









PLAN DE TRABAJO DE NATACIÓN - CGTD PONTEVEDRA

23 Sesiones de trabajo físico de tres semanas que llevan a cabo los nadadores del CGTD por las mañanas conectados entre ellos y con los entrenadores a través de Skype.

Por las tardes, aquellos que disponen de medios en su casas (ergómetros, rodillos de bici o bicicletas de spinning) hacen trabajo cardiovascular de 60 a 90 minutos en días alternos.

Día 1

Mobility x2	Sd. Side2Wall Shldr 12reps	Squat Hold 12reps	Front Plank to Shoulder 12/12reps	Jumping Jacks 20 reps
				
Activation x2	Snow Prone 12reps	Eccentric Squat 12reps	Bulg Sq Focus Glut 12/12reps	Jumping Jacks 30 reps
				

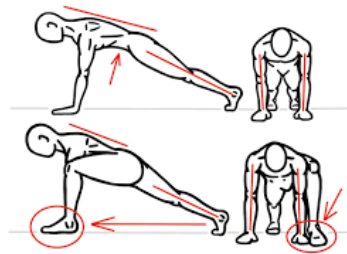
<p>Pre wod x2</p>	<p>Push Ups</p> <p>8reps</p>	<p>Squats</p> <p>12reps</p>	<p>Triceps pressdown</p> <p>12reps</p>	<p>Jumping Jacks</p> <p>40reps</p>
				
<p>Wod x7</p>	<p>Push Ups</p> <p>15reps</p>	<p>Mountain climbers</p> <p>30reps</p>	<p>Triceps press down</p> <p>15reps</p>	<p>Mountain climbers</p> <p>30reps</p>
				

Día 2

Mobility x2

Spiderman Lg

8/8reps



Pidgeon Stretch

10/10reps



Stand Dnmc Psoas

12/12reps



Jumping Jacks

20 reps



Activation x2

Dead Bug

10/10reps



Lat Plank Tec Run

10/10reps



Front Plank2Wall

12/12reps



Jumping Jacks

20 reps



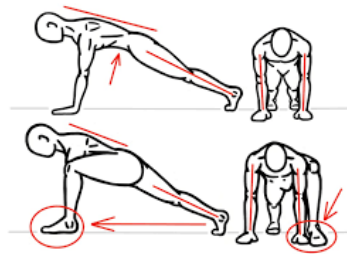
<p>Pre wod x2</p>	<p>Butterfly sit ups</p> <p>8reps</p>	<p>Air Squats</p> <p>12reps</p>	<p>Inchworm</p> <p>12reps</p>	<p>Jumping Jacks</p> <p>20reps</p>
				
<p>Wod (for time) 10-45-5, 9-40-5, ... 1-5-5</p>	<p>Butterfly sit ups</p> <p>10-9-8-7... 1</p>	<p>Air Squats</p> <p>45-40-35-30...5</p>	<p>Burpees target</p> <p>5</p>	
				

Día 3

Mobility x2

Spiderman Lg

8/8reps



Quads Stretch

12/12''



Lying 90° IQ

10/10reps



Mountain Climbers

20 reps



Activation x2

Standing dynamic Glute

10/10reps



Front Plank Hold

30''



Spine thoracic plus









12/12reps



Mountain Climbers

30 reps



<p>Pre wod x2</p>	<p>Reverse crunches</p> <p>8reps</p>	<p>Swing Kb 1 hand</p> <p>12/12reps</p>	<p>Row Kb 1 hand</p> <p>12/12reps</p>	<p>Mountain Climbers</p> <p>40reps</p>
				
<p>Wod (for time) 21-19-17-15-13-11-9-7-5-3</p>	<p>Reverse crunches</p> <p>21, 19... 3</p>	<p>Swing Kb 1 hand</p> <p>21/21, 19/19... 3/3</p>	<p>Row Kb 1 hand</p> <p>21/21, 19/19...3/3</p>	<p>Jumping Jacks</p> <p>x3=63, 57, 48... 9</p>
				

Día 4

Mobility x2

Inchworm

12/12reps



90-90 Hamstrings

8/8reps



Wall Squat Hold

15"



Jumping Jacks

20 reps



Activation x2

Single Deadlift

10/10reps



Front Plank Hold

10/10reps



Lying Wall Slide








12/12reps



Jumping Jacks


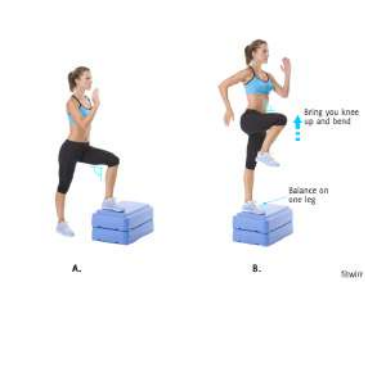
30 reps



<p>Pre wod x2</p>	<p>Burpees 6reps</p>	<p>Burpees target 6reps</p>	<p>Hollow Rock 12reps</p>	<p>Jumping Jacks 40reps</p>
				
<p>Wod EMON 20' ODD: B+H Even: JJ</p>	<p>Burpees 5/10</p>	<p>Hollow Rock 20/10</p>		<p>Jumping Jacks 60</p>
				


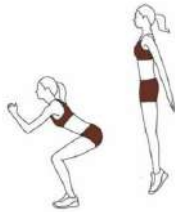



Día 5

Mobility x2	Rot Pdgn Stretch	Kn. Side2 Shldr	Kneeling Side to wall sh	Skipping
				
Activation x2	Single Hip Thrust	Split Focus Glute	Row elastic	Skipping
				

Pre wod x2	Push Ups 8reps	Steps ups 8/8eps	Iso abd kn to elb 8/8reps	Skipping 20reps
				
Wod (for time) Scaled 10x(12-24-24)	Push ups 120	Steps ups 240(120/120)	Iso abd kn t elb 240(120/120)	
				

Día 6

Mobility x2	Add Frog Hip 8/8reps	Spiderman Lg Plus 8/8reps	Standing Dinamicé gluten 10/10reps	Skipping 20 reps
				
Activation x2	Single Glute Bridge 10/10reps	Legs Front Plank 10/10reps	Rotation Sh 15reps	Skipping 30 reps
				

<p>Pre wod x2</p>	<p>Bear Crawl 10reps</p>	<p>Squat Jump 8Reps</p>	<p>V Abd 10reps</p>	<p>Skipping 40reps</p>
				
<p>Wod 10x(1'30" work 'n rec., 30" skipping + 8 Bear Crawl + 12 V)</p>	<p>Skipping 30"</p>	<p>Bear Crawl 8 Reps.</p>	<p>V Abd 12reps.</p>	
				

Día 7

Mobility x2

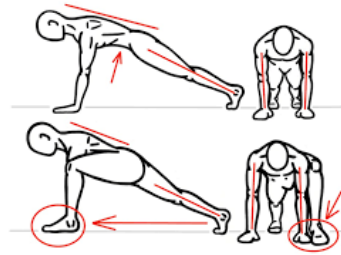
Standing Dynamic Psoas

8/8reps



Spiderman Lg Plus

12/12reps



Standing Dynamic glute

10/10reps



Skipping

30 reps



Activation x2

Crossover Lunge

10/10reps



Front Plank arms

12/12reps



Hip Thrust

20reps



Mountain Climbers

30 reps

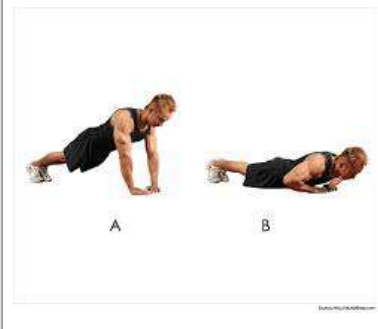


<p>Pre wod x2</p>	<p>Front Lunge</p> <p>8/8reps</p>	<p>Steps Ups</p> <p>8/8reps</p>	<p>Twister</p> <p>40reps</p>	<p>Jumping Jacks</p> <p>30reps</p>
				
<p>Wod 10x(20 Front Lunge + 20 steps ups + 20 twister)</p>	<p>Front Lunge</p> <p>20reps</p>	<p>Steps ups</p> <p>8 Reprs.</p>	<p>Twister</p> <p>20reps.</p>	
				

Post-wod x3

Iso Triceps flexion

10reps



Butterfly lumbar

8 Reprs.



Abd

12reps.



Día 8

Mobility x2

90-90 Hamstrings

10/10reps



Squat Hold

15''



Front Plank to Shoulder

12/12reps



Jumping Jacks

30 reps



Activation x2

Snow Prone

12reps



Squat Jump

12reps



Bulg Sq Focus Glut

12/12reps



Mountain Climbers

30 reps



Pre wod x2

Push Ups

8reps



Squats

12reps



Triceps pressdown









12reps



Jumping Jacks








30reps



Wod 21/15/9 (con mochila) 21/15/9	Push ups 21/15/9	Jumping Jacks 2x(21/15/9)	Triceps pressdown 21/15/9	Climbers 2x(21/15/9)
				
Suats 21/15/9	Climbers 2x(21/15/9)	Burpees 21/15/9	Jumping Jacks 2x(21/15/9)	
				









Día 9

Mobility x2	Spiderman Lg 8/8reps	Pidgeon Stretch 8/8reps	Kn. Side2 Shldr 12/12reps	Jumping Jacks 40 reps
	 Two sets of diagrams for the Spiderman Lunge. The top set shows a side view with red arrows indicating the movement of the front leg and the torso. The bottom set shows a top-down view with red arrows and circles indicating the foot placement and the direction of the torso lean.	 Two photographs of a woman performing the Pigeon Stretch. Image 'a' shows her in a high lunge position with her right knee pulled towards her chest. Image 'b' shows her in a deeper lunge with her right knee on the floor and her torso leaning forward.	 Two line drawings of a woman performing the Knuckle Side to Shoulder stretch. The first drawing shows her standing with her right foot on her left knee. The second drawing shows her leaning her torso towards her right side, pulling her right arm across her body.	 Two photographs of a woman performing jumping jacks. The first photo shows her standing with her feet together and arms at her sides. The second photo shows her in the middle of a jumping jack with her feet wide apart and arms raised above her head.
Activation x2	Dead Bug 12/12reps	Lat Plank Tec Run 10/10reps	Front Plank2Wall 12/12reps	Jumping Jacks 40 reps
	 Two photographs of a woman performing the Dead Bug exercise on a mat. In the first photo, she is lying on her back with her knees bent and feet flat on the floor. In the second photo, she is lifting her right arm and left leg towards the ceiling.	 Two photographs of a woman performing the Lat Plank Tec Run exercise on a mat. She is in a side plank position with her right arm on the floor and her left arm extended upwards. In the second photo, she is lifting her right leg towards the ceiling.	 Two photographs of a woman performing the Front Plank to Wall exercise. She is in a front plank position with her feet on the floor. In the second photo, she has moved her feet towards a wall, creating a more vertical plank.	 Two photographs of a woman performing jumping jacks. The first photo shows her standing with feet together and arms at her sides. The second photo shows her in the middle of a jumping jack with feet wide apart and arms raised above her head.





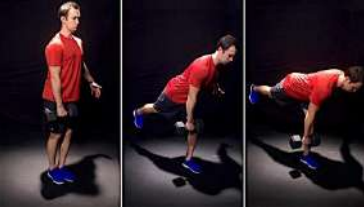



<p>Pre wod x2</p>	<p>Push leg ups</p> <p>8reps</p>	<p>Steps ups</p> <p>12reps</p>	<p>Towel pull ups</p> <p>5eps</p>	<p>Jumping Jacks</p> <p>40reps</p>
				
<p>Wod 16' c/2' (W 'n R)</p>	<p>Push leg ups</p> <p>16</p>	<p>Step ups</p> <p>16</p>	<p>Towel pull ups</p> <p>8</p>	
				






Día 10

Mobility x2	Hip Frog 12reps	Frog Pump 20reps	Lying 90° IQ 10/10reps	Mountain Climbers 20 reps
				
Activation x2	Inchworm 12reps	Front Plank Hold 40''	Spine thoracic plus 12/12reps	Jumping Jacks 30 reps
				

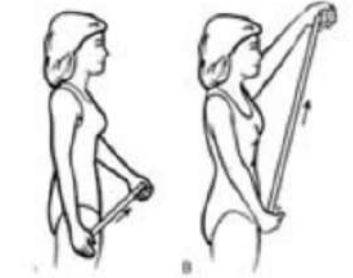

<p>Pre wod x2</p>	<p>Hollow Rocks</p> <p>12reps</p>	<p>Swing Kb 1 hand</p> <p>12/12reps</p>	<p>Handstand push ups</p> <p>8reps</p>	<p>Mountain Climbers</p> <p>40reps</p>
				
<p>Wod (for time) 21-19-17-15-13-11-9-7-5-3</p>	<p>Hollow Rocks</p> <p>21, 19... 3</p>	<p>Swing Kb 1 hand</p> <p>21/21, 19/19... 3/3</p>	<p>Hand Stand push ups</p> <p>21/21, 19/19...3/3</p>	<p>Jumping Jacks/Mount Cl</p> <p>x3=63, 57, 51... 9</p>
				








Día 11

Mobility x2	Inchworm 12/12reps	90-90 Hamstrings 8/8reps	Wall Squat Hold 15"	Jumping Jacks 20 reps
				
Activation x2	Single Deadlift 10/10reps	Front Plank Hold 10/10reps	Lying Wall Slide 12/12reps	Jumping Jacks 30 reps
				

<p>Pre wod x2</p>	<p>Push ups 8reps</p>	<p>Squat 12reps</p>	<p>Abd. 12reps</p>	<p>Climbers 40reps</p>
				
<p>Wod Murph* (400 jumping jacks+100 push ups+200 abd+300 squat+400 jumping)</p>	<p>Push ups 100</p>	<p>Abd. diamond sit ups 200</p>	<p>Squat 300</p>	<p>Jumping Jacks 400+400</p>
				

Día 12

Mobility x2	Rot Pdgn Stretch 10/10reps	Kn. Side2 Shldr 12/12reps	Kneeling Side to wall sh 10/10	Skipping 20 reps
				
Activation x2	Glute Bridge 20reps	Split Focus Glute 10/10reps	Row elastic 15reps	Skipping 30 reps
				

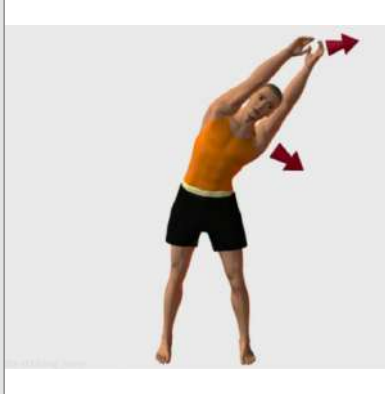
<p>Pre wod x2</p>	<p>Indian Push Ups</p> <p>reps</p>	<p>Swing Kb</p> <p>10/10reps</p>	<p>Iso abd kn to elb</p> <p>8/8reps</p>	<p>Skipping</p> <p>40reps</p>
				
<p>Wod (for time) 9 rounds (8/10/12, 10/8/12, 12/8/10)</p>	<p>Indian push ups</p> <p>8</p>	<p>Swing Kb</p> <p>10/10reps</p>	<p>Iso abd kn t elb</p> <p>12/12reps</p>	
				

Día 13

Mobility x2

Dynamic Back

8/8reps



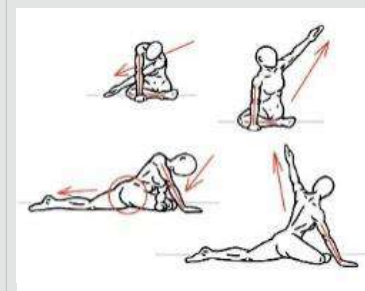
Inchworm

12reps



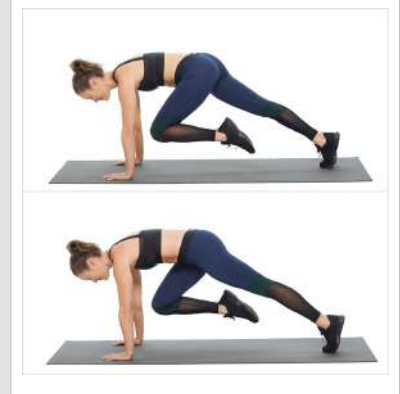
Rotation Pidgeon Strech

10/10reps



Mountain Climbers

30 reps



Activation x2

Single Glute Bridge

10/10reps



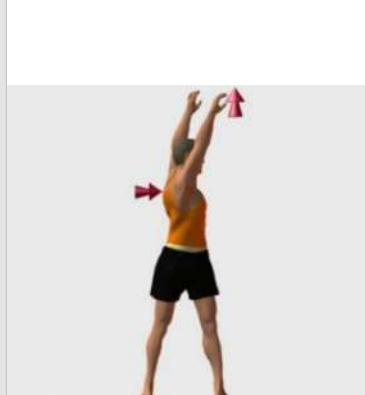
Standing Dynamic Glute

10/10reps



Rotation Back


10/10reps



Jumping Jacks

30 reps



<p>Pre wod x2</p>	<p>Front Plank arms</p> <p>10/10reps</p>	<p>Table Row</p> <p>6Reps</p>	<p>V Abd</p> <p>10reps</p>	<p>Skipping</p> <p>40reps</p>
				
<p>Wod 10x(1'30" work 'n rec., 30" Front Plank + 8 Table Row + 40 Jumping)</p>	<p>Front Plank Hold</p> <p>30"</p>	<p>Table Row</p> <p>8 Reps.</p>	<p>Jumping Jacks</p> <p>40reps.</p>	
				

Día 14

Mobility x2

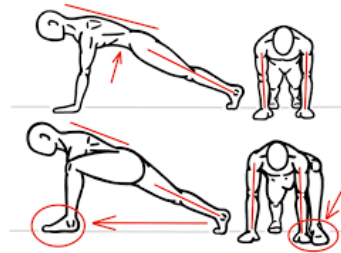
Standing Dynamic Psoas

8/8reps



Spiderman Lg Plus

12/12reps



Lateral Elevation Sh

10/10reps



Skipping

30 reps



Activation x2

Crossover Lunge

10/10reps



Front Plank arms

12/12reps



Frog Pump



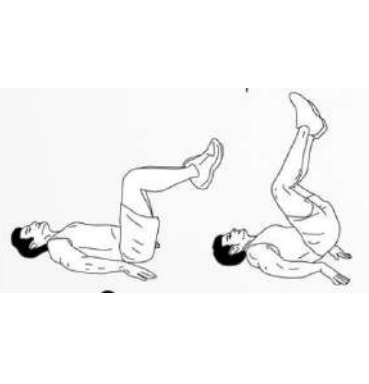



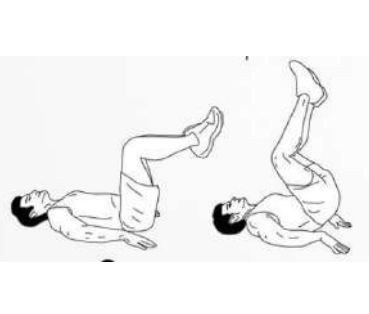
20reps



Mountain Climbers

30 reps

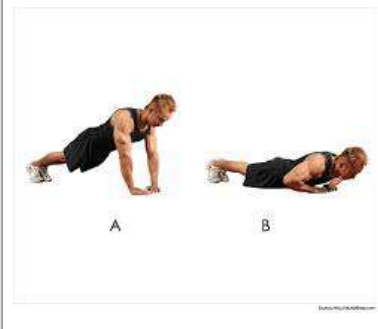


<p>Pre wod x2</p>	<p>Overhead Lunge</p> <p>8/8reps</p>	<p>Devil Press</p> <p>12reps</p>	<p>Reverse Crunches</p> <p>16reps</p>	<p>Jumping Jacks</p> <p>30reps</p>
				
<p>Wod 10x(20 Overhead Lunge + 20 Devil Press + 20 Reverse Crunches)</p>	<p>Overhead Lunge</p> <p>10/10reps</p>	<p>Devil Press</p> <p>20 Reps.</p>	<p>Reverse Crunches</p> <p>20reps.</p>	
				

Post-wod x3

Iso Triceps flexion

10reps



Butterfly lumbar

8 Reprs.



Abd

12reps.



Día 15

Mobility x2

Lying 90° IQ

10/10reps



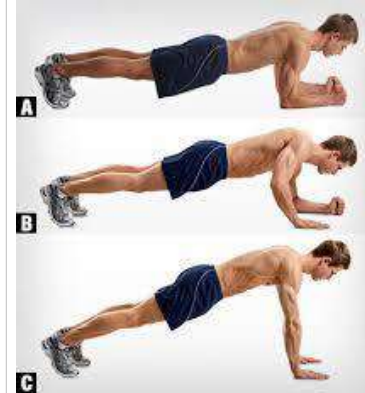
Squat Hold

15''



Plank to push up

12/12reps



Skipping

30 reps



Activation x2

Squat Jump

12reps



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Snow Prone

12reps



Split Focus Glut

12/12reps



Mountain Climbers

30 reps



Pre wod x2

Push Ups

10reps



Squats

15reps



Burpees

5reps



Jumping Jacks

30reps



Wod x5	Push ups 20	Jumping Jacks 40	Squats 40	Climbers 40
				
	Burpees 10	Skipping 40		
				

Post Wod x5

Plank

40"/20"



Lateral plank L

40"/20"



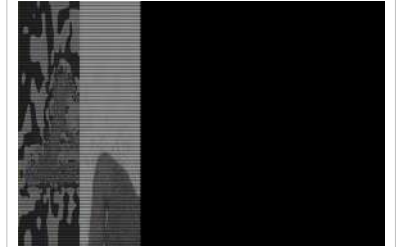
Lateral Plank R

40"/20"



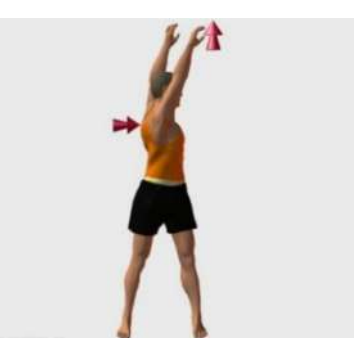









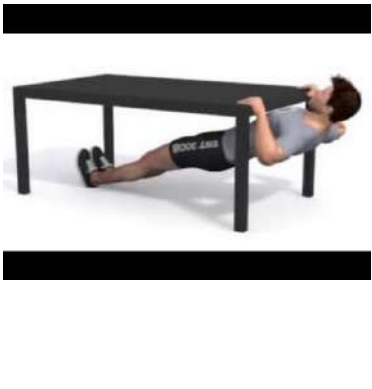



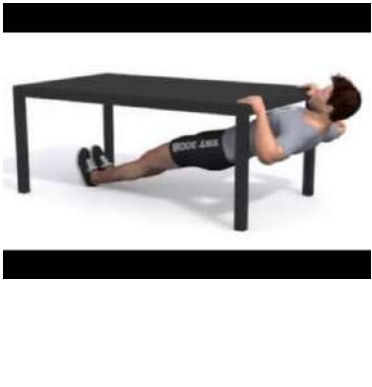
Iso Glute Bridge

40"/20"

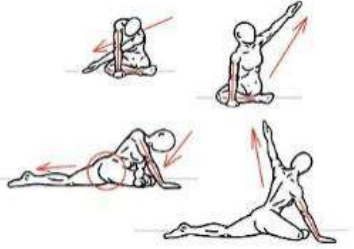















Día 16

Mobility x2	Rotation Sh 15reps	Pidgeon Stretch 8/8reps	Rotation Back 20reps	Jumping Jacks 40 reps
				
Activation x2	Frog Hip Thrust 12/12reps	Inchworm 12reps	Front Plank Arms 12/12reps	Jumping Jacks 40 reps
				

<p>Pre wod x2</p>	<p>V Abd 8reps</p>	<p>Squats Kb 12reps</p>	<p>Table Row 6eps</p>	<p>Jumping Jacks 40reps</p>
				
<p>Wod 20' c/2' (W 'n R)</p>	<p>V Abd 16reps</p>	<p>Squat Kb 16reps</p>	<p>Table Row 10reps</p>	
				

Día 17

Mobility x2	Rotation Pidgeon Strech 12reps	Glute Bridge 20reps	Lateral Elev Sh 10/10reps	Mountain Climbers 20 reps
				
Activation x2	Bear Crawl 8reps	Legs Front Plank 10/10reps	Standing Dynamic Glute 10/10reps	Jumping Jacks 30 reps
				

<p>Pre wod x2</p>	<p>Hollow Rocks</p> <p>12reps</p>	<p>Squat Bouncer</p> <p>6/6reps</p>	<p>Handstand push ups</p> <p>8reps</p>	<p>Burpees</p> <p>5reps</p>
				
<p>Wod x10</p>	<p>Thruster</p> <p>15reps</p>	<p>Hollow Rocks</p> <p>20reps</p>		
				

Wod 2
12 EMOM (Every Minute on
the Minute)

Jumping Jacks/Mount Cl

30reps



Burpees

7reps

ictiva



Día 18

Mobility x2	Inchworm 12/12reps	Add Frog Hip 8/8reps	Standing Dynamic Glute 10/10reps	Jumping Jacks 20 reps
	 A person in a blue shirt and black shorts performing an inchworm, starting from a crouched position and moving forward with hands on the floor.	 Two images showing a person in a black shirt performing the Add Frog Hip exercise. The first image shows the starting crouched position, and the second shows the hip being lifted and the leg bent.	 Two images showing a person in a black shirt performing the Standing Dynamic Glute exercise. The person is standing with feet together, lifting one leg and bending it at the knee.	 Two images showing a person in a blue tank top and purple leggings performing jumping jacks. The first image shows the starting standing position, and the second shows the person with arms and legs raised.
Activation x2	Dynamic Back 10/10reps	Front Plank Hold 10/10reps	Dead Bug 12/12reps	Jumping Jacks 30 reps
	 A person in an orange shirt and black shorts performing a dynamic back exercise, standing with arms raised and hands clasped, with red arrows indicating the range of motion.	 Two images showing a person in a purple top performing a front plank hold. The first image shows the starting position on hands, and the second shows the person in a forearm plank position.	 Two images showing a person in a red top performing the Dead Bug exercise. The person is lying on their back with knees bent and feet flat on the floor, lifting one leg and arm.	 Two images showing a person in a blue tank top and purple leggings performing jumping jacks. The first image shows the starting standing position, and the second shows the person with arms and legs raised.

Pre wod x2

Table Row

8reps



Push Ups

8reps



Lunges

12reps



Climbers

40reps



Wod Murph* 5x(20 Table Row+40 push ups+60 iso abd+80 lunges+100 jumping)

Table Row

100



Push ups

200



Iso Abd Kn to Elb

300



Lunges

400



Jumping Jacks

500

Wod Murph* 5x(20 Table Row+40 push ups+60 iso abd+80 lunges+100 jumping)

Table Row

100

Push ups

200

Iso Abd Kn to Elb









300









Lunges

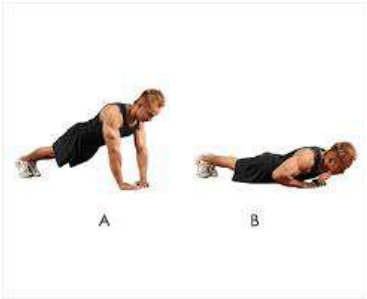





400



Día 19

Mobility x2	Quads Stretch 10/10reps	Spine Thoracic Plus 12/12reps	Rotation sh 10/10	Skipping 30 reps
				
Activation x2	Glute Bridge 20reps	Crossover Lunge 10/10reps	Plank to push up 20reps	Skipping 40 reps
				

<p>Pre wod x2</p>	<p>Handstand Push ups</p> <p>8reps</p>	<p>Squat</p> <p>12reps</p>	<p>Triceps Pressdown</p> <p>12reps</p>	<p>V Abd</p> <p>10reps</p>
				
<p>Wod (for time) 21/15/9</p>	<p>Handstand Push ups</p> <p>21/15/9reps</p>	<p>Squat</p> <p>21/15/9reps</p>	<p>V Abd</p> <p>21/15/9reps</p>	
				

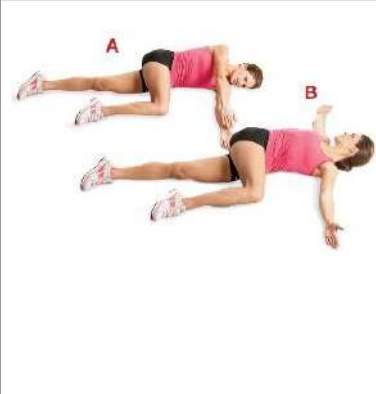
<p>Wod (for time) 21/15/9</p>	<p>Diamond Flexion</p> <p>21/15/9reps</p>	<p>Squat</p> <p>21/15/9reps</p>	<p>Hollow Rock</p> <p>21/15/9reps</p>
			
<p>Wod (for time) 21/15/9</p>	<p>Burpees</p> <p>21/15/9reps</p>	<p>Squat</p> <p>21/15/9reps</p>	<p>Sit up</p> <p>21/15/9reps</p>
			

Día 20

Mobility x2

Lying Rotation Spine
Thoracic

8/8reps



Inchworm

12reps



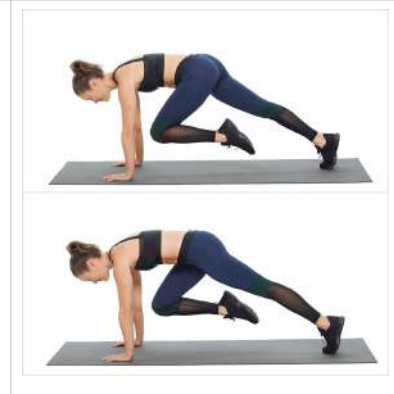
Squat Strech

12/12reps



Mountain Climbers

30 reps



Activation x2

Standing Dynamic Glute

10/10reps



Bulgarian Squat Focus
Glute

10/10reps



Lateral Elevation Sh




10/10reps



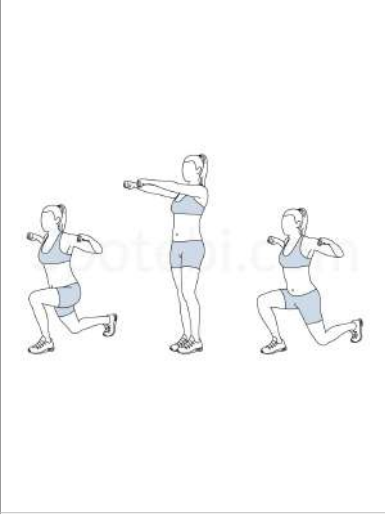







Jumping Jacks

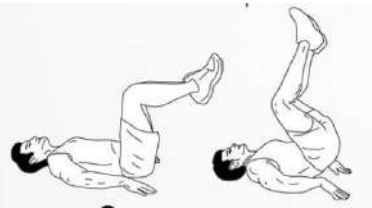



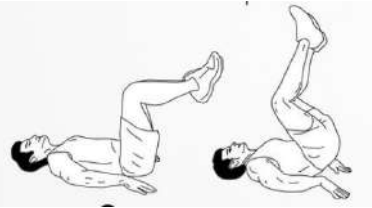


30 reps



Pre wod x2	Steps Ups 10/10reps	Push Ups 10reps	Hollow Rock 10reps	Skipping 40reps
				
Wod (500 steps ups con mochila, cada 2' paramos y hacemos 15 flexiones y 20 hollo rock)	Steps ups 500reps	Push ups 15Reps.	Hollow Rock 20reps.	
				

Día 21

Mobility x2	Sh Squeeze Reverse Lunge	Spinec Thoracic Plus	Triceps Stretch	Jumping Jacks
	<p>8/8reps</p> 	<p>12/12reps</p> 	<p>10/10reps</p> 	<p>40 reps</p> 
Activation x2	High Lunge	Plank Pull Though	Alternate Rotation Sh	Jumping Jacks
	<p>10/10reps</p> 	<p>8/8reps</p> 	<p>10/10reps</p> 	<p>40 reps</p> 

<p>Pre wod</p>	<p>Reverse Crunches</p> <p>12reps</p>	<p>Overhead Lunges</p> <p>12reps</p>	<p>Devil Press</p> <p>12reps</p>	<p>Jumping Jacks</p> <p>40reps</p>
				
<p>Wod 10' c/2' (W 'n R)</p>	<p>Reverse Crunches</p> <p>16reps</p>	<p>Overhead Lunges</p> <p>14reps.</p>	<p>Devil Press</p> <p>12reps.</p>	
				

Wod 10'
c/2' (W 'n R)

Abd.

16reps



Swing Kb

14 Reps.



Burpees Target

12reps.

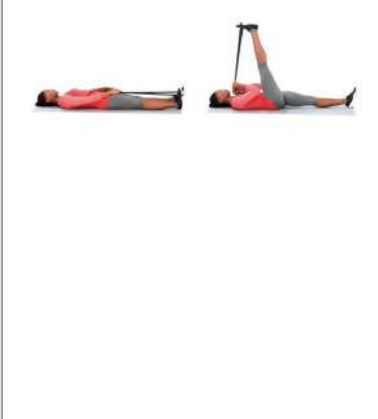


Día 22

Mobility x2

Lying 90° IQ

10/10reps



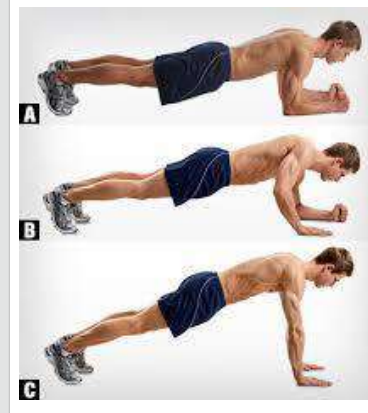
Lying wall slide

15reps



Plank to push up

10/10reps



Skipping

40 reps



Activation x2

Squat Bouncer

16reps



Snow Prone

12reps



Split Focus Glut





12/12reps




Mountain Climbers

40 reps



Pre wod x2	Push Ups 10reps	Squats 15reps	V Abd 12reps	Jumping Jacks 40reps
				

Wod 1 (cada min subimos 5reps hasta que no entremos en el minuto)	Squats 5reps, 10, 15...			
				

Wod 2 (cada min subimos
5reps hasta que no
entremos en el minuto)

Push ups

5reps, 10, 15...



Día 23

Mobility x2

Rotation Sh

15reps



Standing Dynamic Glute

10/10reps



Kneeling Side Wall Sh

12/12reps



Jumping Jacks

40 reps



Activation x2

Single Hip Thrust

12/12reps



Inchworm

12reps



Front Plank Arms


12/12reps



Jumping Jacks

40 reps



<p>Pre wod x2</p>	<p>Russian Twist 30reps</p>	<p>Steps ups 8/8reps</p>	<p>Burpees 6reps</p>	<p>Jumping Jacks 40reps</p>
				
<p>Wod 20' 14 steps ups + 7 burpees (Cada 3 rondas 40 jumping jacks y 20 V abd)</p>	<p>Steps ups 7/7reps</p>	<p>Burpees 7reps</p>	<p>Jumping Jacks 40reps</p>	<p>V Abd 20reps</p>
			