

# ENTRENAMIENTO EN AGUA

|                |      |                                                                                                                                                    |           |                    |
|----------------|------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------|
| Cap.Aerobica   | R1   | A - on the course about 25 gates with 4 up - go back run on the start                                                                              | 60/70 %   |                    |
|                |      | B - on the flat water 30to 50 minutes continue just paddle straight                                                                                | 60/70 %   |                    |
|                |      | C - loops in the gates about 120"onx30"offx5 repetitioinx3/4 series                                                                                | 60/70 %   |                    |
|                |      | D - fartlek or play in the river                                                                                                                   | 60/70%    |                    |
| Pot.Aeróbica   | R2   | A - on the course about 25 gates with 4 up - go back run on the start                                                                              | 80/90%    | <soglia anaerobica |
|                |      | B - on the flat water 4'onx2'off just paddle straight                                                                                              | 80/90%    | <soglia anaerobica |
|                |      | C - loops in the gates about 120"onx30"offx5 repetitioinx3/4 series                                                                                | 80/90%    | <soglia anaerobica |
|                |      | D - 1:4 - 1:3 - 1:2 on the course between single part 2'rest - between set 10'                                                                     | 80/90%    | <soglia anaerobica |
| Toler. Lactica | R3   | <b>A - PIRAMID</b>                                                                                                                                 |           |                    |
|                |      | <b>A1/w - on the wildwater course</b> 20/25"x1loop - 20/25"off - 40/50"onx40/50off - 60/100onx120/200off -40/50"onx40/50"off - 20/25"on 8'rest x 3 | max velo. |                    |
|                |      | <b>A2/w - on the wildwater course</b> 1:4/1:3/1:2/1:1 rest short between parts                                                                     | max velo. |                    |
|                |      | <b>A1/f and A2/f</b> - in flat water                                                                                                               |           |                    |
|                |      | <b>B - broken run</b> - on the course 3 or 4 gates 10"rest and start for more 3/4 gates                                                            |           |                    |
|                |      | <b>C - in flat water</b> 15"onx45"offx15 repetition 5minutes rest x 3sets                                                                          |           |                    |
| R.Competiion   | R4   | <b>RACE</b> - simulation race 2 qualification + 1 semif. + 1 final + team                                                                          |           |                    |
|                |      | <b>RACE in 2 day</b> - qualification one day - semif + final the day after                                                                         |           |                    |
| Velocidad      | R5   | <b>on the gates e in teh courses</b> 12/20" full rest x 5 set x 5 differents courses                                                               |           |                    |
|                |      | <b>in flat water gates</b> 12/20" full rest x 5 x 3/5                                                                                              |           |                    |
|                |      | in the course without gates and in flat water -                                                                                                    |           |                    |
| Freno F-R      | RF 6 | A - on the slalom course with a elastic infront long course 50/60' or 10/12 course                                                                 |           | >soglia anaerobica |
|                |      | B - in flat water 40/50'                                                                                                                           | 70%       | >soglia anaerobica |
| Freno Fmax.    | RF 7 | A - 8/12" - 2' paddle easy x 10 times x 2 sets                                                                                                     |           |                    |
| Técnica        | T    | A - one to one                                                                                                                                     |           |                    |
|                |      | B - in groupe                                                                                                                                      |           |                    |
|                |      | C - specific gates                                                                                                                                 |           |                    |
|                |      | D - generaly                                                                                                                                       |           |                    |
|                |      | E - basic in flat water                                                                                                                            |           |                    |
|                |      | F - basic in wildwater                                                                                                                             |           |                    |

|                         |                         |  |
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| ENTRENAMIENTO EN TIERRA | Fuerza Máx. Hipertrofia |  |
|                         | Fuerza Máx. C. Neurom.  |  |
|                         | Fuerza Velocidad        |  |
|                         | Fuerza Resist. Circuito |  |
|                         | Fuerza Resist. Series   |  |
|                         | Carrera                 |  |
|                         | Natación                |  |
|                         | TRX                     |  |
|                         | Flexibilidad            |  |
|                         | VARIOS                  |  |
|                         |                         |  |
|                         |                         |  |
|                         | Teoria Filmacion Video  |  |
|                         | Masaje-Fisio            |  |