Table 3. Resume of the Physical activity programme developed during the first and second semester of the academic course 2018-2019.

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| **1st Semester** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Fartlek run***  **Warming:**  7’ continuous run + running technique, high skipping, heels back, tips of toes above, extended knees.  **Main part:** Fartlek run: 5 series. Density 1:1  Passive recovering R0  R5 15’’  R4 25’’  R3 50’’  R2 60’’  **Back to calm:**  Stretching | ***Continuous run.***  **Warming:**  5’ R1  **Main part:** 25’R2  **Back to calm:**  Stretching | ***Swimming.***  **Warming:**  -200m light aerobic rhythm (100FC+66Ba+33Br) (15´´)  **Main part:** Progressive:  -200m. 66 x3 Prog.1-3 FC (30´´)  -100m. 33x3 Prog.1-3 Ba (30´´)  -100m. 33x3 Prog. 1-3 Br (30´´)  Regressive:  -200m. 66x3 Regr.1-3 FC (30´´)  -100m. 33x3 Regr.1-3 Ba (30´´)  -100m. 33x3 Regr. 1-3 Br (30´´)  **Back to calm:**  -100-200m smooth freestyle. Total: 1100-1200m | ***Specific slopes***  **Warming:**  15’ Continuous run, including series section once  **Main part**:  2x (3x 250m in slope R3+ 2’Recovering) 4’ Rec.  **Back to calm:**  Stretching | ***Power circuit***  **Warming:**  5’ continuous run + rhythmic lap 250m  **Main part**:  Interval training 10’ 3x (30’’:15’’) 1’rec passive. Isometric trunk flexion  Oblique touching floor  Abdominal scissors  Circuit 2x (8’ maximum repetitions) 5’ rec. Passive.  30 Flexions  20 Squats  10 Triceps funds  5 Shoulder flexions  250m continuous running  **Back to calm:**  Stretching |
| **2nd Semester** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Endurance force. General conditioning.***  **Warming:**  Joint mobility  1’ Continuous run 5’. 2x (5-10 extensions, 10-15 squats, 5-10 abdominals)  **Main part:** Strength Circuit: 30’’ exercise  30’’ passive recovering.  2 rounds.  1’ passive recovering. Stations:  1st Squats  3 seconds flexion  3 seconds isometric 3 seconds extensions.  2nd Extensions  3 seconds flexion  3 seconds isometric 3 seconds extensions.  3rd Oblique Trunk flexion - only one side  4th Lateral stride  5th Oblique trunk flexion – both sides  6th Burpees  7th Inferior abdominals raising leg  8th Plank, touching shoulder alternatively  9th Horizontal jumps with feet together x4, back to the initial position walking  10th Triceps funds  **Back to calm:**  Stretching | ***Medium Interval Training***  **Warming:**  10’ continuous run.  2progressive 30m. Recovering walking back.  **Main part:**  2x (3x 200m R4 2’Rec. R0) 4’Rec R0.  It is sought to reach a constant brand for the repetitions. Do not do the first at maximum effort and progressively improving the following repetitions.  **Back to calm:**  Stretching | ***Endurance Force. Extensions***  **Warming:**  2’ Joint mobility  5’ Run with exercises each 1’  x5-10 extensions.  x5-10 Squats.  Touch floor and jump 3 times.  Isometric plank.  Trunk flexion x10  **Main part:**  2x (De 10’’ a 20’’ Plank depending on the level. 5’’-10’’ Isometric plank depending on the level while finishing arm flexion) To not let muscle fail.  1’ passive recovering between series.  2x (From 3 to 10 extensions depending on the level, 2’’ flexion, 2’’ isometric, 2’’ extension) 2’ active recovering, continuous running R0, 4x (20’’ extensions RIR +4)  2’ active recovering, continuous running R0. HIIT abdominal: 20’’ working 10’’ recovering 3x (1st trunk flexion, 2nd lateral plank, 3rd vertical scissors, 4th lateral plank)  **Back to calm:**  Stretching  RIR. Number of estimated repetitions before muscle fail. | ***Aerobic slopes:***  **Warming:**  10’ continuous running.  2 progressives  30m. Recovering walking back.  **Main part:**  2x (2x200m in slope R4 3’ recovering R0) 4’ Recovering R0  **Back to calm:** Stretching. | **Running technique**  **Warming:**  5’ Continuous running  **Main part:** Running technique exercises to 20m and walking back. 1st Tiptoe walking 2nd Heels walking 3rd Heel strike, put down the whole foot and finish with anterior foot load  4th Backward running  5th Low impact skipping  6th Backward skipping on right leg  7th Backward skipping on left leg  8th Wide strides with jump self-righting each touchdown  9th Progressive with wide strides and low frequency  10th Progressive with high frequency strides and short strides Continuous running R1 until starting to stretch. 10’  **Back to calm:**  Stretching |
| **R1-R5: Continuous running rhythm from light aerobic capacity (1) to high aerobic capacity (5), FC: front crawl, Ba: backstroke, Br: breaststroke, HIIT: high intensity interval training, RIR: repetitions in reserve,** | | | | |