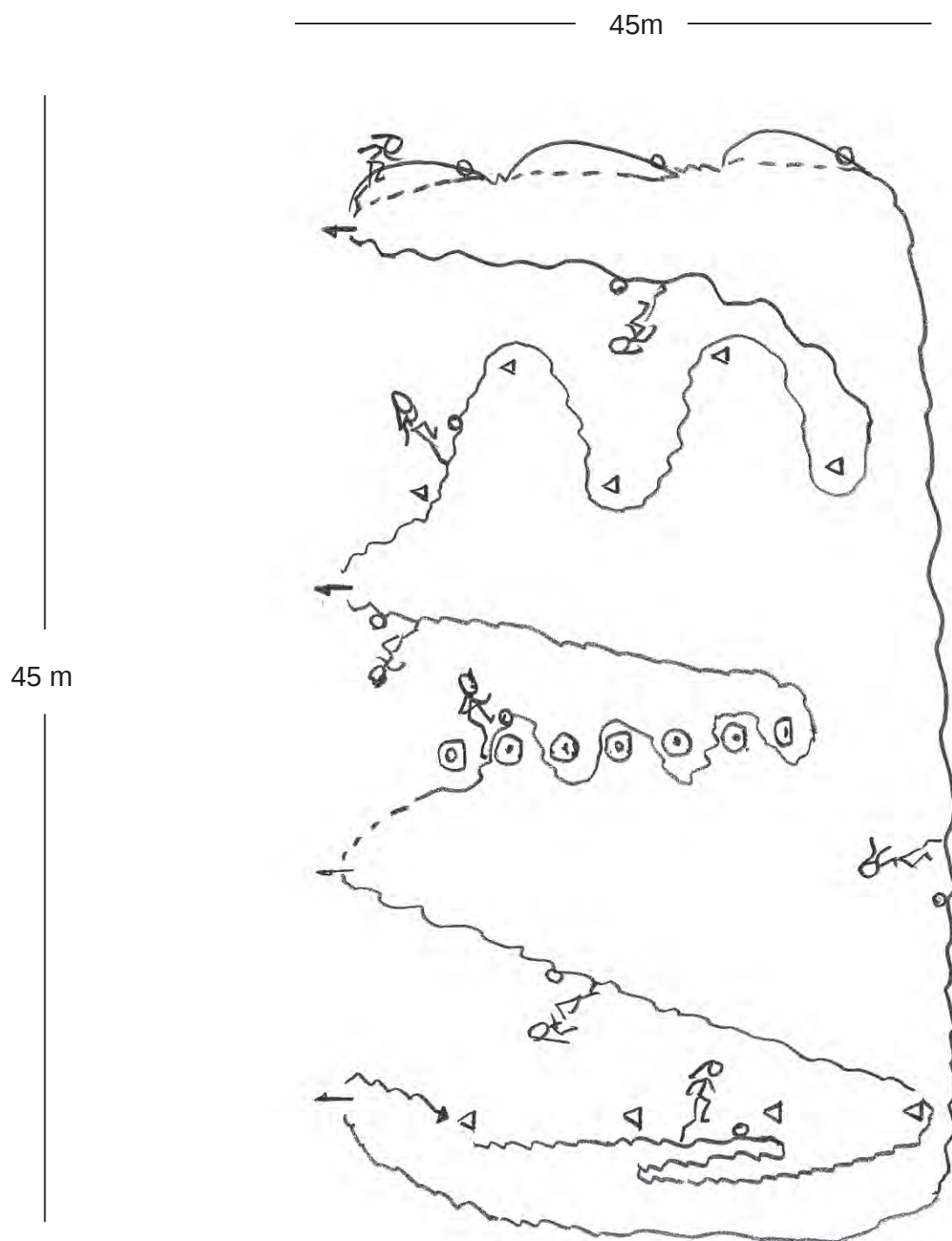
10' - 11' Continuos



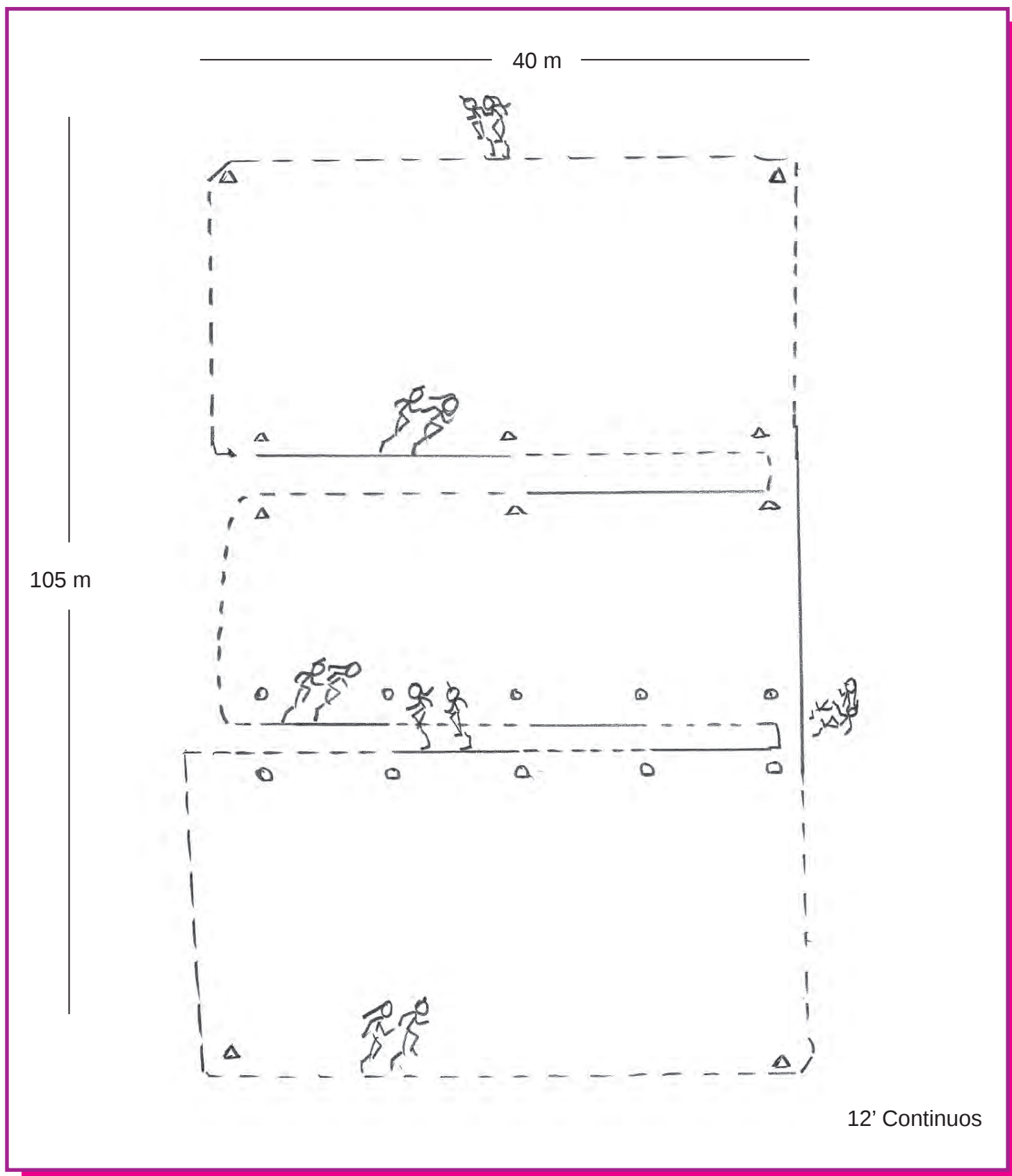
4' continuos x E1 - E2 - E3

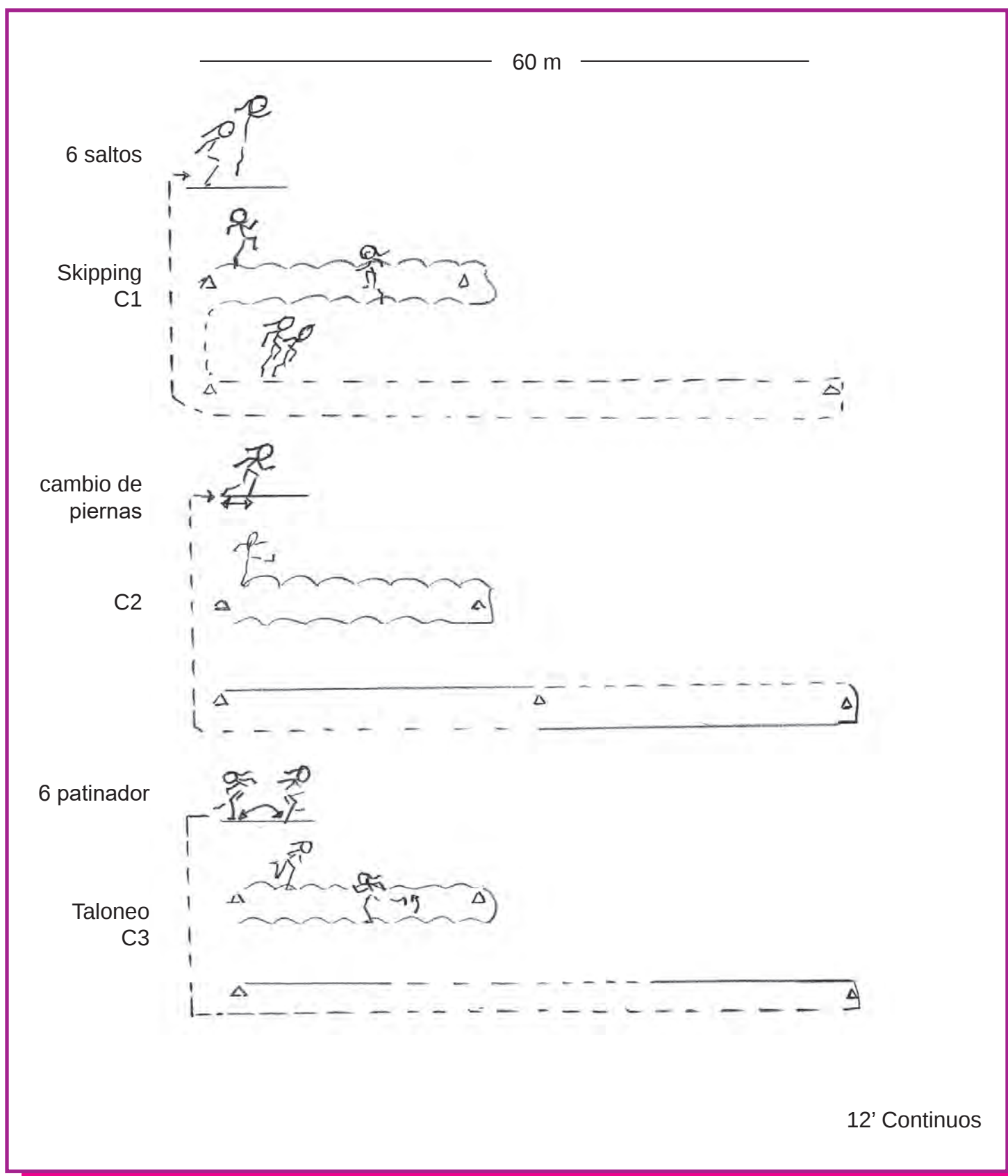


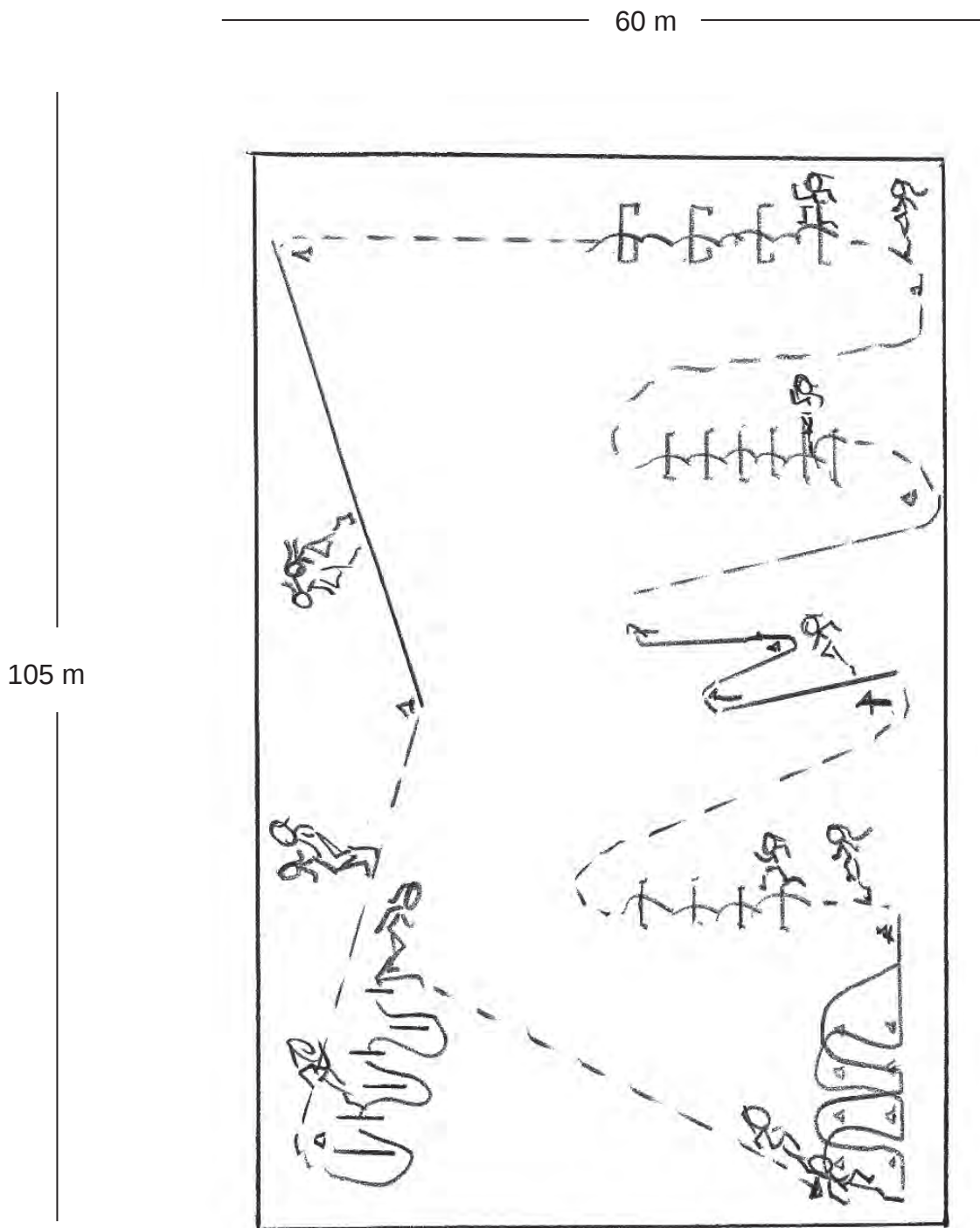
12' Continuos



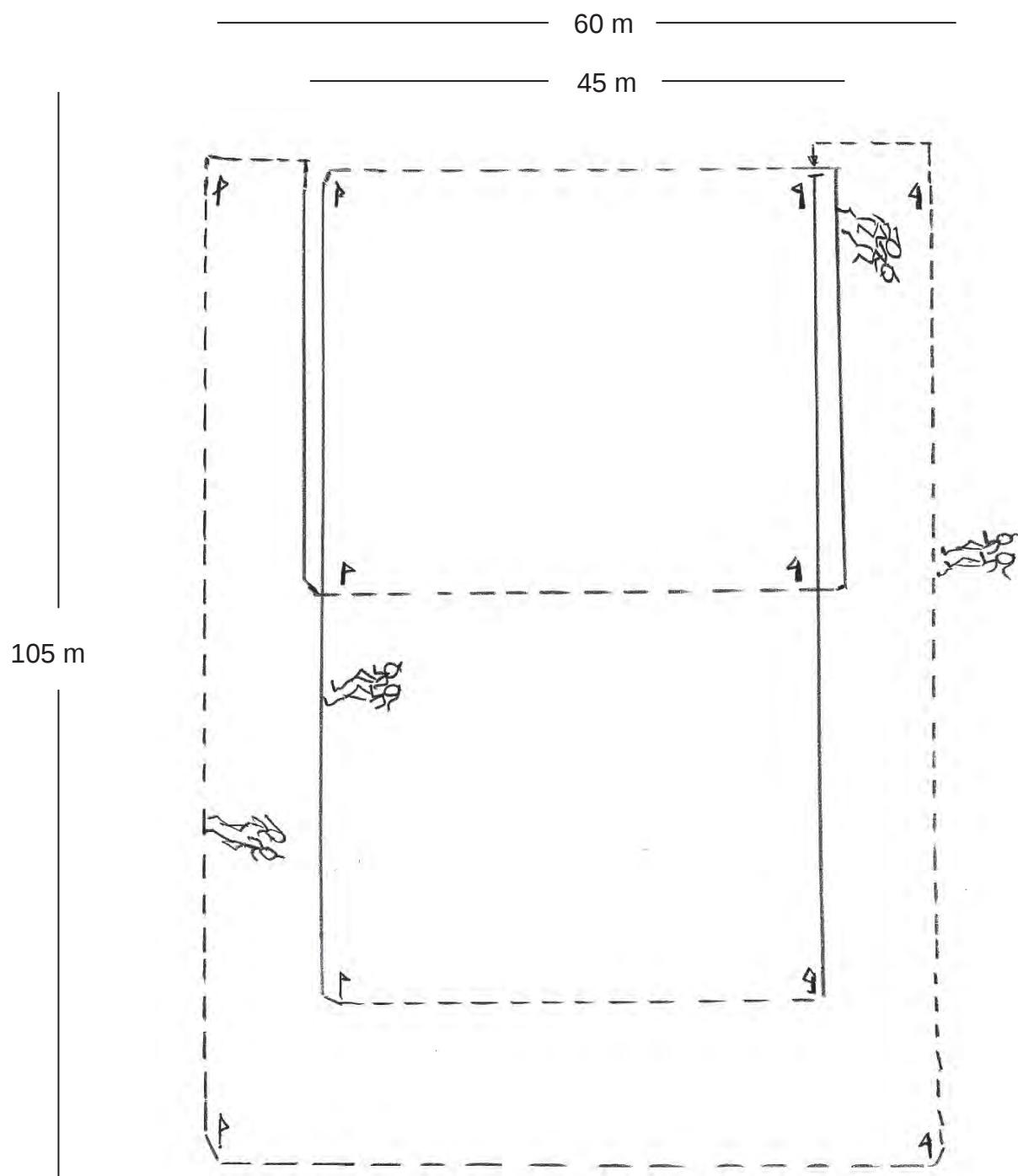
10' Continuos



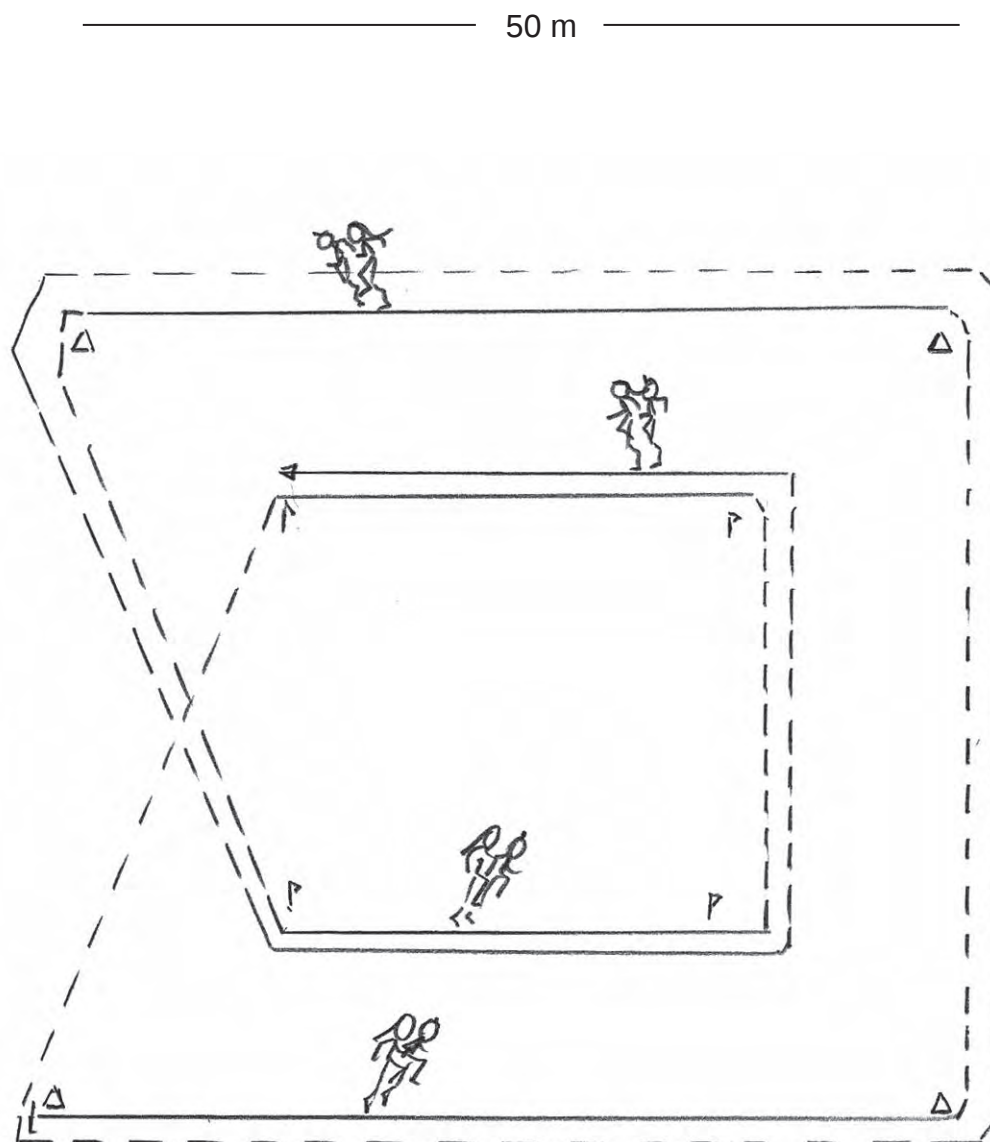




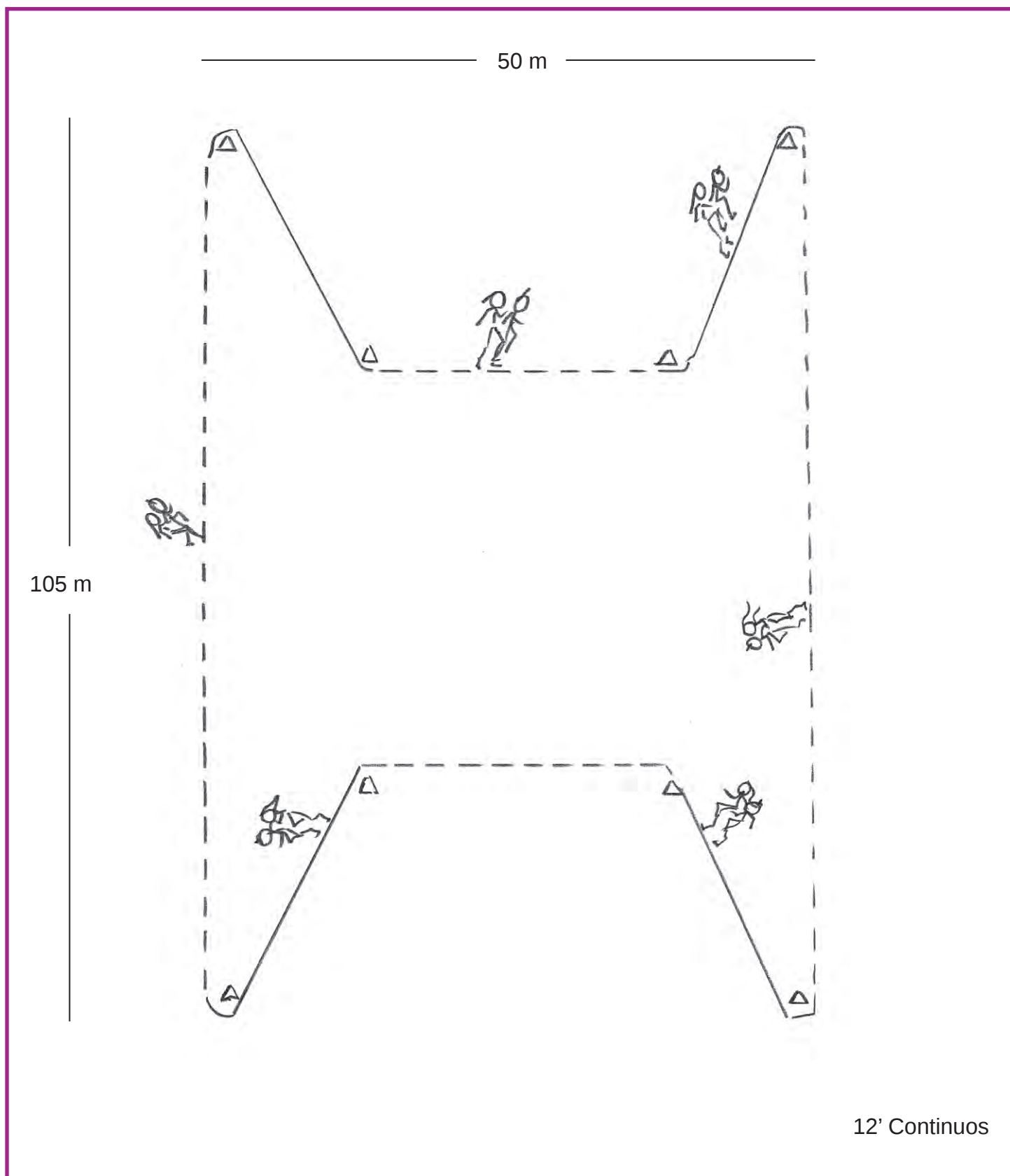
12' Continuos

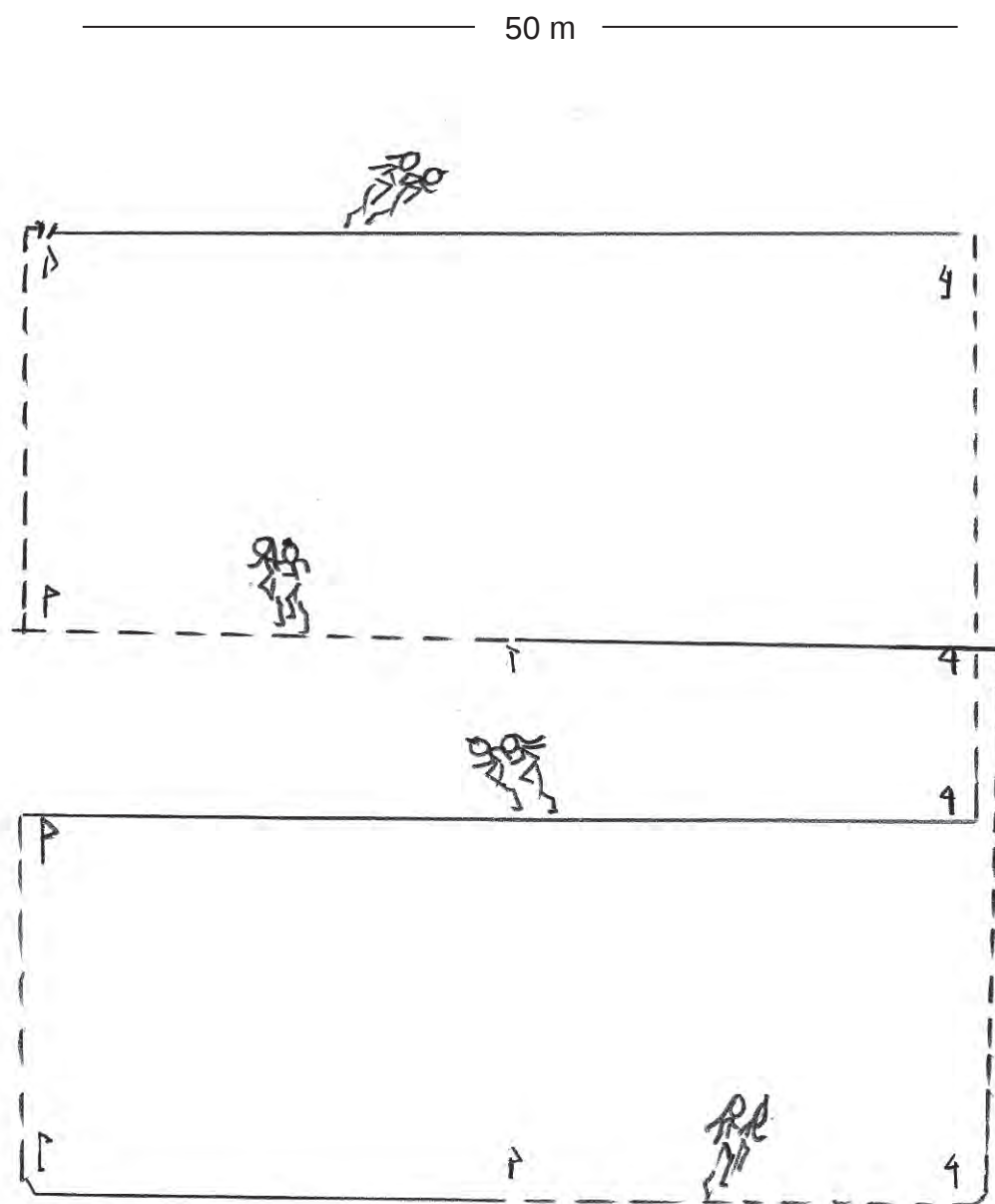


12' Continuos

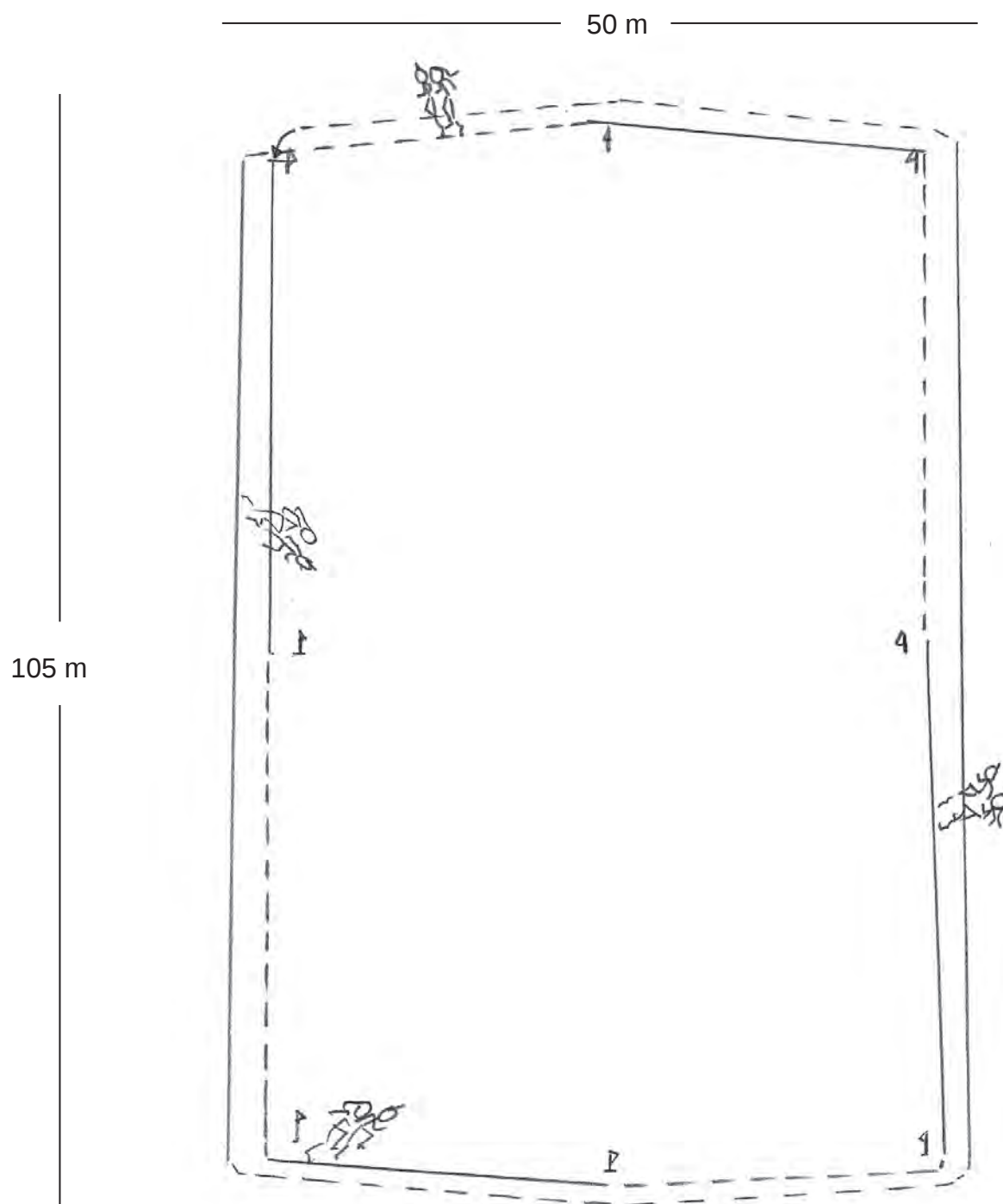


12' Continuos

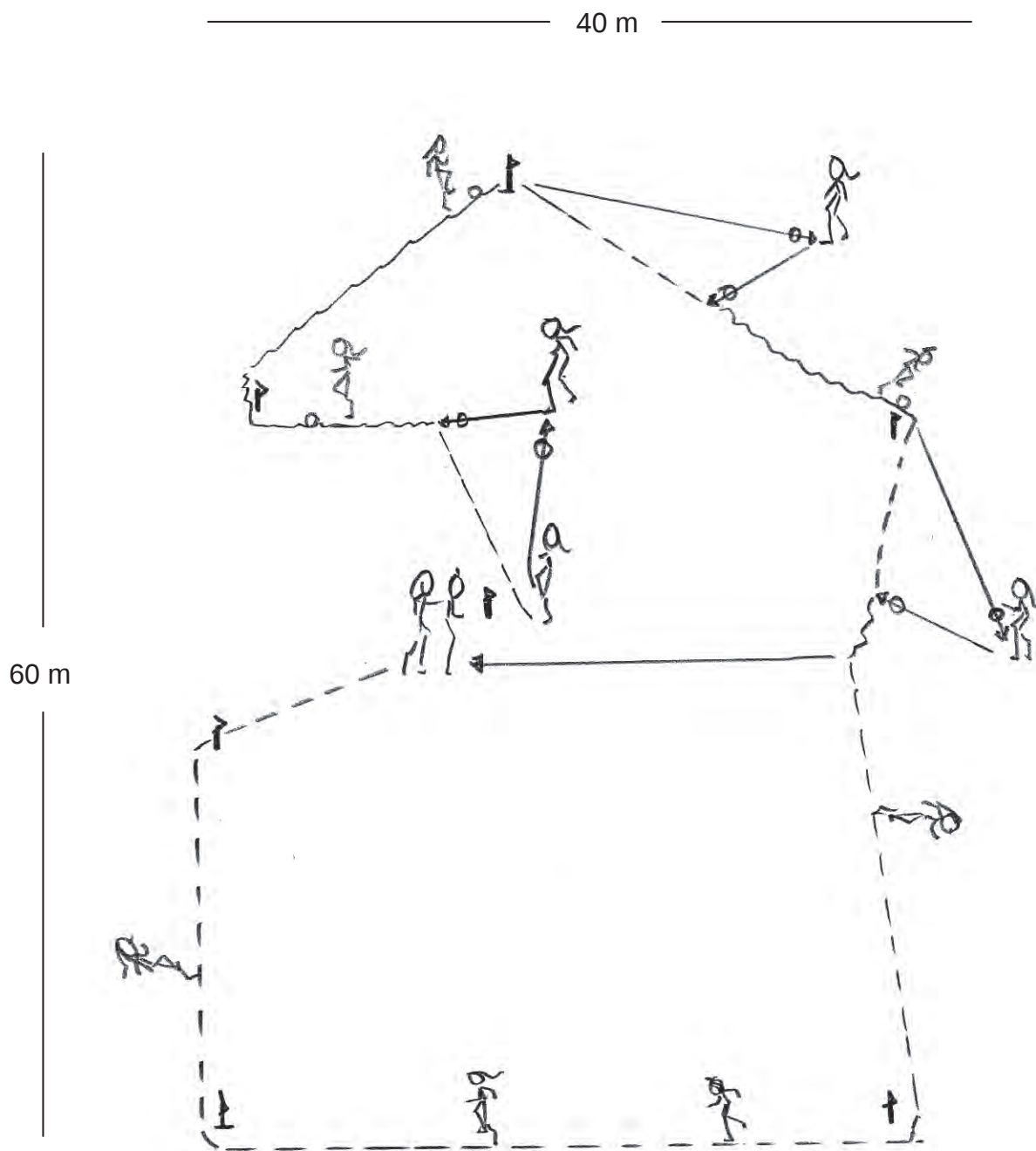




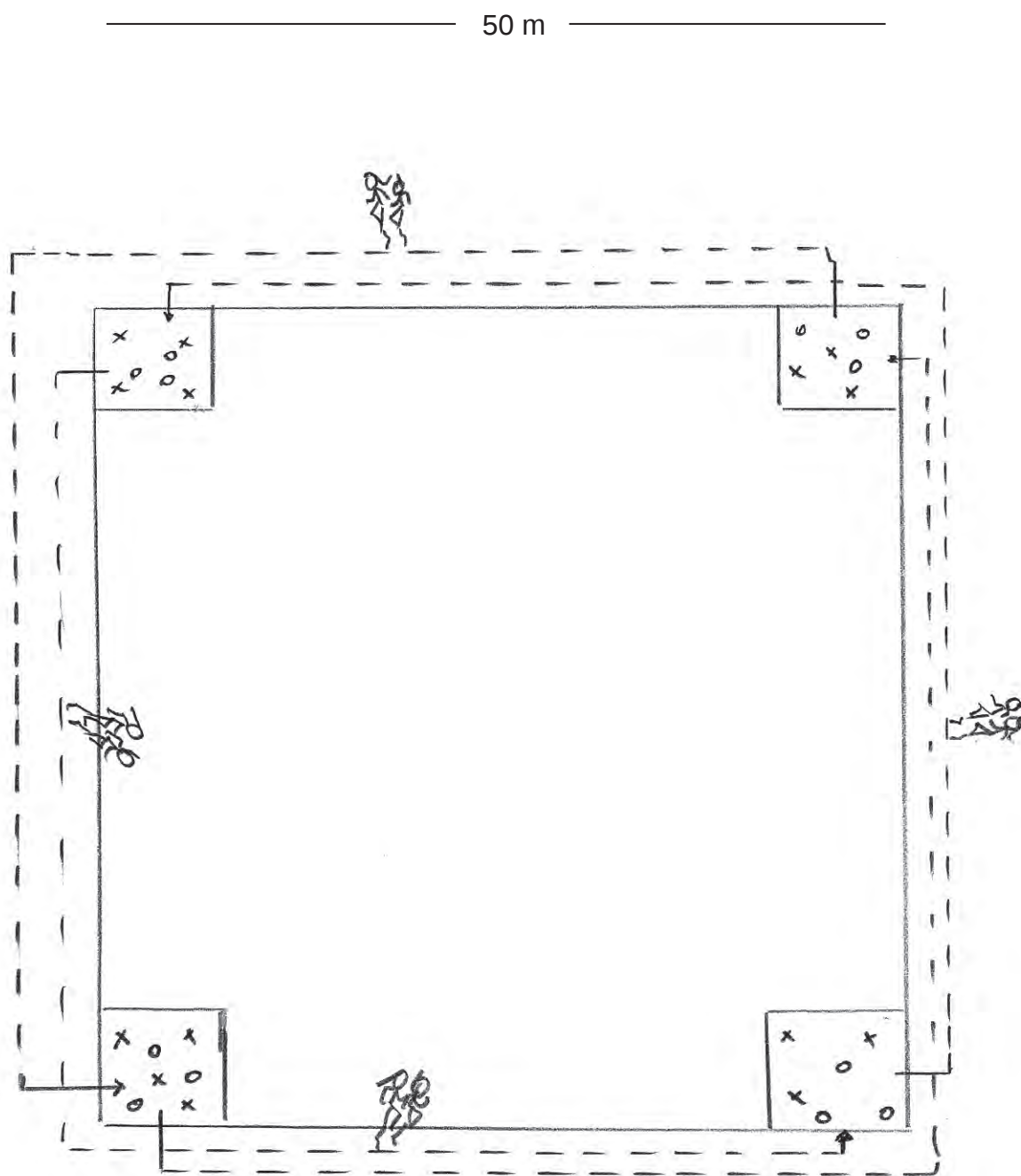
12' Continuos



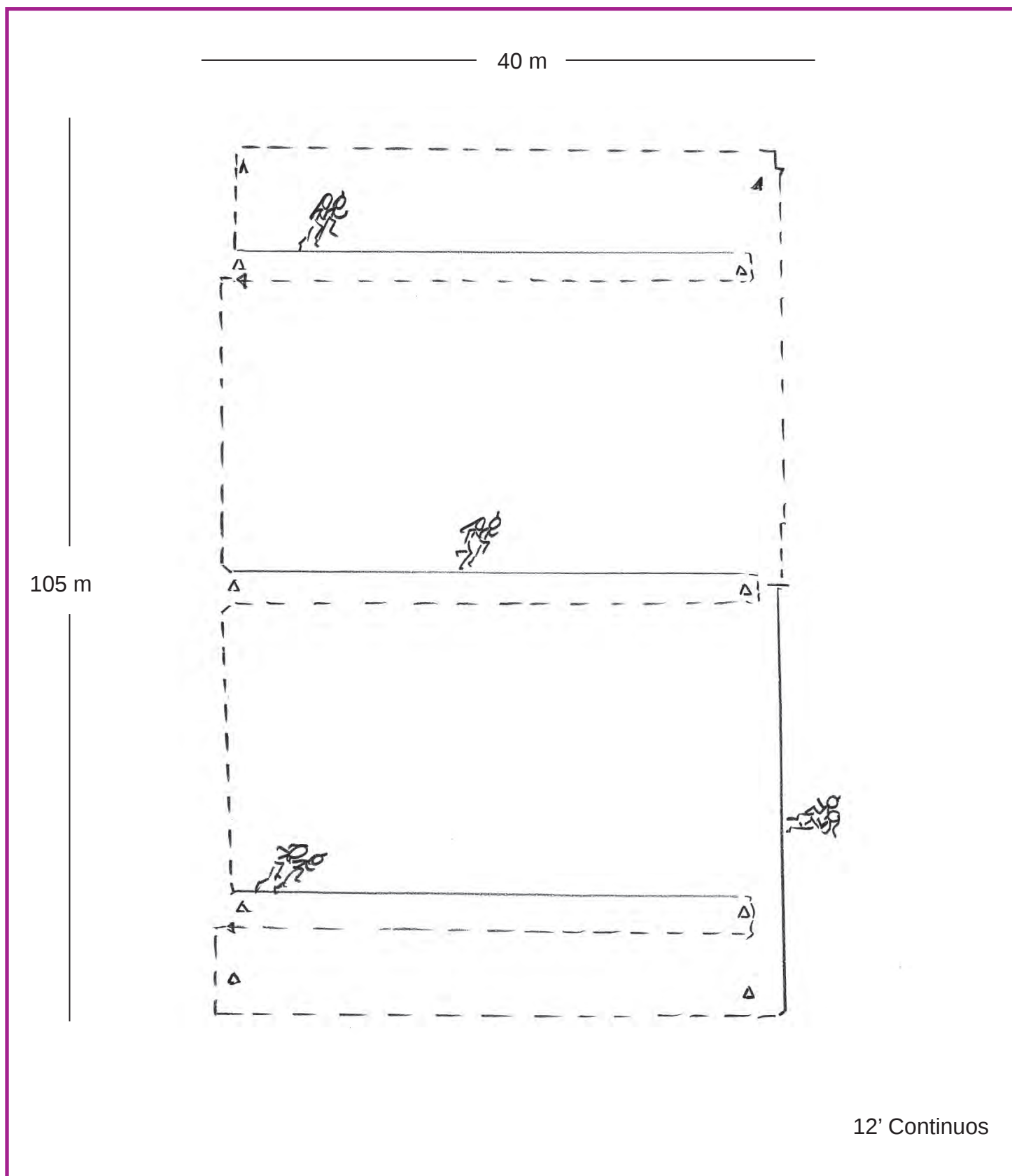
12' Continuos

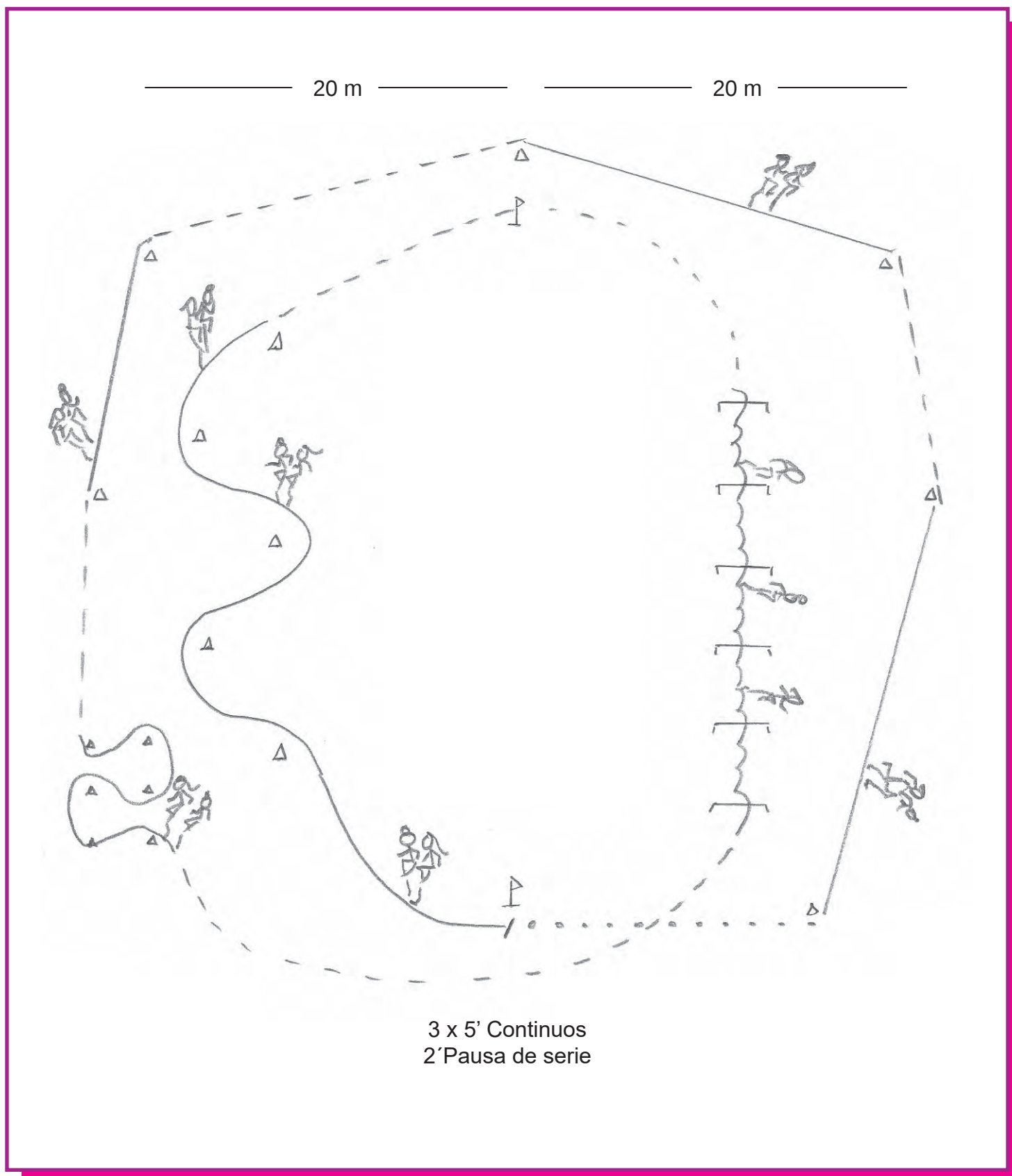


12' Continuos

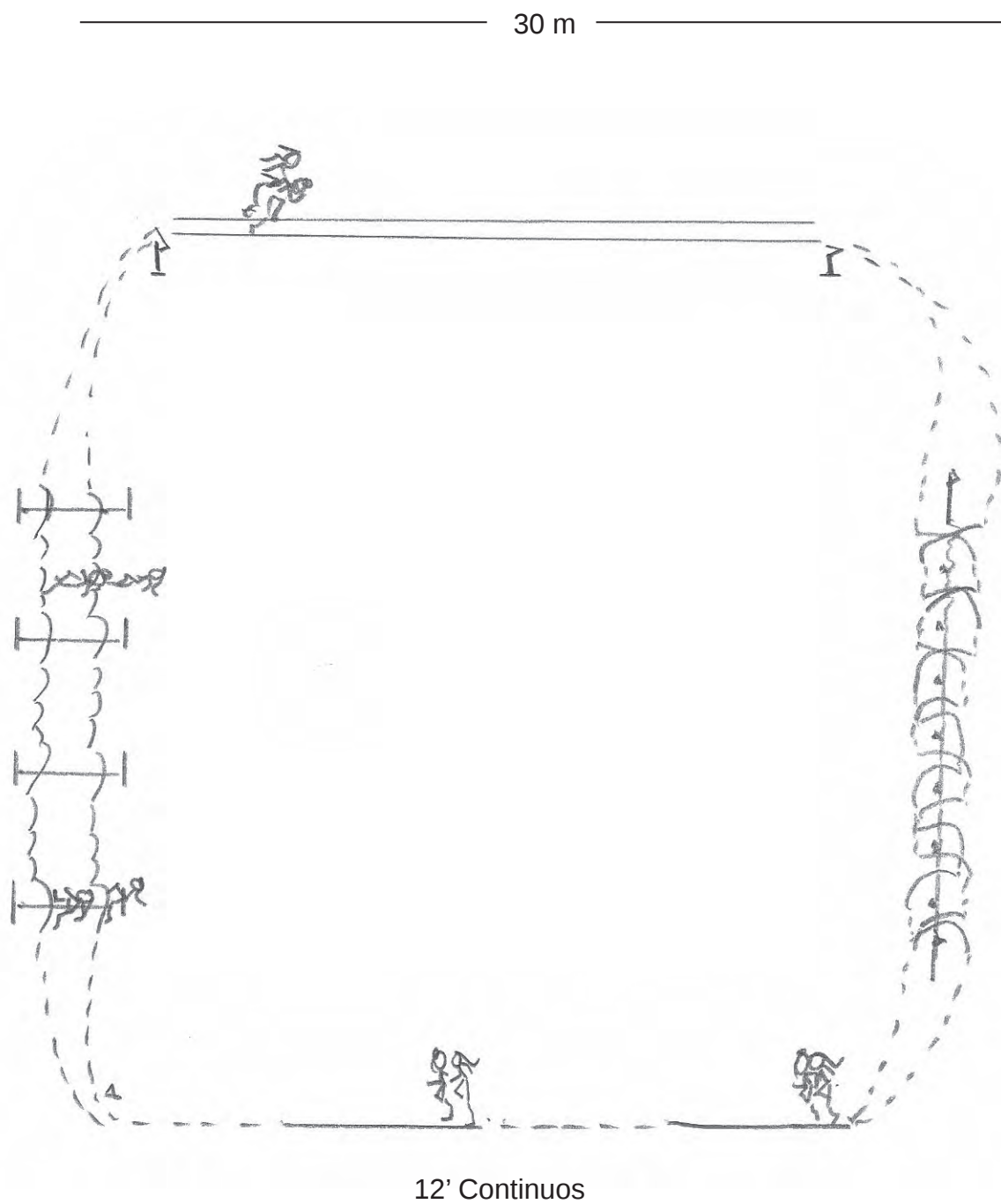


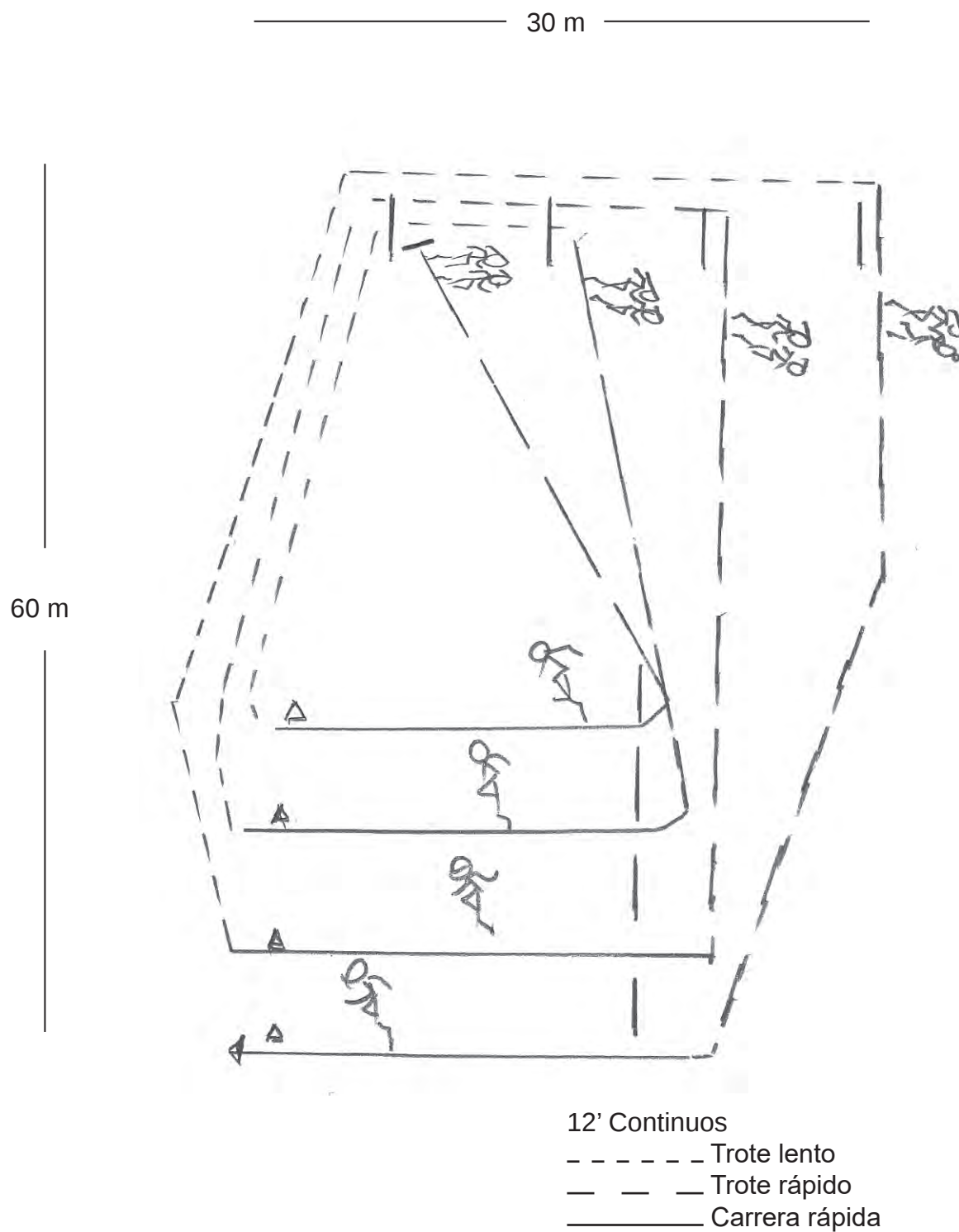
12' Continuos

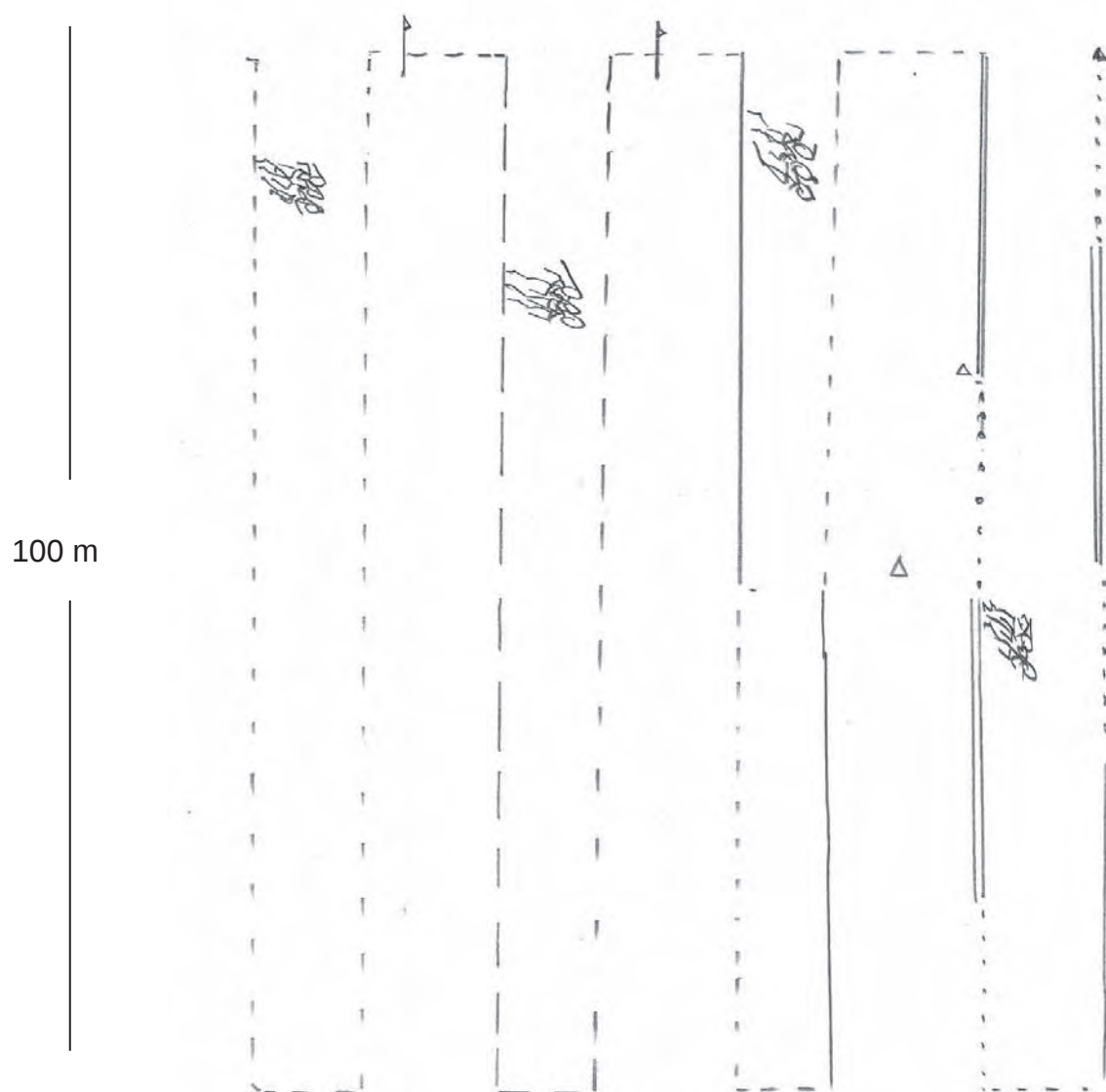




3 x 5' Continuos
2' Pausa de serie

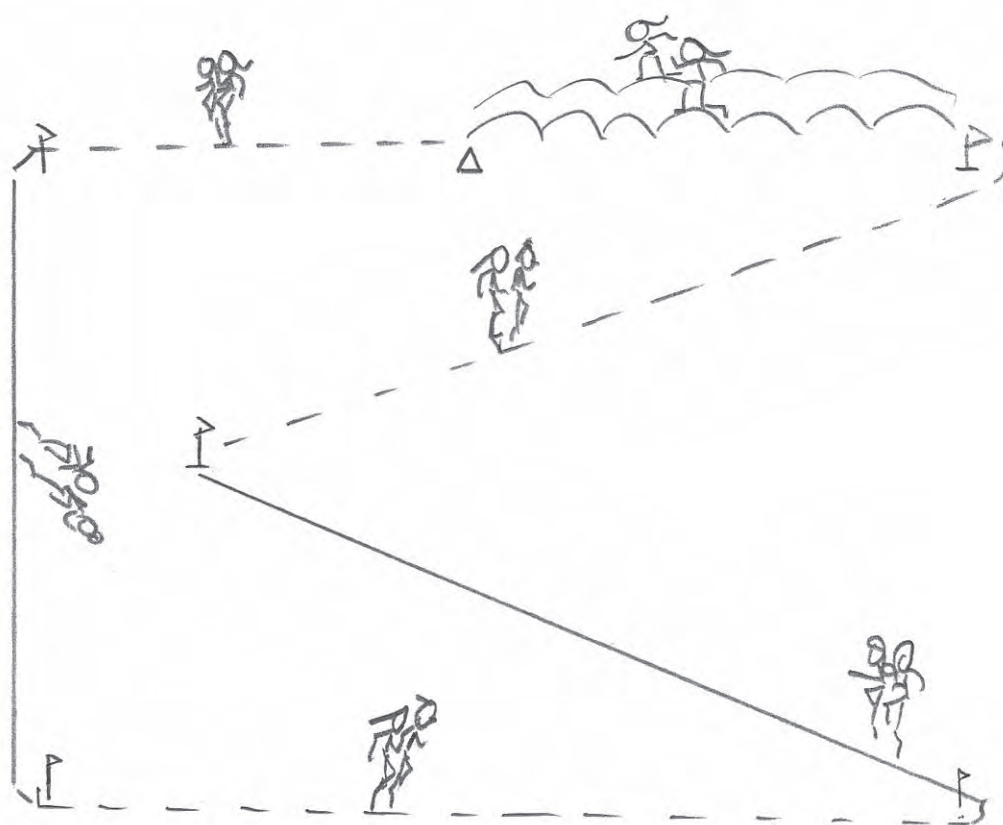




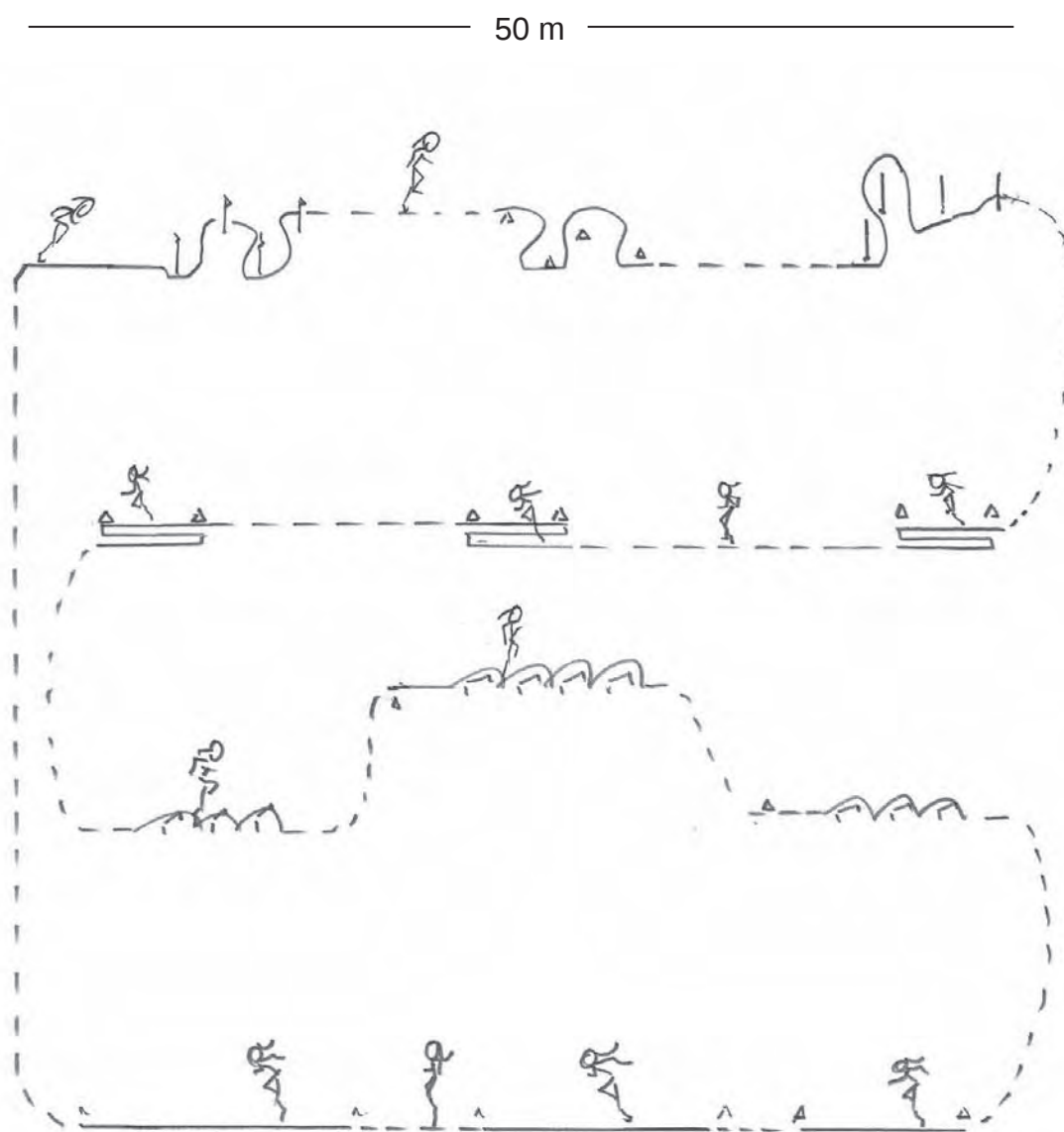


3 Rondas / Pausa de ronda 2'

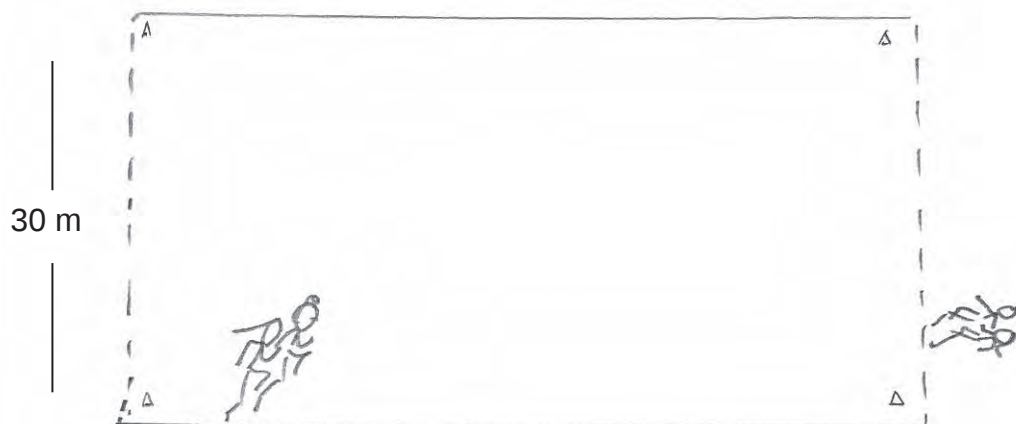
- • • • • Caminar
- - - - - Trote lento
- - - - - Trote rápido
- ===== Carrera
- ===== Sprint



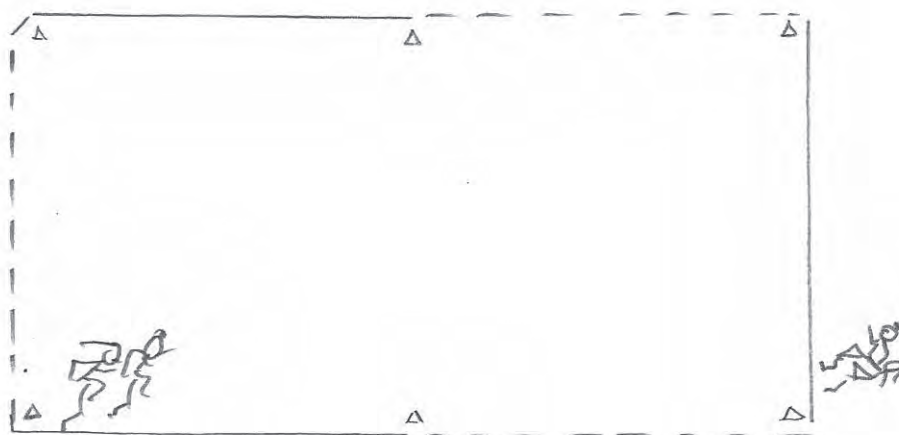
12' continuos



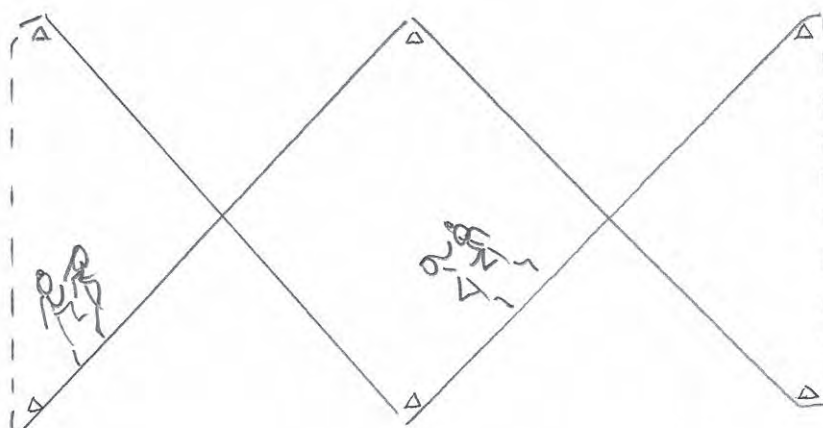
10 - 12' continuos



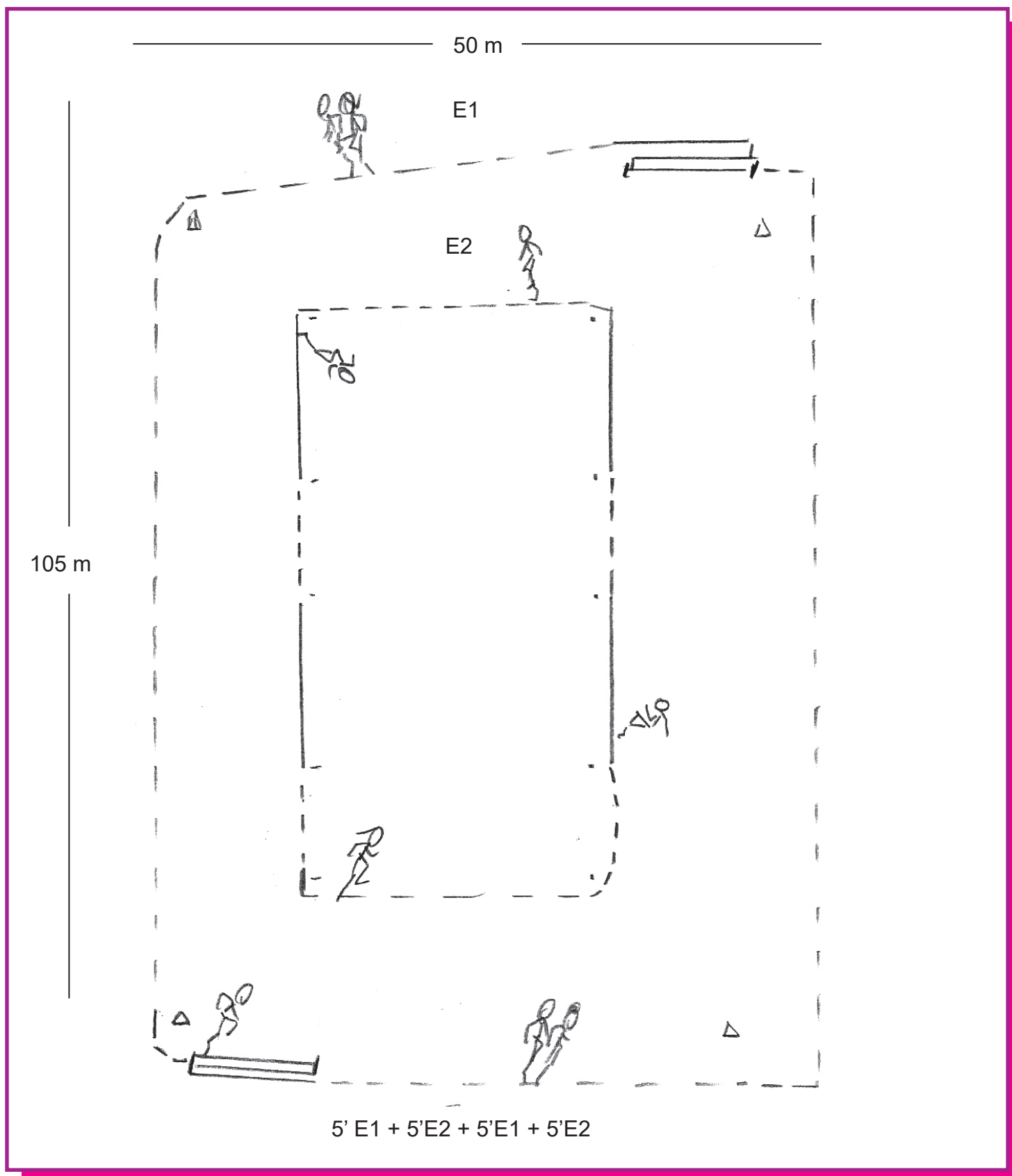
4' continuos
2' Pausa

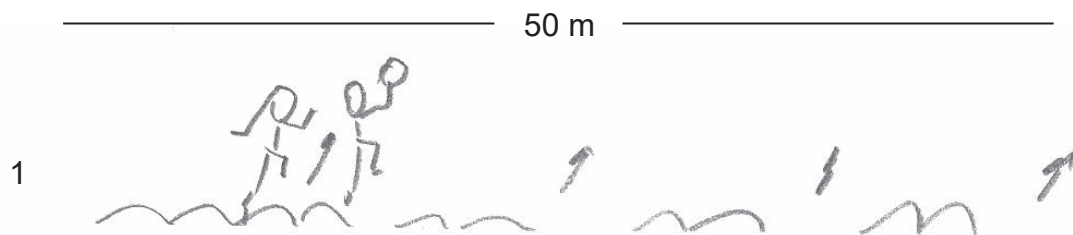


4' continuos
2' Pausa

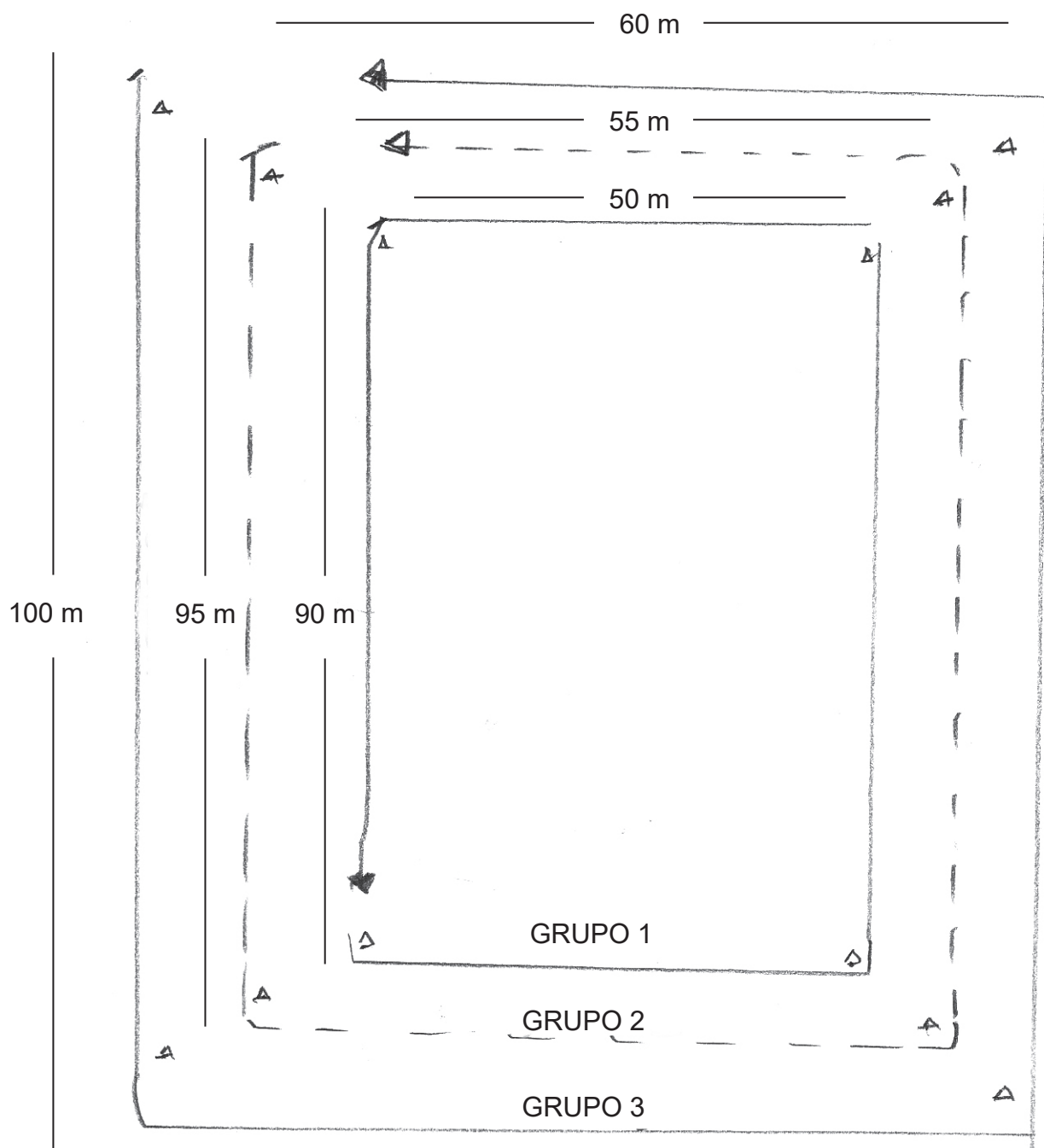


4' continuos

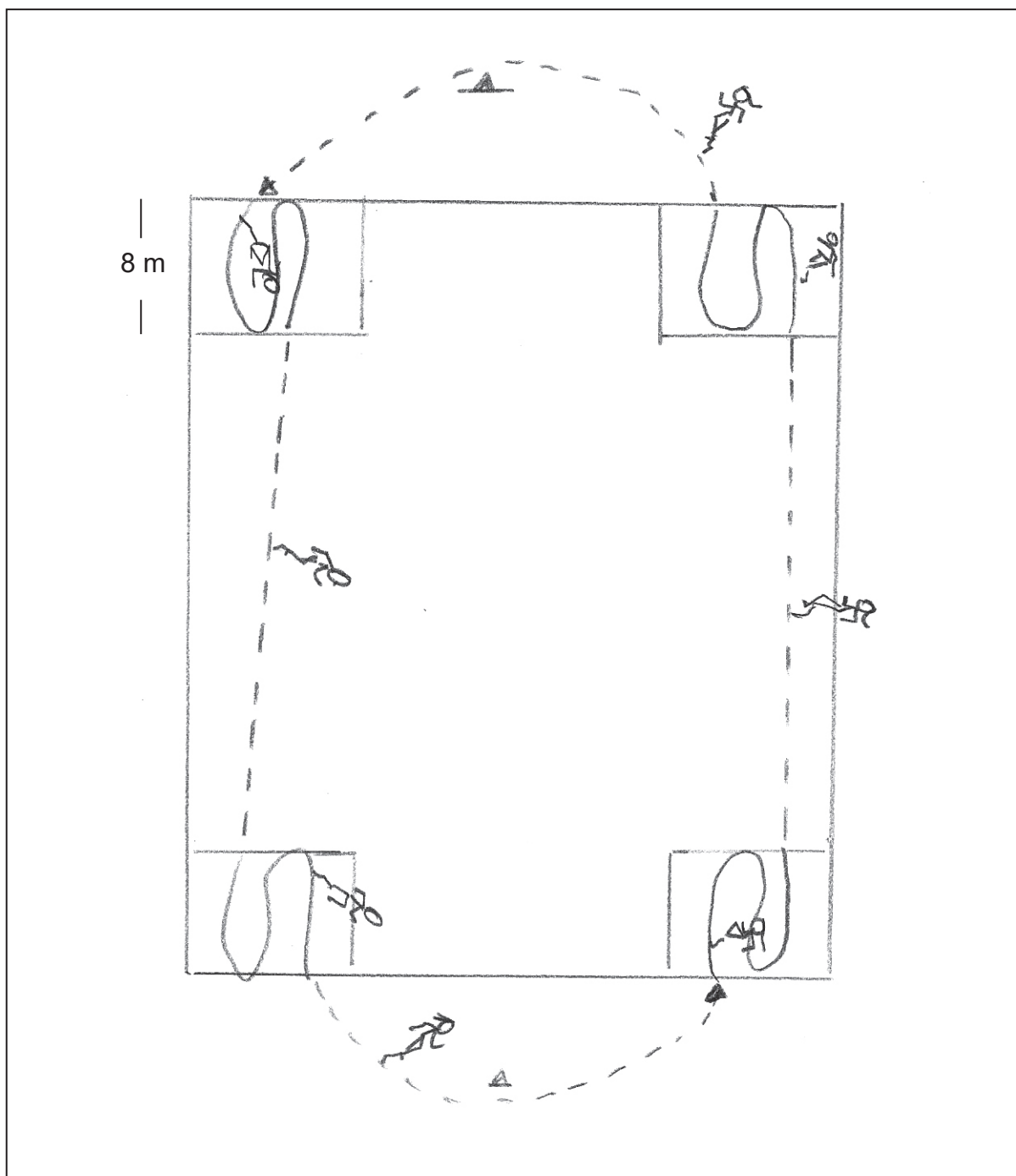




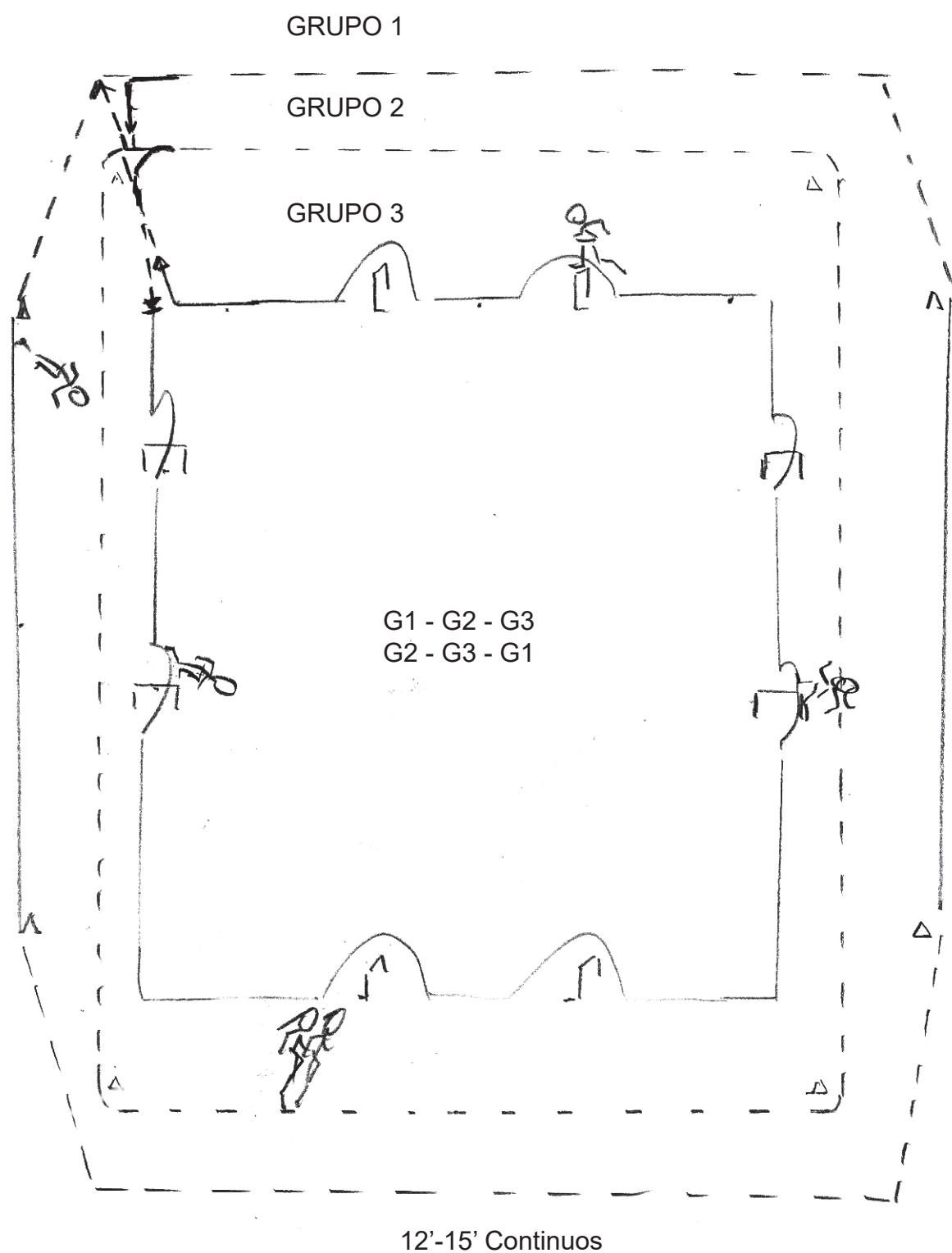
2' continuos 1 - 2 - 3 - 4 - 5 - 6

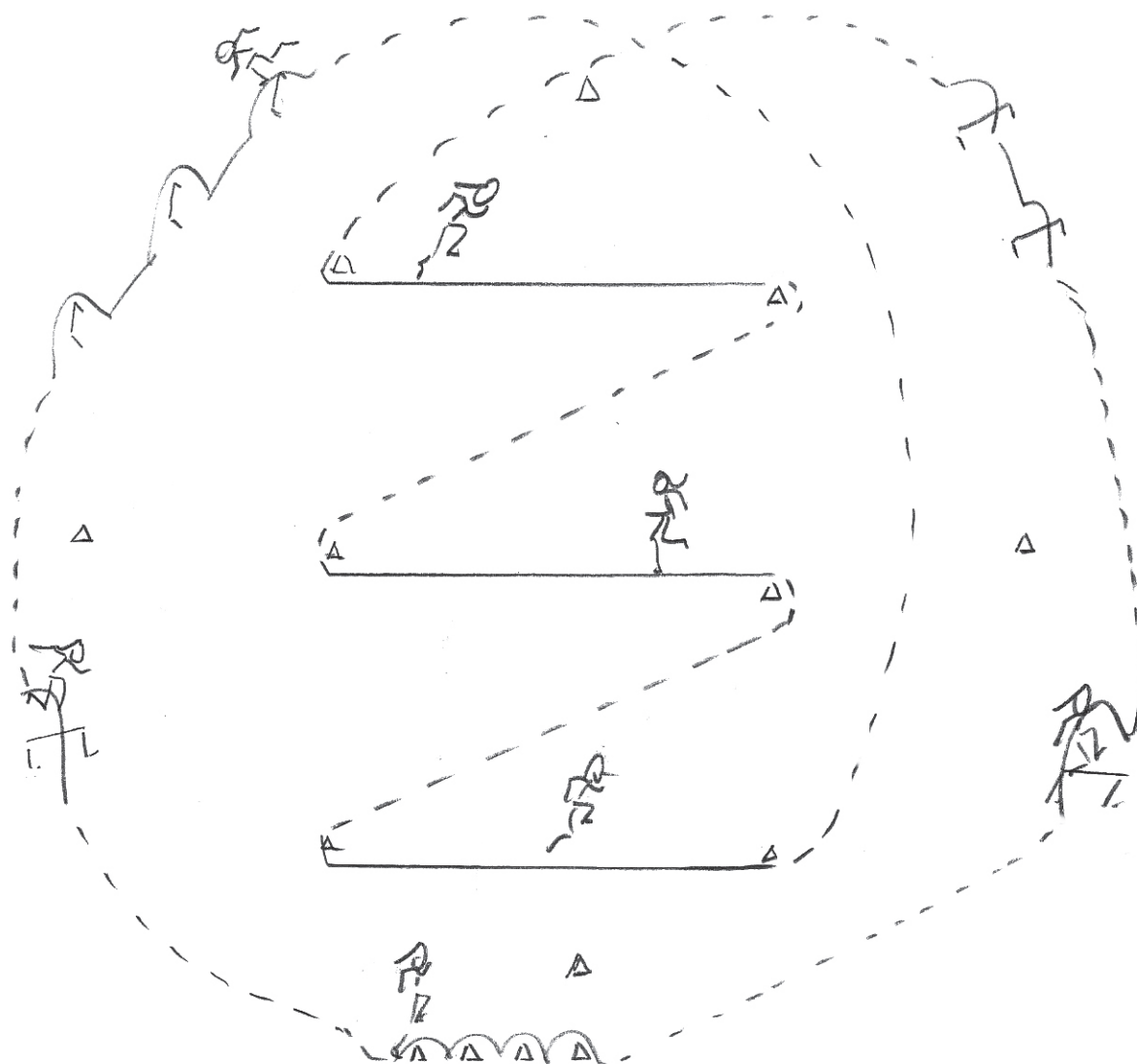


3X4' Trote rápido / 170 -175 p/m
2' pausa inter repeticiones



12'-14' Continuos





Conos
Vallas 45cm
Vallas 65cm

12'-15' Continuos