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 flexionOblique touching floorAbdominal scissorsCircuit 2x (8’ maximum repetitions) 5’ rec. Passive.30 Flexions20 Squats10 Triceps funds5 Shoulder flexions250m continuous running **Back to calm:**  Stretching |
| **2nd Semester** |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Endurance force. General conditioning.*** **Warming:**Joint mobility1’ Continuous run 5’. 2x (5-10 extensions, 10-15 squats, 5-10 abdominals) **Main part:** Strength Circuit: 30’’ exercise30’’ passive recovering.2 rounds.1’ passive recovering. Stations:1st Squats3 seconds flexion3 seconds isometric 3 seconds extensions.2nd Extensions3 seconds flexion3 seconds isometric 3 seconds extensions.3rd Oblique Trunk flexion - only one side4th Lateral stride5th Oblique trunk flexion – both sides6th Burpees7th Inferior abdominals raising leg8th Plank, touching shoulder alternatively9th Horizontal jumps with feet together x4, back to the initial position walking10th 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 mobility5’ 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:** StretchingRIR. Number of estimated repetitions before muscle fail. | ***Aerobic slopes:*** **Warming:**10’ continuous running.2 progressives30m. 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 load4th Backward running5th Low impact skipping6th Backward skipping on right leg7th Backward skipping on left leg8th Wide strides with jump self-righting each touchdown9th Progressive with wide strides and low frequency10th 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,**  |