

| EQUIPO: | | Alevíns | | | | M22 - SEMANA: | | | | | | | | | | ENTRENADOR: | | | | Manuel Isorna Folgar/ Naty/Angel | | | | | | | | | |
|---------------------------|------------------|---|------|----|----|---------------|----|----|-----|-----|-----|-----|-----|-----|------|-------------|----|-----|------|----------------------------------|-----|-----|-----|------|------|------|------|----|--|
| DIA | | DESCRIPCIÓN DEL ENTRENAMIENTO | RI | R2 | R3 | R4 | R5 | R6 | R1F | R2F | R3F | R5F | R6F | FMH | #### | FV | FR | NAT | CAR | #### | FLX | ERG | BAL | New1 | New2 | New3 | New4 | KM | |
| 9 | LUNES MAÑANA | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | LUNES TARDE | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 10 | MARTES MAÑANA | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | MARTES TARDE | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 11 | MIÉRCOLES MAÑANA | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | MIÉRCOLES TARDE | piscina// Carreira continua 3 x (10' + 10' autocarga (barras+trícpe+ fondos+ abdomi)/balón medicina) 3 x (25 senta + 25 saltos gradas + 25 saltos longit) 30' Eerc funcionales Autocarga + 45' (por parellas 5 x 1' + 5 x 45" + 5 x 30" + 5 x 20") | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | JUEVES MAÑANA | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | JUEVES TARDE | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 13 | VIERNES MAÑANA | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | VERNES TARDE | Ejerc técnica Carreira + carreira 20' + 3 circuitos de 3 Ejerci piernas + 50 saltos gradas + 50 lonxitude Exercios funcionais/autocarga 30' Paleo 45' TECNICA por parellas | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | SÁBADO MAÑANA | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | SÁBADO TARDE | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 15 | DOMINGO MAÑANA | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | DOMINGO TARDE | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| CUANTIFICACIÓN MICROCICLO | | | RI | R2 | R3 | R4 | R5 | R6 | R1F | R2F | R3F | R5F | R6F | FMH | #### | FV | FR | NAT | CAR | #### | FLX | ERG | BAL | New1 | New2 | New3 | New4 | KM | |
| | | | 6,4 | | | | | | | | | | | | | | | | 1,8 | 0,8 | | | | | | | | 5 | |
| MICROCICLO ANTERIOR | | | 76,8 | | 4 | | | | | | | | | | | | | | 14,5 | 15 | | | | | | | | 72 | |
| TOTAL TEMPORADA | | | 83,2 | | 4 | | | | | | | | | | | | | | 16,3 | 15,8 | | | | | | | | 77 | |

| EQUIPO: | | Alevíns | | M22 - SEMANA: | | | | | | ENTRENADOR: | | Manuel Isorna Folgar/ Naty/Angel | | | |
|---------|---|---------|----|--|----|--------|----|---|----|---|----|----------------------------------|----|------|-----|
| LUNES | 9 | MARTES | 10 | MIÉRCOLES | 11 | JUEVES | 12 | VIERNES | 13 | SABADO | 14 | DOMINGO | 15 | RI | 6,4 |
| | | | | | | | | | | Ejerc Técnica Carreira final paseo + (2 circuitos 3 ejer perna 20 rept) | | | | R2 | |
| | | | | | | | | | | | | | | R3 | |
| | | | | | | | | | | | | | | R4 | |
| | | | | | | | | | | | | | | R5 | |
| | | | | | | | | | | | | | | R6 | |
| | | | | | | | | | | 30' ejerc CORE + 20' ejer balón medici + 15' ejer c funcioanles | | | | R1F | |
| | | | | | | | | | | | | | | R2F | |
| | | | | | | | | | | | | | | R3F | |
| | | | | | | | | | | | | | | R5F | |
| | | | | | | | | | | | | | | R6F | |
| | | | | | | | | | | Paleo TECNICA 45' por parejas | | | | FMH | |
| | | | | | | | | | | | | | | FMC | |
| | | | | | | | | | | | | | | FV | |
| | | | | | | | | | | | | | | FR | |
| | | | | | | | | | | | | | | NAT | |
| | | | | piscina// Carreira continua 3 x (10' + 10' autocarga (barras+trícipes+ fondos+ abdomi)/balón medicina) | | | | Ejerc técnica Carreira + carreira 20' + 3 circuitos de 3 Ejerci piernas + 50 saltos gradas + 50 lonxitude | | | | | | CAR | 1,8 |
| | | | | | | | | | | | | | | DXT | 0,8 |
| | | | | | | | | | | | | | | FLX | |
| | | | | | | | | | | | | | | ERG | |
| | | | | | | | | | | | | | | BAL | |
| | | | | 3 x (25 senta + 25 saltos gradas + 25 saltos longit) | | | | Exercios funcionais/autocarga 30' | | | | | | New1 | |
| | | | | | | | | | | | | | | New2 | |
| | | | | | | | | | | | | | | New3 | |
| | | | | | | | | | | | | | | New4 | |
| | | | | | | | | | | | | | | KM | 5 |
| | | | | 30' Eerc funcionales Autocarga + 45' (por parejas 5 x 1' + 5 x 45" + 5 x 30" + 5 x 20") | | | | Paleo 45' TECNICA por parejas | | | | | | TH | 5,9 |

