

## **Boca Jrs, Vóley.**

Liga Nacional de Voley 2012-2013

Preparación Física (Prof. Sergio Parra)

### **SEMANA 1**

#### **Lunes 30/07/12**

|                     |                    |
|---------------------|--------------------|
| Abdominales         | 4x10               |
| Hiperextensiones    | 4x10               |
| Cargadas            | Aprox 75-80%/4 x 4 |
| Sentadillas/Sub Bco | Apx 75%/4 x 4      |
| Pateo cielo         | 4 x 8c/p           |
| Hombros c/manc      | 4 x 8              |
| Infraesp c/barra    | 4 x 10             |

#### **Martes 31/07**

|                                |           |
|--------------------------------|-----------|
| Oblicuos                       | 4 x 8c/l  |
| Superman                       | 4 x 8 c/l |
| Alineación lateral             | 4 x 8c/l  |
| Fuerza en Banco                | 4 x 6     |
| Remo acostado/dominadas acost. | 4x6       |
| Rotadores externos             | 4 x 12    |
| Equilibrio inestable           | 4 x 30seg |
| Flexibilidad                   | 10 min    |

#### **Miercoles 01/08**

|              |                        |
|--------------|------------------------|
| Abdom c/peso | 4 x 10                 |
| Elevac de pp | 4 x 10                 |
| Arranque     | 50%/2x4 - 60-70%/2 x 3 |

Cargadas 50 – 60 - 75%/2x3

Sentadillas/Sub bco. 4 x 6 c/p

TPB 4 x 8

Coordinativos en escalera

Fuerza en fitball

Manguito rotador 4 x 10

#### **Jueves 02/08**

Empujo cielo 4 x 20seg

Empujo pared 4 x 20seg

Intermitente NM 15min

Flexibilidad 10 min

#### **Jueves (2° Turno)**

RPG – FNP

Caminar a las manos

Reptación cruzada

#### **Viernes 03/08**

Abdom c/peso 4 x 10

Hiper+vuelo 4 x 10

Vuelo en alineac lat 4 x 7

Arranque + Sent arr 50/2x4+4 – 60/2x4+4 – 70/3x3+3

Cargadas 50-60-70/4 - 80/2 x 4

Sent x del 70%/4 x 4

Coordinativos 4 x 10

Propiocepción 4 series

## **SEMANA 2**

### **Lunes 06/08/12**

|                     |                    |
|---------------------|--------------------|
| Abdominales         | 4x10               |
| Hiperextensiones    | 4x10               |
| Cargadas            | Aprox 75-80%/4 x 4 |
| Sentadillas/Sub Bco | Apx 75%/4 x 4      |
| Pateo cielo         | 4 x 8c/p           |
| Hombros c/manc      | 4 x 8              |
| Infraesp c/barra    | 4 x 10             |

### **Martes 07/08**

|                                |           |
|--------------------------------|-----------|
| Oblíquos                       | 4 x 8c/l  |
| Superman                       | 4 x 8 c/l |
| Alineación lateral             | 4 x 8c/l  |
| Fuerza en Banco                | 4 x 6     |
| Remo acostado/dominadas acost. | 4x6       |
| Rotadores externos             | 4 x 12    |
| Equilibrio inestable           | 4 x 30seg |
| Flexibilidad                   | 10 min    |

### **Miercoles 08/08**

|                           |                        |
|---------------------------|------------------------|
| Abdom c/peso              | 4 x 10                 |
| Elevac de pp              | 4 x 10                 |
| Arranque                  | 50%/2x4 - 60-70%/2 x 3 |
| Cargadas                  | 50 – 60 - 75%/2x3      |
| Sentadillas/Sub bco.      | 4 x 6 c/p              |
| TPB                       | 4 x 8                  |
| Coordinativos en escalera |                        |

Fuerza en fitball

Manguito rotador 4 x 10

#### **Jueves** 09/08

Empujo cielo 4 x 20seg

Empujo pared 4 x 20seg

Intermitente NM 15min

Flexibilidad 10 min

#### **Jueves (2° Turno)**

RPG – FNP

Caminar a las manos

Reptación cruzada

#### **Viernes** 10/08

Abdom c/peso 4 x 10

Hiper+vuelo 4 x 10

Vuelo en alineac lat 4 x 7

Arranque + Sent arr 50/2x4+4 – 60/2x4+4 – 70/3x3+3

Cargadas 50-60-70/4 - 80/2 x 4

Sent x del 70%/4 x 4

Coordinativos 4 x 10

Propiocepción 4 series

### **SEMANA 3**

#### **Lunes** 13/08/12

Abdominales 5x10

Hiperextensiones 5x10

|                     |               |
|---------------------|---------------|
| Cargadas            | Aprox 80%/4x4 |
| Sentadillas/Sub Bco | Apx 80%/4 x 4 |
| Pateo cielo         | 5 x 8c/p      |
| Fuerza en Banco     | 2x6 – 3x5     |
| Infraesp c/barra    | 5 x 10        |

### **Martes 14/08**

Oblíquos 5 x 8c/l

Superman 5 x 8 c/l

Alineación lateral 5 x 8c/l

Intermitente

Arranque

Coordinativos 1

Cargadas

Coordinativos 2

Monigote

Carpa en fitball

Saltos

Burpees

Remo acostado

Hiperext

Lanzam MB en Fitball

Equilibrio inestable 5 x 30seg

Flexibilidad 10 min

### **Miercoles 15/08**

|                           |                 |
|---------------------------|-----------------|
| Abdom c/peso              | 5 x 10          |
| Elevac de pp              | 5 x 10          |
| Arranque de fuerza        | 2x4 - 75%/3 x 3 |
| Cargadas                  | 75%/4x4         |
| Sentadillas/Sub bco.      | 75/4 x 6 c/p    |
| TPB                       | 5 x 8           |
| Coordinativos en escalera | 5 x 10 seg      |
| Manguito rotador          | 4 x 10          |

**Jueves 16/08**

|                 |           |
|-----------------|-----------|
| Empujo cielo    | 4 x 20seg |
| Empujo pared    | 4 x 20seg |
| Intermitente NM | 15min     |
| Flexibilidad    | 10 min    |

**Viernes 17/08**

|                      |                                |
|----------------------|--------------------------------|
| Abdom c/peso         | 4 x 10                         |
| Hiper+vuelo          | 4 x 10                         |
| Vuelo en alineac lat | 4 x 7                          |
| Arranque + Sent arr  | 50/2x4+4 – 60/2x4+4 – 70/3x3+3 |
| Cargadas             | 50-60-70/4 - 80/2 x 4          |
| Sent x del           | 75%/ 3 x 5                     |
| Coordinativos        | 4 x 10                         |
| Propiocepción        | 4 series                       |

## Valores estimados de carga al 13/8/2012

| Jugador       | Sentad x del            | Cargadas              | Arranque             | Fza en Banco          | Remo                 |
|---------------|-------------------------|-----------------------|----------------------|-----------------------|----------------------|
| Maccio, J.I.  | 65/5 - 70/4<br>-75/3    | 65/4 - 70/3-<br>75/2  | 40/4 - 45/3<br>-50/2 | 60/6 - 70/5 -<br>75/4 | 60/6 - 65/5<br>-70/4 |
| Chirivino, M. | 65/5 - 70/4<br>-75/3    | 65/4 - 70/3-<br>75/2  | 40/4 - 45/3-<br>50/2 | 60/6 - 70/5 -<br>75/4 | 60/6 - 65/5<br>-70/4 |
| Boninni, D.   | 100/5 - 110/4<br>-120/3 | No hace aún+          | 40-45/4+             | 80-90/4-6             | 70-80/6+             |
| Vaca, G.      | 70/4 - 80/3             | 70 -75/4 - 80/3       | 40-45/4 - 50/3       | 70/4-5                | 70/5-6               |
| Armesto, L.   | 80/4 - 90/3             | 80/4 - 90/3           | 50/4 - 60/3+         | 80/6-90/4             | 80/6 - 90/4          |
| Palumbo, R.   | 60 - 70/4               | 80 - 85/4 -<br>90/3   | 40/4 - 50/3          | 60-65/6-70/4-5        | 60/6 - 70/4-5        |
| Romanutti, G. | 60 - 65/4 -<br>70/3     | 60 - 65/4 -<br>70/3-4 | 30/4 - 40/4-<br>45/3 | Evaluar               | Evaluar              |
| Russo, F.     | 80/4 - 90/3             | 80/4 - 90/3           | 45 -50/4 - 55/3      | 70/6-80/4             | 70/6                 |
| García, M.    | 80-90/4 -<br>100/3      | 80/4 - 90/3           | 50/4                 | 80-90/4               | 80/6                 |
| Ferreiro, R.  | 70/4                    | 70/4 - 80/3           | 40 - 45/4            | 70/6                  | 60/6                 |
| Ramonda, A.   | 60/5 -70/4              | 60/4 - 65/4           | 35/4                 | 60/6                  | 60/6                 |
| Araujo, L.    | 60-65/4                 | 65/5 - 70/3           | 40/4                 | 60/6                  | 60/6                 |
| Santucci, F.  | 100/3+                  | 80/4 - 90/3+          | 50/4 - 60/3+         | 90/6 - 100/4+         | 80/6 - 90/5+         |
| Santucci, J.  |                         |                       |                      |                       |                      |

### SEMANA 4

#### Martes 21/08

|                       |           |
|-----------------------|-----------|
| Oblíquos analítico    | 3 x 8c/l  |
| Superman              | 3 x 8 c/l |
| Alineación lateral    | 3 x 8c/l  |
| Sentadilla búlgara    | 4 x 7c/p  |
| Remo acostado         | 80%/3x5   |
| Fuerza en Banco plano | 80%/3x5   |
| Lanzam MB             | 4x6       |
| Equilibrio inestable  | 5 x 30seg |
| Flexibilidad          | 10 min    |

### Miercoles 22/08

|                   |                                |
|-------------------|--------------------------------|
| Abdom c/peso      | 4 x 10                         |
| Elevac de pp      | 4 x 10                         |
| Intermitente      | 6min (15x15") + 20min (10x10") |
| Preventivo hombro | 4x12                           |

### Jueves 23/08

|                        |            |
|------------------------|------------|
| Empujo cielo           | 4 x 20seg  |
| Empujo pared           | 4 x 20seg  |
| Arranque + sentadillas | 40kg/3x4+4 |
| Cargadas               | 80%/3x3    |
| Sentadillas x del      | 85%/3x3    |
| Saltos pliom 1         | 3 x 10     |
| Saltos pliom           | 3 x 5      |

### Viernes 24/08

|                      |                            |
|----------------------|----------------------------|
| Abdom c/peso         | 4 x 10                     |
| Hiper+vuelo          | 4 x 10                     |
| Vuelo en alineac lat | 4 x 7                      |
| Intermitente         | 6min 15x15" + 20min 12x12" |
| Preventivo hombro    | 4 x 12                     |

### **Valores estimados de carga al 13/8/2012**

| Jugador              | Sentad x del         | Cargadas             | Arranque             | Fza en Banco          | Remo                 |
|----------------------|----------------------|----------------------|----------------------|-----------------------|----------------------|
| <b>Maccio, J.I.</b>  | 65/5 - 70/4<br>-75/3 | 65/4 - 70/3-<br>75/2 | 40/4 - 45/3<br>-50/2 | 60/6 - 70/5 -<br>75/4 | 60/6 - 65/5<br>-70/4 |
| <b>Chirivino, M.</b> | 65/5 - 70/4<br>-75/3 | 65/4 - 70/3-<br>75/2 | 40/4 - 45/3-<br>50/2 | 60/6 - 70/5 -<br>75/4 | 60/6 - 65/5<br>-70/4 |



|                      |                         |                       |                      |                |               |
|----------------------|-------------------------|-----------------------|----------------------|----------------|---------------|
| <b>Boninni, D.</b>   | 100/5 - 110/4<br>-120/3 | No hace aún+          | 40-45/4+             | 80-90/4-6      | 70-80/6+      |
| <b>Vaca, G.</b>      | 70/4 - 80/3             | 70 -75/4 - 80/3       | 40-45/4 - 50/3       | 70/4-5         | 70/5-6        |
| <b>Armesto, L.</b>   | 80/4 - 90/3             | 80/4 - 90/3           | 50/4 - 60/3+         | 80/6-90/4      | 80/6 - 90/4   |
| <b>Palumbo, R.</b>   | 60 - 70/4               | 80 - 85/4 -<br>90/3   | 40/4 - 50/3          | 60-65/6-70/4-5 | 60/6 - 70/4-5 |
| <b>Romanutti, G.</b> | 60 - 65/4 -<br>70/3     | 60 - 65/4 -<br>70/3-4 | 30/4 - 40/4-<br>45/3 | Evaluar        | Evaluar       |
| <b>Russo, F.</b>     | 80/4 - 90/3             | 80/4 - 90/3           | 45 -50/4 - 55/3      | 70/6-80/4      | 70/6          |
| <b>García, M.</b>    | 80-90/4 -<br>100/3      | 80/4 - 90/3           | 50/4                 | 80-90/4        | 80/6          |
| <b>Ferreiro, R.</b>  | 70/4                    | 70/4 - 80/3           | 40 - 45/4            | 70/6           | 60/6          |
| <b>Ramonda, A.</b>   | 60/5 -70/4              | 60/4 - 65/4           | 35/4                 | 60/6           | 60/6          |
| <b>Araujo, L.</b>    | 60-65/4                 | 65/5 - 70/3           | 40/4                 | 60/6           | 60/6          |
| <b>Santucci, F.</b>  | 100/3+                  | 80/4 - 90/3+          | 50/4 - 60/3+         | 90/6 - 100/4+  | 80/6 - 90/5+  |
| <b>Santucci, J.</b>  |                         |                       |                      |                |               |