

PLANIFICACIÓN TRIATLÓN Y DUATLÓN 2024

RECORDAR QUE EN LA PÁGINA 3 DE ESTE DOCUMENTO, ESTÁN LAS PAUTAS GENERALES PARA HACER LAS SEMANAS PRE Y POST COMPETICIÓN

| FECHA: 19-2 al 25-2 | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|------------------------------|---|---|--|--|-----------------|---|--|
| NATACIÓN | | 20.45H PISCINA 500cr con aletas 400cr con manoplas y aletas 6x50cr fuertes (2 series con manoplas / 2 series sin material / 2 series con aletas) d=30" 4x125cr ritmo medio d=30" 200 con aletas (50 pies / 50cr resp cada 4) 100 suaves libres Total: 2000m | | L@s que puedan 800 (300cr / 100 no crol) 3-5x300cr ritmo medio d=1' 200 pies con aletas 100 suaves libres Total: 2000-2600m | Descanso | L@s que quieran competir en Abril... 2-3x500cr con neopreno d=1' 4x25cr máxima velocidad d=1' 100 suaves Total: 1200-1700m | |
| BICI | | | | 19.45H CIRCUITO CICLISMO 15' calentar 2x5' ritmo medio rec 2'30" 5x1' fuertes rec 2' 5' ritmo medio-alto 5' ritmo medio 5' suaves Total: 60min | Descanso | | Salida larga Entre 1h30' y 4h Mejor ritmo posible constante en toda la salida Total: 90-240min |
| CARRERA | 19.45H PISTAS ATLETISMO JÓVENES: 15' calentar 20' (2'30" ritmo medio / 2'30" suaves) 10' suaves ADULTOS: 15' calentar 30' (2'30" ritmo medio / 2'30" suaves) 10' suaves Total: 45-55min | | 19.45H PISTAS ATLETISMO 10' calentar 5' (30" prog / 30" suaves) 2x(400m fuertes d=1' + 1km ritmo medio d=1'30" + 200m fuertes d=2') 10' suaves ADULTOS: 10' calentar 5' (30" prog / 30" suaves) 3x(400m fuertes d=1' + 1km ritmo medio d=1'30" + 200m fuertes d=2') 10' suaves Total: 60-70min | | Descanso | | |
| OTROS / COMPETICIONES | | L@s que puedan MUSCULACIÓN: 3x12rep d=30" (intensidad baja) | | | Descanso | Bici + Carrera Bici: Entre 1h y 2h suaves + Car: entre 2 y 8km suaves Total: Bici: 60-120min / Car: 2-8km | |

PLANIFICACIÓN CARRERA A PIÉ 2024

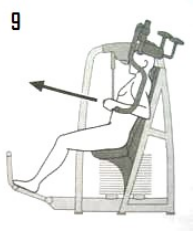

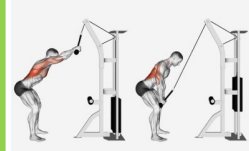
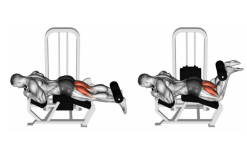
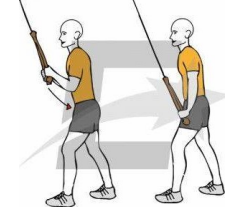



| FECHA: 19-2 al 25-2 | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|------------------------------|---|--|--|--|-----------------|---|--|
| CARRERA | 19.45H PISTAS ATLETISMO JÓVENES: 15' calentar 20' (2'30" ritmo medio / 2'30" suaves) 10' suaves ADULTOS: 15' calentar 30' (2'30" ritmo medio / 2'30" suaves) 10' suaves Total: 45-55min | | 19.45H PISTAS ATLETISMO 10' calentar 5' (30" prog / 30" suaves) 2x(400m fuertes d=1' + 1km ritmo medio d=1'30" + 200m fuertes d=2') 10' suaves ADULTOS: 10' calentar 5' (30" prog / 30" suaves) 3x(400m fuertes d=1' + 1km ritmo medio d=1'30" + 200m fuertes d=2') 10' suaves Total: 60-70min | | Descanso | L@s que puedan 5-15' calentar 9-15' (1' subiendo / 2' bajando y en llano) 15-20' carrera continua 80-85% 20' carrera suave Total: 51min | L@s que puedan Carrera continua suave Entre 1h y 1h30' (los últimos 5' ritmo medio, el resto del tiempo que corran suave) Total: 60-105min |
| OTROS / COMPETICIONES | | L@s que puedan MUSCULACIÓN: 3x12rep d=30" (intensidad baja) | | L@s que puedan MUSCULACIÓN: 3x12rep d=30" (intensidad baja) | Descanso | | |

| RITMOS GENERALES NATACIÓN (SEGÚN TEST DE 800M) | | | | | | |
|--|-----|-------|-------|---------------|---------------|---------------|
| RITMO MEDIO C/100m | 25m | 50m | 100m | 200m (C/100m) | 300m (C/100m) | 400m (C/100m) |
| 2'30" | 30" | 1'01" | 2'06" | 2'08" | 2'10" | 2'12" |
| 2'25" | 28" | 59" | 2'02" | 2'04" | 2'06" | 2'08" |
| 2'20" | 27" | 57" | 1'58" | 2' | 2'02" | 2'04" |
| 2'15" | 26" | 54" | 1'54" | 1'56" | 1'58" | 2' |
| 2'10" | 25" | 53" | 1'49" | 1'51" | 1'53" | 1'55" |
| 2'05" | 24" | 51" | 1'45" | 1'47" | 1'49" | 1'51" |
| 2' | 23" | 49" | 1'41" | 1'43" | 1'45" | 1'47" |
| 1'55" | 22" | 47" | 1'37" | 1'39" | 1'40" | 1'41" |
| 1'50" | 21" | 45" | 1'33" | 1'24" | 1'35" | 1'36" |
| 1'45" | 20" | 42" | 1'28" | 1'30" | 1'32" | 1'34" |
| 1'40" | 19" | 40" | 1'24" | 1'26" | 1'27" | 1'28" |
| 1'35" | 18" | 39" | 1'20" | 1'21" | 1'22" | 1'23" |
| 1'30" | 17" | 38" | 1'16" | 1'17" | 1'18" | 1'19" |
| 1'25" | 16" | 34" | 1'11" | 1'13" | 1'14" | 1'15" |
| 1'20" | 15" | 32" | 1'07" | 1'08" | 1'09" | 1'10" |
| 1'15" | 14" | 30" | 1'03" | 1'04" | 1'05" | 1'06" |
| 1'10" | 13" | 28" | 59" | 1' | 1'01" | 1'02" |
| 1'05" | 12" | 26" | 55" | 56" | 57" | 58" |
| 1' | 11" | 24" | 50" | 52" | 53" | 54" |



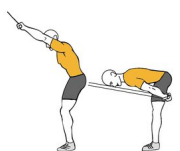

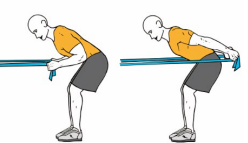

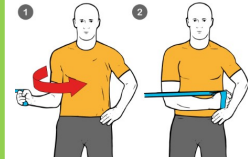

| RITMOS GENERALES CARRERA (SEGÚN TEST 2KM) | | | | | | | | | | | | | | | |
|---|--------------------|--|-------|-------|-------|-------|-------|-------|-------|--------------------------------|-------|-------|-------|-------|-------|
| TRANSTRITLON | | RITMOS POR PORCENTAJE (SUAVES-MEDIOS-INTENSOS) | | | | | | | | RITMOS DE TABLA (MUY INTENSOS) | | | | | |
| TIEMPO POR KM | RITMO TEST EN 400m | 65% | 70% | 75% | 80% | 85% | 90% | 95% | 1000m | 800m | 600m | 500m | 400m | 300m | 200m |
| 2'45" | 1'06" | 3'42" | 3'34" | 3'26" | 3'18" | 3'09" | 3'01" | 2'53" | 2'43" | 2'09" | 1'35" | 1'17" | 1' | 44" | 29" |
| 2'50" | 1'08" | 3'49" | 3'41" | 3'32" | 3'24" | 3'15" | 3'07" | 2'58" | 2'48" | 2'13" | 1'37" | 1'19" | 1'02" | 46" | 30" |
| 2'55" | 1'10" | 3'56" | 3'47" | 3'38" | 3'30" | 3'21" | 3'12" | 3'03" | 2'53" | 2'17" | 1'41" | 1'22" | 1'04" | 47" | 31" |
| 3' | 1'12" | 4'03" | 3'54" | 3'45" | 3'36" | 3'27" | 3'18" | 3'09" | 2'58" | 2'21" | 1'43" | 1'24" | 1'06" | 48" | 31" |
| 3'05" | 1'14" | 4'09" | 4' | 3'51" | 3'42" | 3'32" | 3'23" | 3'14" | 3'03" | 2'25" | 1'46" | 1'26" | 1'08" | 50" | 32" |
| 3'10" | 1'16" | 4'16" | 4'07" | 3'57" | 3'48" | 3'38" | 3'29" | 3'19" | 3'08" | 2'28" | 1'49" | 1'29" | 1'09" | 51" | 33" |
| 3'15" | 1'18" | 4'23" | 4'13" | 4'03" | 3'54" | 3'42" | 3'34" | 3'24" | 3'13" | 2'32" | 1'52" | 1'31" | 1'11" | 52" | 34" |
| 3'20" | 1'20" | 4'30" | 4'20" | 4'10" | 4' | 3'50" | 3'40" | 3'30" | 3'18" | 2'36" | 1'55" | 1'34" | 1'13" | 54" | 35" |
| 3'25" | 1'22" | 4'36" | 4'26" | 4'16" | 4'06" | 3'55" | 3'45" | 3'35" | 3'22" | 2'40" | 1'58" | 1'36" | 1'15" | 55" | 36" |
| 3'30" | 1'24" | 4'43" | 4'33" | 4'22" | 4'12" | 4'01" | 3'51" | 3'40" | 3'27" | 2'44" | 2' | 1'38" | 1'17" | 56" | 37" |
| 3'35" | 1'26" | 4'50" | 4'39" | 4'28" | 4'18" | 4'07" | 3'56" | 3'45" | 3'32" | 2'48" | 2'03" | 1'41" | 1'19" | 58" | 38" |
| 3'40" | 1'28" | 4'57" | 4'46" | 4'35" | 4'24" | 4'13" | 4'02" | 3'51" | 3'37" | 2'52" | 2'06" | 1'43" | 1'20" | 59" | 38" |
| 3'45" | 1'30" | 5'03" | 4'52" | 4'41" | 4'30" | 4'18" | 4'07" | 3'56" | 3'42" | 2'56" | 2'09" | 1'45" | 1'22" | 1' | 39" |
| 3'50" | 1'32" | 5'10" | 4'59" | 4'47" | 4'36" | 4'24" | 4'13" | 4'01" | 3'47" | 3' | 2'12" | 1'48" | 1'24" | 1'02" | 40" |
| 3'55" | 1'34" | 5'17" | 5'05" | 4'53" | 4'42" | 4'30" | 4'18" | 4'06" | 3'52" | 3'04" | 2'15" | 1'50" | 1'26" | 1'03" | 41" |
| 4' | 1'36" | 5'24" | 5'12" | 5' | 4'48" | 4'36" | 4'24" | 4'12" | 3'57" | 3'08" | 2'18" | 1'52" | 1'28" | 1'05" | 42" |
| 4'05" | 1'38" | 5'30" | 5'18" | 5'06" | 4'54" | 4'41" | 4'29" | 4'17" | 4'02" | 3'12" | 2'21" | 1'55" | 1'30" | 1'06" | 43" |
| 4'10" | 1'40" | 5'37" | 5'25" | 5'12" | 5' | 4'47" | 4'35" | 4'22" | 4'07" | 3'16" | 2'21" | 1'57" | 1'32" | 1'07" | 44" |
| 4'15" | 1'42" | 5'44" | 5'31" | 5'18" | 5'06" | 4'53" | 4'40" | 4'27" | 4'12" | 3'19" | 2'26" | 1'59" | 1'33" | 1'09" | 45" |
| 4'20" | 1'44" | 5'51" | 5'38" | 5'25" | 5'12" | 4'59" | 4'46" | 4'33" | 4'17" | 3'23" | 2'29" | 2'02" | 1'35" | 1'10" | 45" |
| 4'25" | 1'46" | 5'57" | 5'44" | 5'31" | 5'18" | 4'58" | 4'51" | 4'38" | 4'22" | 3'27" | 2'32" | 2'04" | 1'37" | 1'11" | 46" |
| 4'30" | 1'48" | 6'04" | 5'51" | 5'37" | 5'24" | 5'10" | 4'57" | 4'43" | 4'27" | 3'31" | 2'35" | 2'06" | 1'39" | 1'13" | 47" |
| 4'35" | 1'50" | 6'11" | 5'57" | 5'43" | 5'30" | 5'16" | 5'02" | 4'48" | 4'32" | 3'35" | 2'38" | 2'09" | 1'41" | 1'14" | 48" |
| 4'40" | 1'52" | 6'18" | 6'04" | 5'50" | 5'36" | 5'22" | 5'08" | 4'54" | 4'37" | 3'39" | 2'41" | 2'11" | 1'43" | 1'15" | 49" |
| 4'45" | 1'54" | 6'24" | 6'10" | 5'56" | 5'42" | 5'27" | 5'13" | 4'59" | 4'42" | 3'43" | 2'44" | 2'13" | 1'44" | 1'17" | 50" |
| 4'50" | 1'56" | 6'31" | 6'17" | 6'02" | 5'48" | 5'33" | 5'19" | 5'04" | 4'47" | 3'47" | 2'47" | 2'16" | 1'46" | 1'18" | 51" |
| 4'55" | 1'58" | 6'38" | 6'23" | 6'08" | 5'54" | 5'39" | 5'24" | 5'09" | 4'52" | 3'51" | 2'49" | 2'18" | 1'48" | 1'20" | 52" |
| 5' | 2' | 6'45" | 6'30" | 6'15" | 6' | 5'45" | 5'30" | 5'15" | 4'57" | 3'55" | 2'52" | 2'21" | 1'50" | 1'21" | 53" |
| 5'05" | 2'02" | 6'51" | 6'36" | 6'21" | 6'06" | 5'50" | 5'35" | 5'20" | 5'01" | 3'59" | 2'55" | 2'23" | 1'52" | 1'22" | 53" |
| 5'10" | 2'04" | 6'58" | 6'43" | 6'27" | 6'12" | 5'56" | 5'41" | 5'25" | 5'06" | 4'03" | 2'58" | 2'25" | 1'54" | 1'24" | 54" |
| 5'15" | 2'06" | 7'05" | 6'49" | 6'33" | 6'18" | 6'02" | 5'46" | 5'30" | 5'11" | 4'06" | 3'01" | 2'28" | 1'55" | 1'25" | 55" |
| 5'20" | 2'08" | 7'12" | 6'56" | 6'40" | 6'24" | 6'08" | 5'52" | 5'36" | 5'16" | 4'10" | 3'04" | 2'30" | 1'57" | 1'26" | 56" |
| 5'25" | 2'10" | 7'18" | 7'02" | 6'46" | 6'30" | 6'13" | 5'57" | 5'41" | 5'21" | 4'14" | 3'07" | 2'32" | 1'59" | 1'27" | 57" |
| 5'30" | 2'12" | 7'25" | 7'09" | 6'52" | 6'36" | 6'19" | 6'03" | 5'46" | 5'26" | 4'18" | 3'10" | 2'35" | 2'01" | 1'29" | 58" |
| 5'35" | 2'14" | 7'32" | 7'15" | 6'58" | 6'42" | 6'25" | 6'08" | 5'56" | 5'31" | 4'22" | 3'12" | 2'37" | 2'03" | 1'30" | 59" |
| 5'40" | 2'16" | 7'39" | 7'22" | 7'05" | 6'48" | 6'31" | 6'14" | 5'57" | 5'36" | 4'26" | 3'15" | 2'39" | 2'05" | 1'32" | 1' |
| 5'45" | 2'18" | 7'45" | 7'28" | 7'11" | 6'54" | 6'36" | 6'19" | 6'02" | 5'41" | 4'30" | 3'18" | 2'42" | 2'07" | 1'33" | 1'01" |
| 5'50" | 2'20" | 7'52" | 7'35" | 7'17" | 7' | 6'42" | 6'25" | 6'07" | 5'46" | 4'34" | 3'21" | 2'44" | 2'09" | 1'34" | 1'02" |
| 5'55" | 2'22" | 7'59" | 7'41" | 7'23" | 7'06" | 6'48" | 6'30" | 6'12" | 5'51" | 4'38" | 3'24" | 2'46" | 2'10" | 1'35" | 1'03" |
| 6' | 2'24" | 8'06" | 7'48" | 7'30" | 7'12" | 6'54" | 6'36" | 6'18" | 5'56" | 4'42" | 3'27" | 2'49" | 2'12" | 1'37" | 1'04" |

MUSCULACIÓN SALA DE FITNESS





TRABAJAR CON PESOS QUE LES PERMITA EJECUTAR LOS MOVIMIENTOS CON BUENA TÉCNICA. AJUSTAR LOS PESOS A LAS SERIES, REPETICIONES Y DESCANSO PAUTADOS.

| PECTORAL | CUADRICEPS | DORSAL | ISQUIOTIBIALES | TRICEPS | GEMELOS | BICEPS | GLUTEOS |
|---|---|---|--|---|---|---|---|
|  |  |  |  |  |  |  |  |

MUSCULACIÓN CASA

| PECTORAL (3X10REP D=30'') | CUADRICEPS (3X12-15REP D=30'') | DORSAL (3X10REP D=30'') | SENTADILLA BULGARA (3X10REP D=30'') | TRICEPS (3X10REP D=30'') | GEMELOS (3X10REP D=30'') | ROTACIÓN INTERNA (3X10REP D=30'') | GLUTEOS (3X10REP D=30'') |
|--|---|---|--|---|---|---|---|
|  |  |  |  |  |  |  |  |

ABDOMINALES Y LUMBARES

| ABDOMINALES 1 (3X30''-1' D=30'') | ABDOMINALES 2 (3X16REP D=30'') | ABDOMINALES 3 (3X16REP D=30'') | LUMBARES (3X16REP DESC=30'') |
|---|---|---|---|
|  |  |  |  |

ESTIRAMIENTOS

MANTENER EL TIEMPO INDICADO EN EL PUNTO DONDE HAYA TENSIÓN PERO NO DOLOR.

| GLUTEOS (2X30'' D=30'') | PSOAS (2X30'' D=30'') | ISQUIOTIBIALES (2X30'' D=30'') | CUADRICEPS (2X30'' D=30'') | PECTORAL (2X30'' D=30'') | DORSAL (2X30'' D=30'') |
|--|---|--|---|---|---|
|  |  |  |  |  |  |