



On - Court Tennis Training. IT Control Methodology.

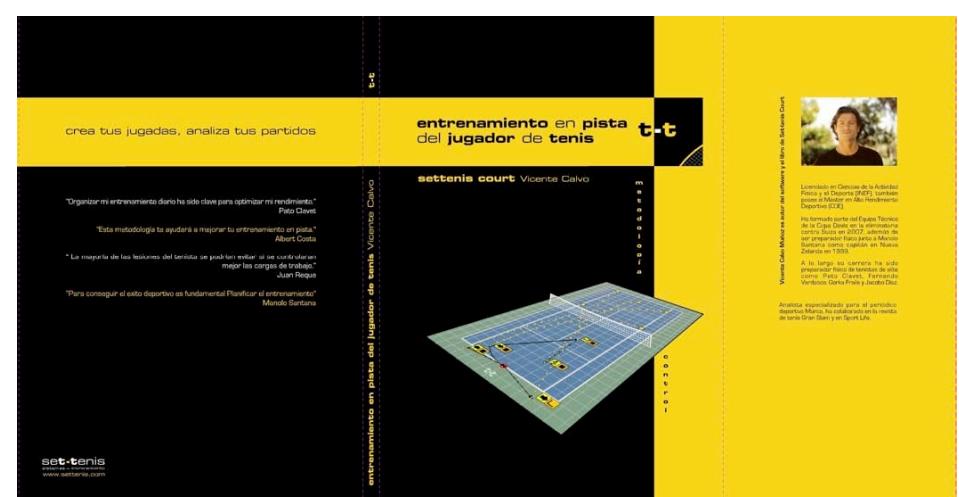
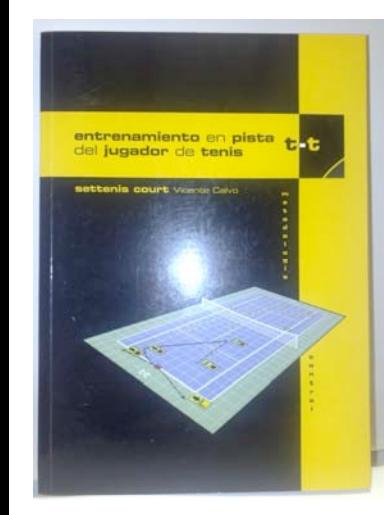
Vicente Calvo
Author of Book and
Software
Organization Tasks,
“Set-tennis court”.

Introduction

- Set-court tennis is first of all, a didactic tool, a method to organize training on court. It provides a way of organizing exercises that develop the technique while training physiologically those physical skills that are necessary for competition.

Introduction

- The bases of this methodology are included in the book "Set-Tennis. On court Tennis Training".



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Introduction



Introduction

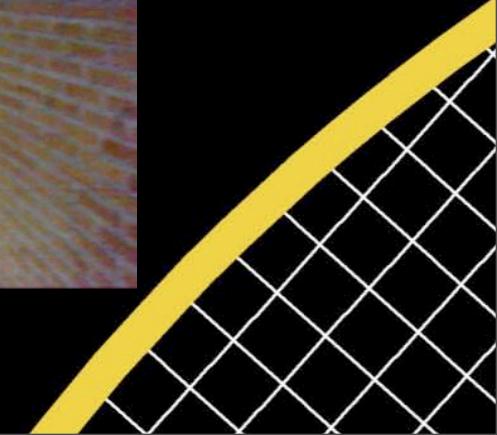
- The goal is to optimize player's performance by the use of an integrated training of movement and basic strokes, while increasing player's efficiency and favouring an economy of effort.



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Introduction



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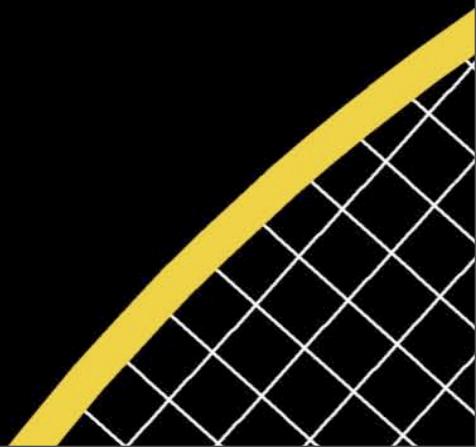
Introduction

- A Task Control Model is used in order to identify the player's effort on-court and to provide guidelines as to how to develop the necessary physical qualities for top performance.



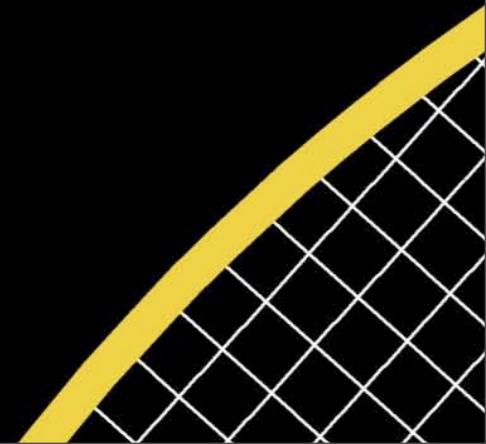
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Introduction



Introduction

- Finally, the programme organises the tasks according to the previously planned physical training objectives and sets those tasks in different zones of the court, thus achieving the desired technical objectives.
- The Set-tennis court Software in its Maker, Professional and Analyzer versions is used to facilitate the visualization of the training process.

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Set-tennis Software



Set-tennis Software

- This innovative program has been designed to work for players of any level(beginners, intermediate or advanced). It consists of different versions according to the prospective users and their needs.



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Set-tennis Software

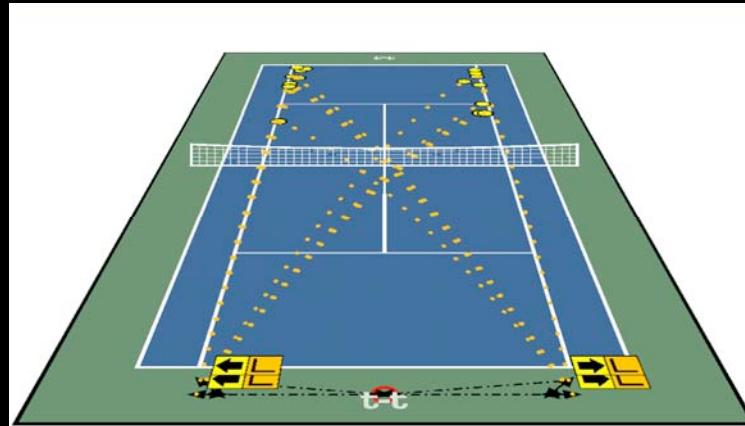


Set-tennis Software

- It is the first IT application that organizes tasks on the court, and provides variables of load control (i.e. volume, intensity and density).



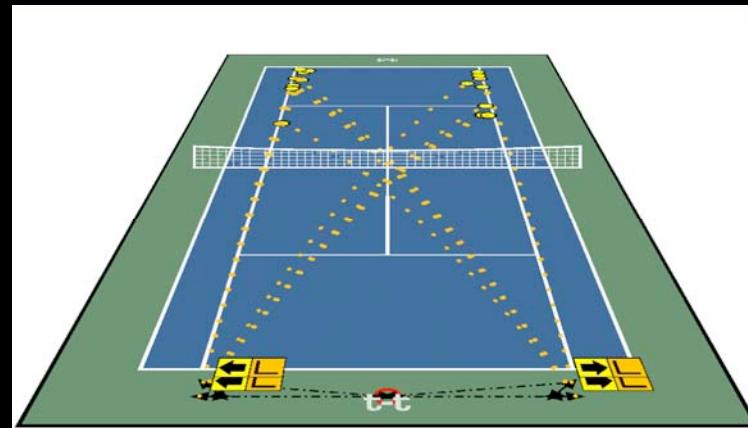
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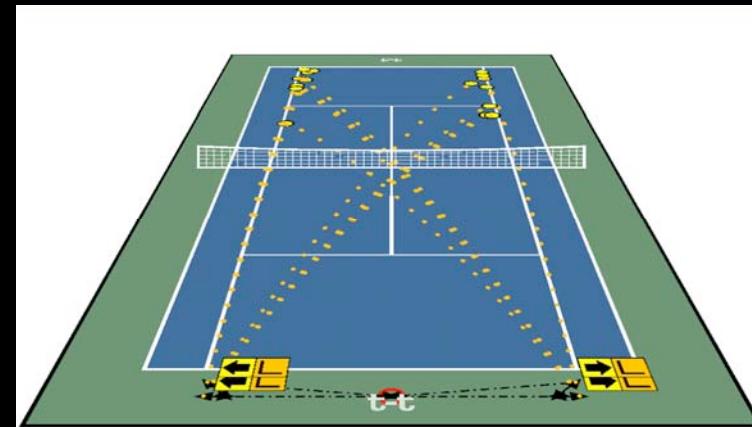
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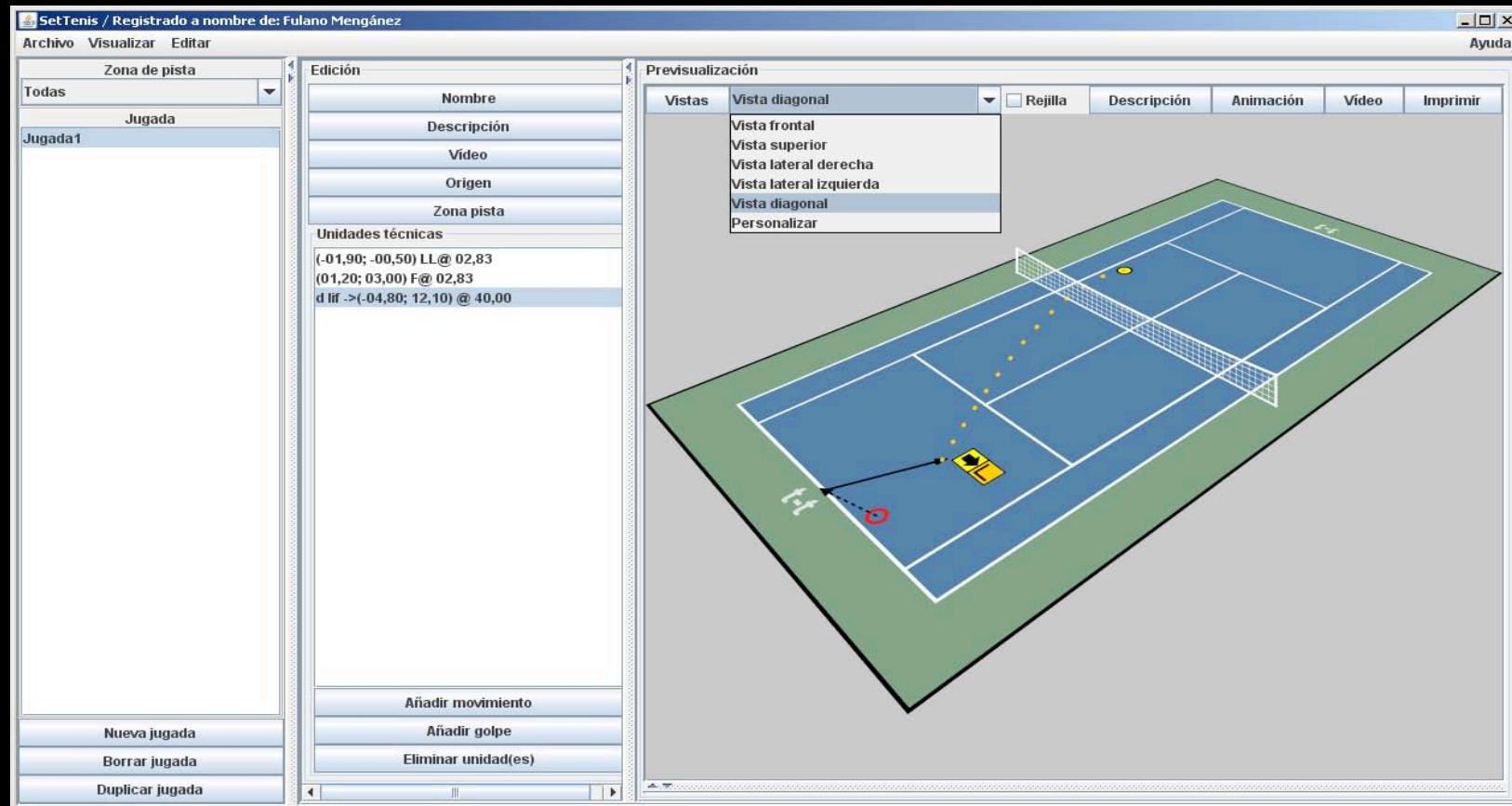
Set-tennis Software



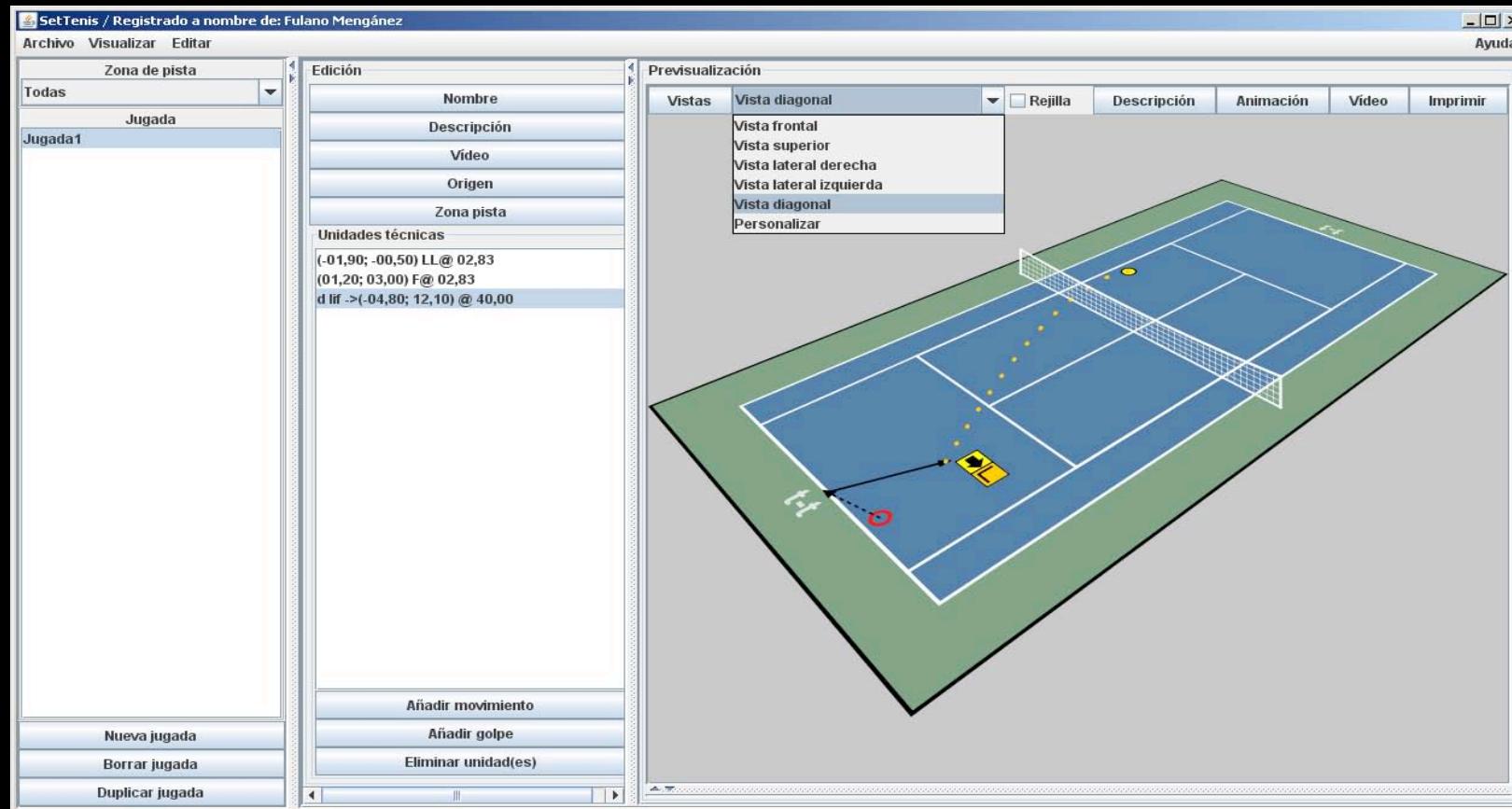
Set-tennis Software

- Due to its dynamic features and to the point replay capability it helps to elaborate tactical thinking in players.





Set-tennis Software



CONTRAATAQUE DE DERECHA CRUZADA

Zona de pista	Zona de Fondo
Intensidad	
Zona	Anaeróbico Aláctico
Nivel	Capacidad Aláctica
Modificador intensidad	1.0x
Volumen	
Series	2
Jugadas	Repeticiones 5
Recuperación	240 s
Recuperación	60 s

Descripción

- 6 x r↓-O- Ld↓-O
- Jugada al resto consistente en aguantar los golpes del rival hacia el revés, devolviendo cruzado con peso varias bolas. En un momento dado cambiamos el ritmo de la bola con una devolución de revés cortado que provoca el ataque del rival hacia la derecha. La clave de esta jugada está en ocupar rápidamente los espacios de manera que estemos preparados para el contraataque y reaccionemos con rapidez cambiando de derecha cruzada a gran velocidad.

OBJETIVOS FÍSICOS: movilidad y coordinación en la recuperación y golpeo de revés. Resistencia específica de competición.

OBJETIVOS TÉCNICOS: solidez de golpeo y recuperación de revés

OBJETIVOS TÁCTICOS: ocupación de pista y transición defensa-ataque

OBJETIVOS PSICOLÓGICOS: consistencia y toma de decisión

Set-tennis Software

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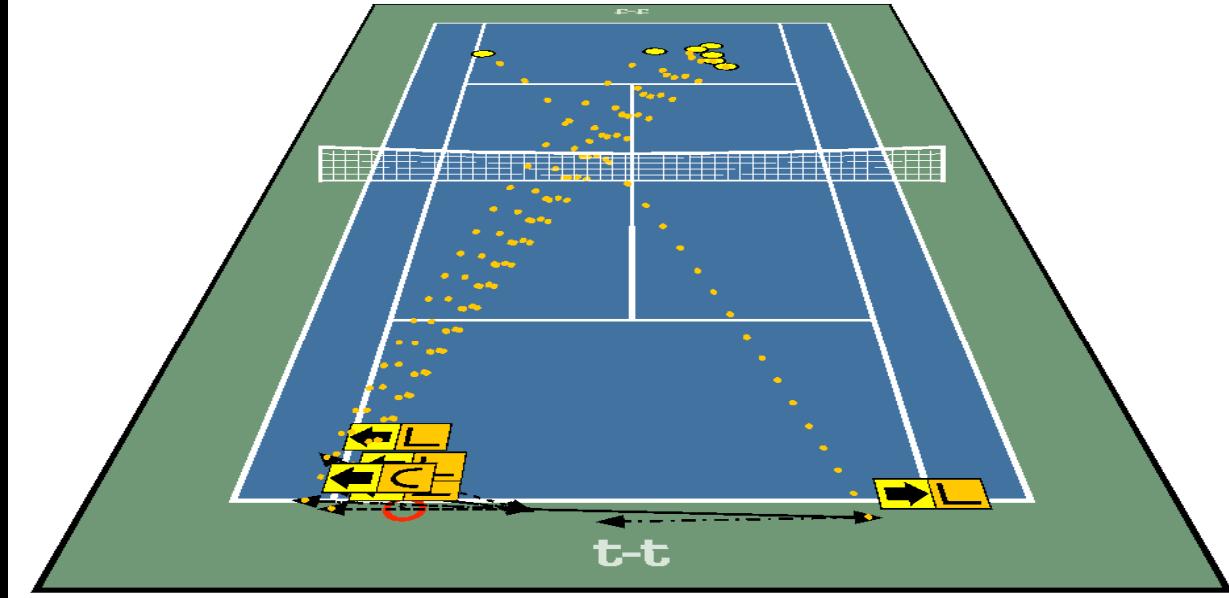
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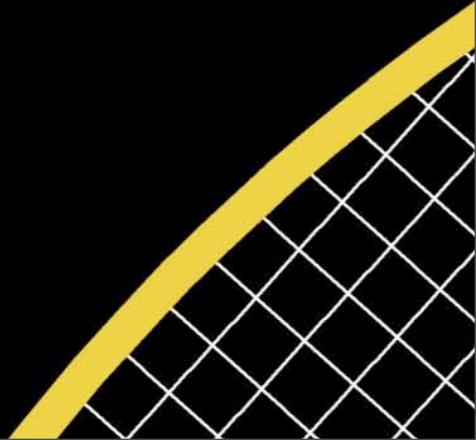
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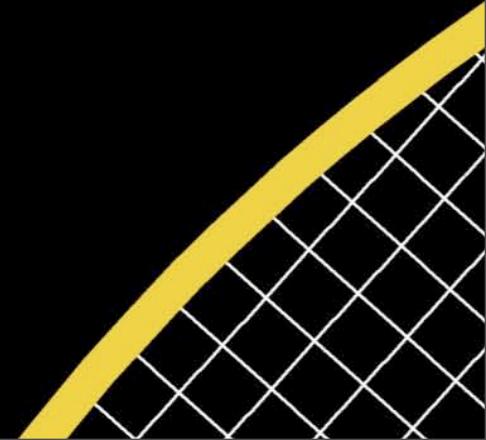
**CONTROL MODEL
AND
SISTEMATYZE
TRAINNING
COURT**



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Set-tennis Software

**CONTROL MODEL
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SISTEMATYZE
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CONTROL MODEL AND SISTEMATYZE TRAINNING COURT

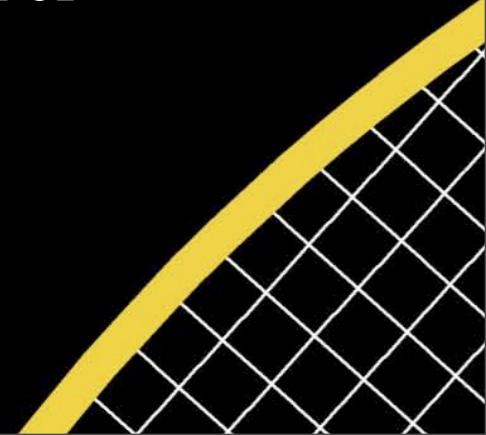
ZONAS DE ENTRENA-MIENTO EN PISTA	1	2	3	4	5
DENOMINA-CIÓN	Aeróbico Ligero	Aeróbico Medio	Mixto:VO2máx x Aeróbico-Anaeróbico	Anaeróbico Láctico:Exten si-vo e Intensivo	Anaeróbico Aláctico
NIVELES	-Regenerativo (< 1 h) -Extensivo (40'-2 h)	-Eficiencia aeróbica (12-40 ') -Capacidad aeróbica submáx (4-12 ')	-Capacidad aeróbica (2-4') -Potencia aeróbica(VO2 1'20" a 2'15"	-Capacidad glucolítica 45" a 1'20" -Potencia glucolítica 20" a 45"	-Capacidad aláctica <20" -Potencia aláctica. <10"
LH	-1 -1-2	-2-3 -3-4	-4-6 -6-8	-8-10 -10-12	-variable -variable
FC	<120 (120-155)	(155-170) (170-175)	(175-180) (180-183)	(183-188) <td>-variable -variable</td>	-variable -variable
Tiempo total de esfuerzo (de forma interválica)	< 1 h > 1 h	< 1 h(30-60') de 10' a 30	< 12' <'8'	< 5' < 3'	< 2 ' < 1 '
Intervalos de aplicación	Series de 10'-20'-40'-1h	(10'- 40') (2'-3'-4'-6'-8'-10'-12')	(1'-2'-3'-4') (45"- 1'- 1'15" " 1'30"-1' 45"-2")	30-40"-1'-1 "15" (15" -20"-30"-40")	10-15-20" de 0,5 " – 10 "
Relación T/D	1/0.1-0.2	1/0.2-0.3 1/0.3-0.5	1/0.5 1/0.5-1	1/1-5 1/3-8	1/10-15
% VO2 Máx	60-80	80-95	95-100	> 100	> 100
% IMx	< 40 %	< 50% < 55%	< 70% < 85%	85 - 90% 90 - 95%	95-100% 100%
Tipo de fuerza aplicada	F. resistencia -aeróbica -acíclica	F.resistencia -aeróbica -acíclica	F.resistencia -mixta -acíclica	F.resistencia -láctica -acíclica	F.resistencia -aláctica -acíclica
TAREAS EN PISTA	-ANEXO -Fichas	-ANEXO -Fichas	-ANEXO -Fichas	-ANEXO -Fichas	-ANEXO -Fichas

NAMES Y LEVELS

Distinguish conditioning capacities that players need to develop, considering the physiological models used to obtain energy production.

TRAINING ZONES

Concentrate on the intensity scale of the rhythm of energy production.



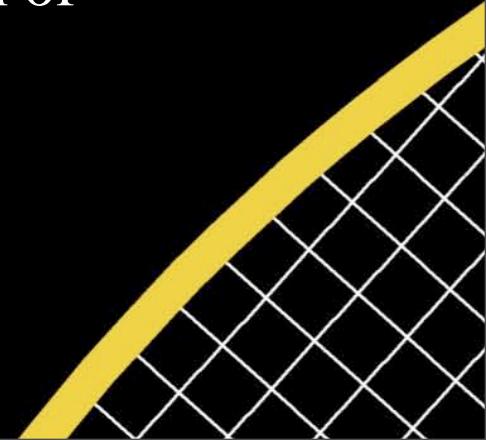
Variables influenced by training on-court

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1. Lactate concentration, LH

It sets the relationships between oxygen consumption and speed of movement. According to the the values of lactic acid, there will be different energy sources responsible for obtaining energy.

2. Heart rate, HR

Closely related to VO₂ max values and to the accumulation of LH. Cardiovascular response produced by the different efforts. Measure quite valid for 1.2 and 3 Zones, although not so relevant in 4 and 5 Zones.

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3. Total duration of the effort.

Time during which it is possible to perform actions keeping the intensity of the zone at intervals.

4. Intervals of effort application.

Help with the possible combinations in the duration of the active phases for training sessions that will develop the objectives of each zone together with the methodology of work.

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5. Relation work / rest: (W / R)

Shows work density, the relationship between time spent in the movement and recovery time between sets and repetitions.

6. Percentage according to the VO₂ max

Percentages of oxygen consumption per ml and per kg of body weight related to the maximum each player can use. Closely related to the metabolic route and to the prevailing energy source in the intensity scale of the zone.

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7. Percentage according to the maximum intensity.(Imax)

As time increases, the ability to keep up such speed decreases and consequently, we move to another training zone. It tries to provide more information when assessing the tasks that go beyond the VO₂ max %. This variable helps defining training rhythms more efficiently than the VO₂ max.. mainly in those zones of greater intensity, Zones 4 and 5. It is based on a set of field tests for each zone.

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8. Indicators related to the % of Imax

The intensity of movement or speed acceleration-deceleration of legs in the movement that precedes and follows the stroke, ie in each unit of movement that will be defined later. The intensity of the stroke or the fep % of the stroke(this variable affects the entire kinetic chain at work during the stroke: legs, hips, core and arms)

$$I_{\text{total}} = I_{\text{movement}} + I_{\text{stroke}}$$

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9. Relation between the volume and intensity of each zone

TRAINING ZONES	VOL OF MOV	INT. OF MOVEMENT/STROKE
Zonas 1 y 2	Valt/desp	Ibaja/desp Imedia-baja/golpeo
Zonas 3	Vmed/ desp	Imed/desp Ialta-media-baja/golpeo
Zonas 4 y 5	Vbajo/desp	Ialta/desp Ialta-media-baja/golpeo

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We define exercises as the amount of motor actions used to solve a concrete motor problem or to optimize its results. These exercises which specifically develop the necessary qualities to play tennis, combining movements and strokes, are labelled Technical Units. When we provide load indicators to these Technical Units, we refer to Tasks, i.e. on-court exercises with an assigned duration, recovery and intensity. Their execution will have certain physiological implications.

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2. TECHNICAL UNIT. ACYCLIC CHARACTERISTICS:

By using exercises and designing tasks, we will standardize movements and gestures, to facilitate recovery of balance after a shot or to increase coordination, thus, showing more fluidity and economy of motion. The exercises will be acyclic. As much as possible, we should consider the situations of imbalance in movements, and the constant change of spatial/ temporal patterns. So, they will be differentiated according to their nature:

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These are those exercises that use technical units of movement or strokes, using methods that allow assimilation and learning of the different acyclic gestures. We would also include here exercises and tasks through of repetition and with appropriate volumes and intensities influence on the player's functional development, creating a solid foundation. Examples:

zig-zagging between separated cone stressing the work of the external foot, doing the same exercise but pretending to use a forehand or a backhand groundstroke.



Basic Preparation

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These are the most frequently used on-court. They try to develop the technique with overload conditions. Repetition is used to strengthen tactical objectives that need considerable technical accuracy, thus building a reserve that will help during fatigue. They employ stroke actions and movements that occur during matches. Exercises with a partner and basket directed by the coach using fraction methods will be frequently used. Unlike the previous exercises these are on-court exercises with balls and rackets.

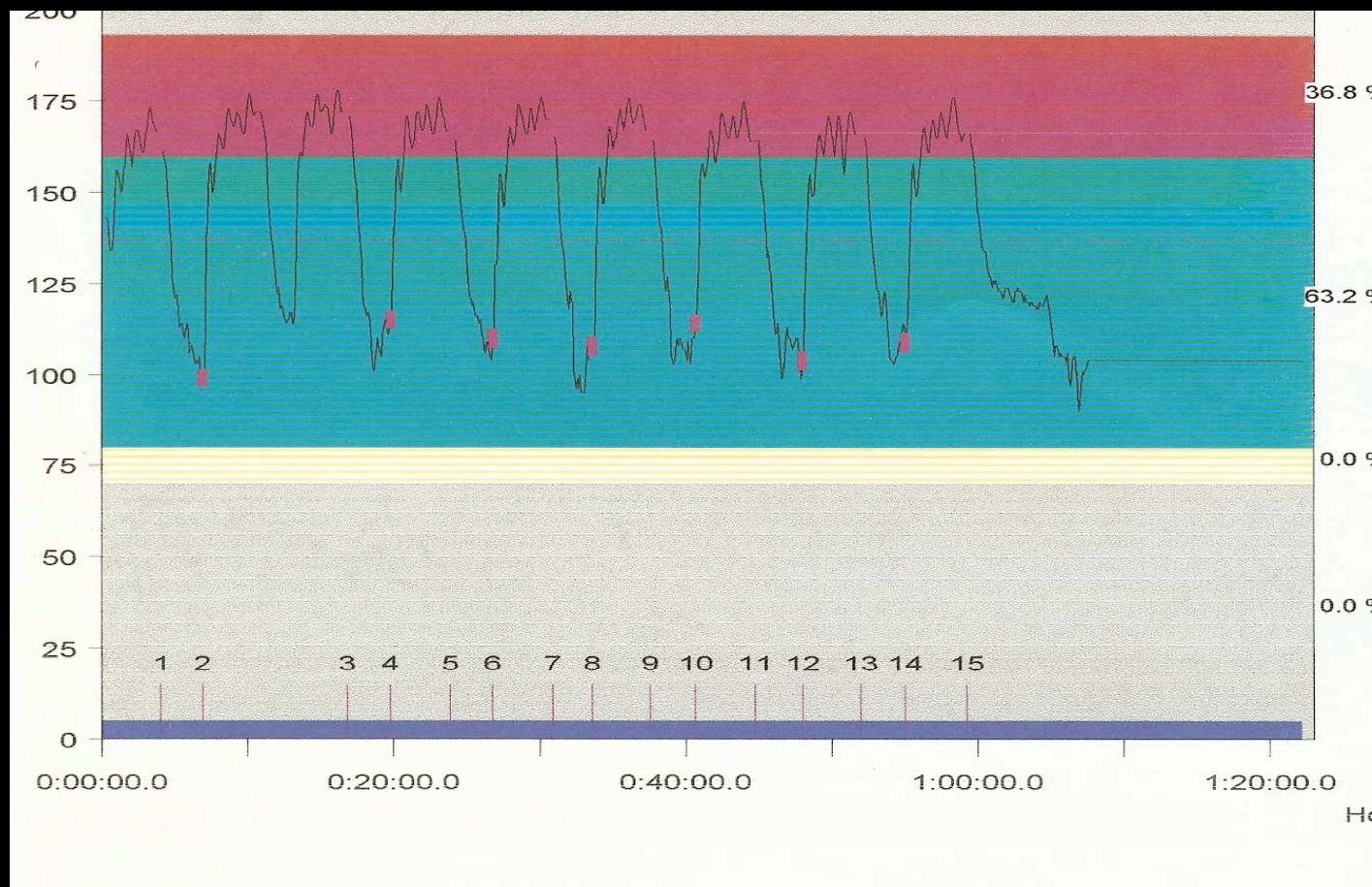


Special preparation

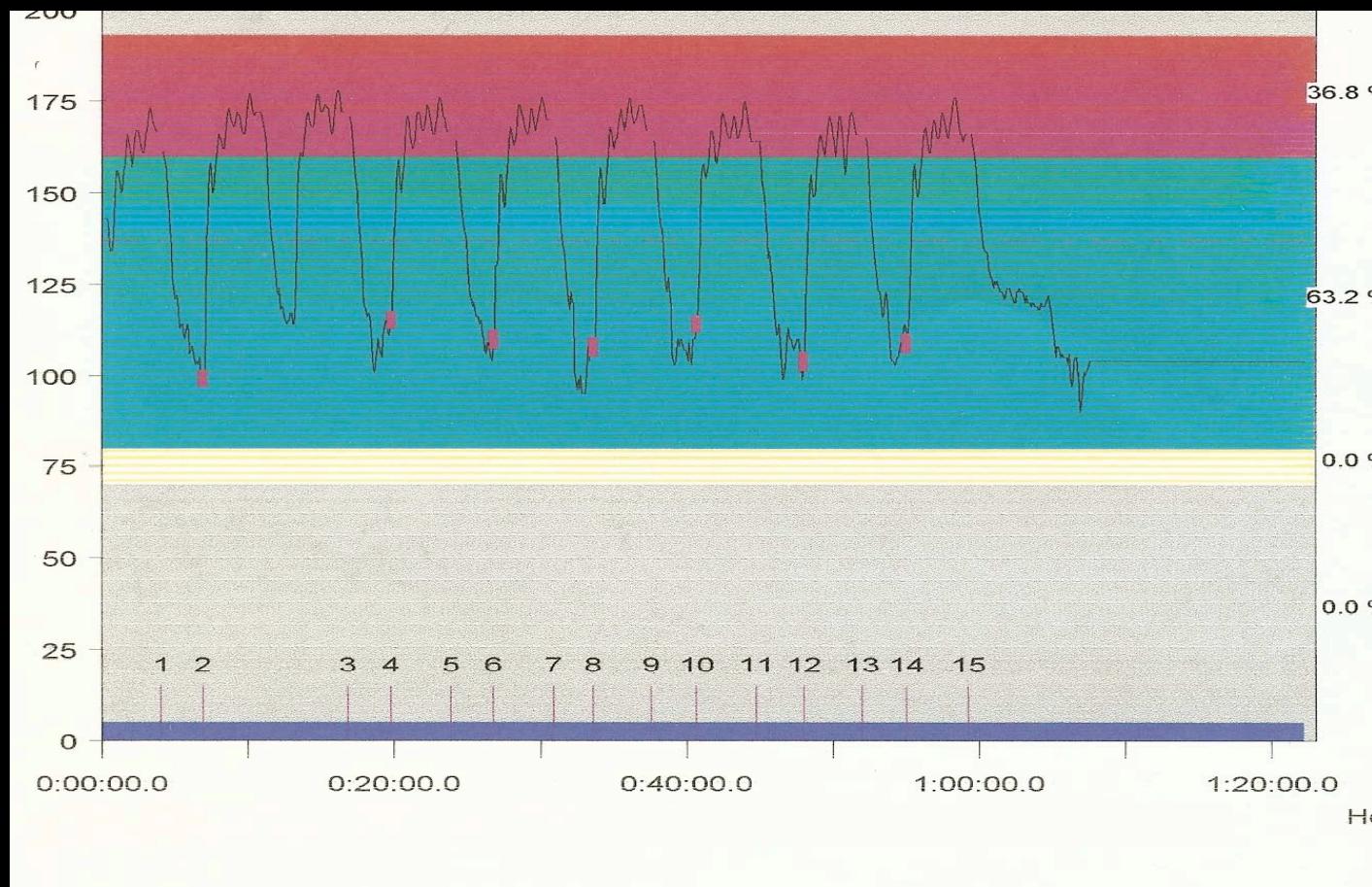
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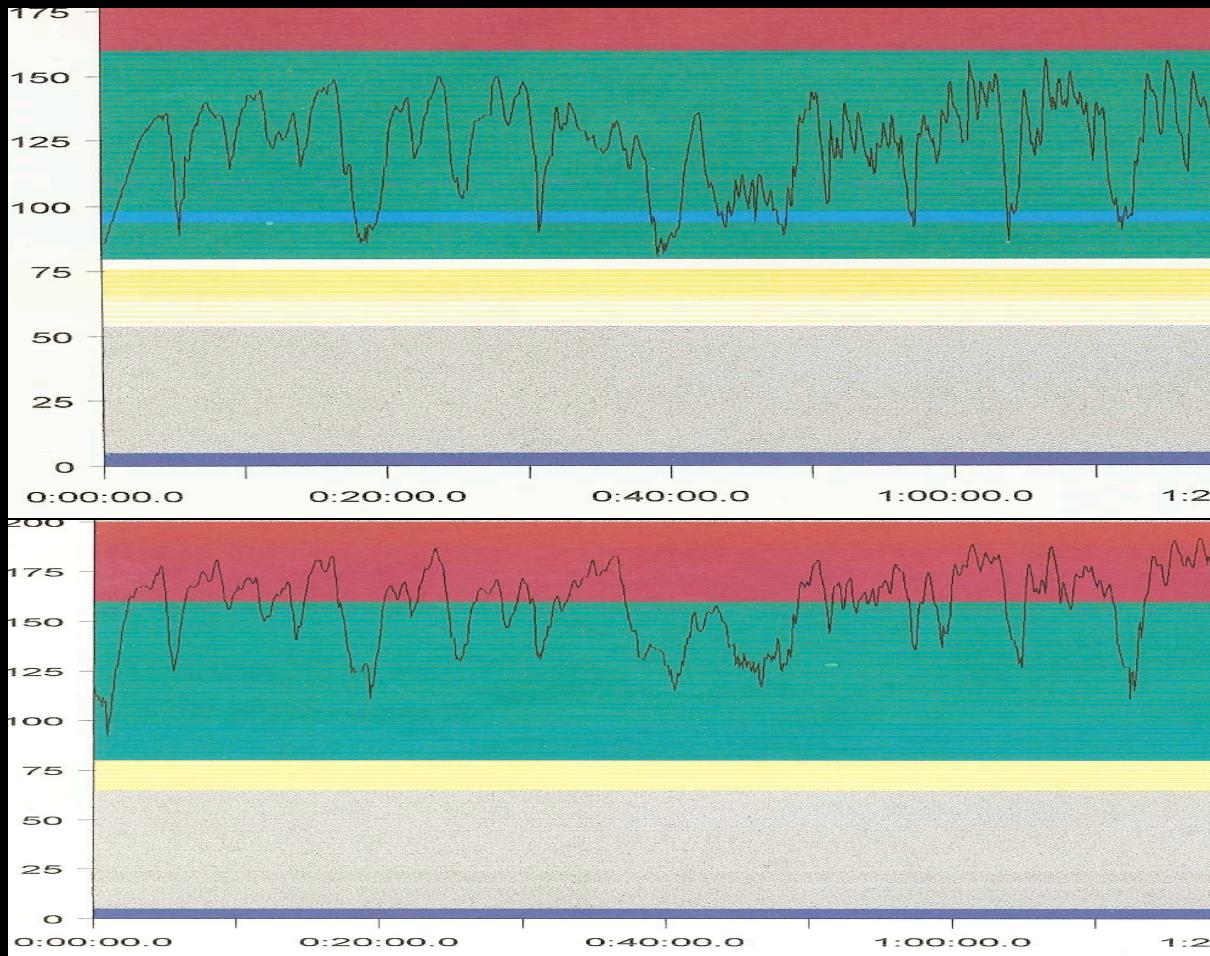
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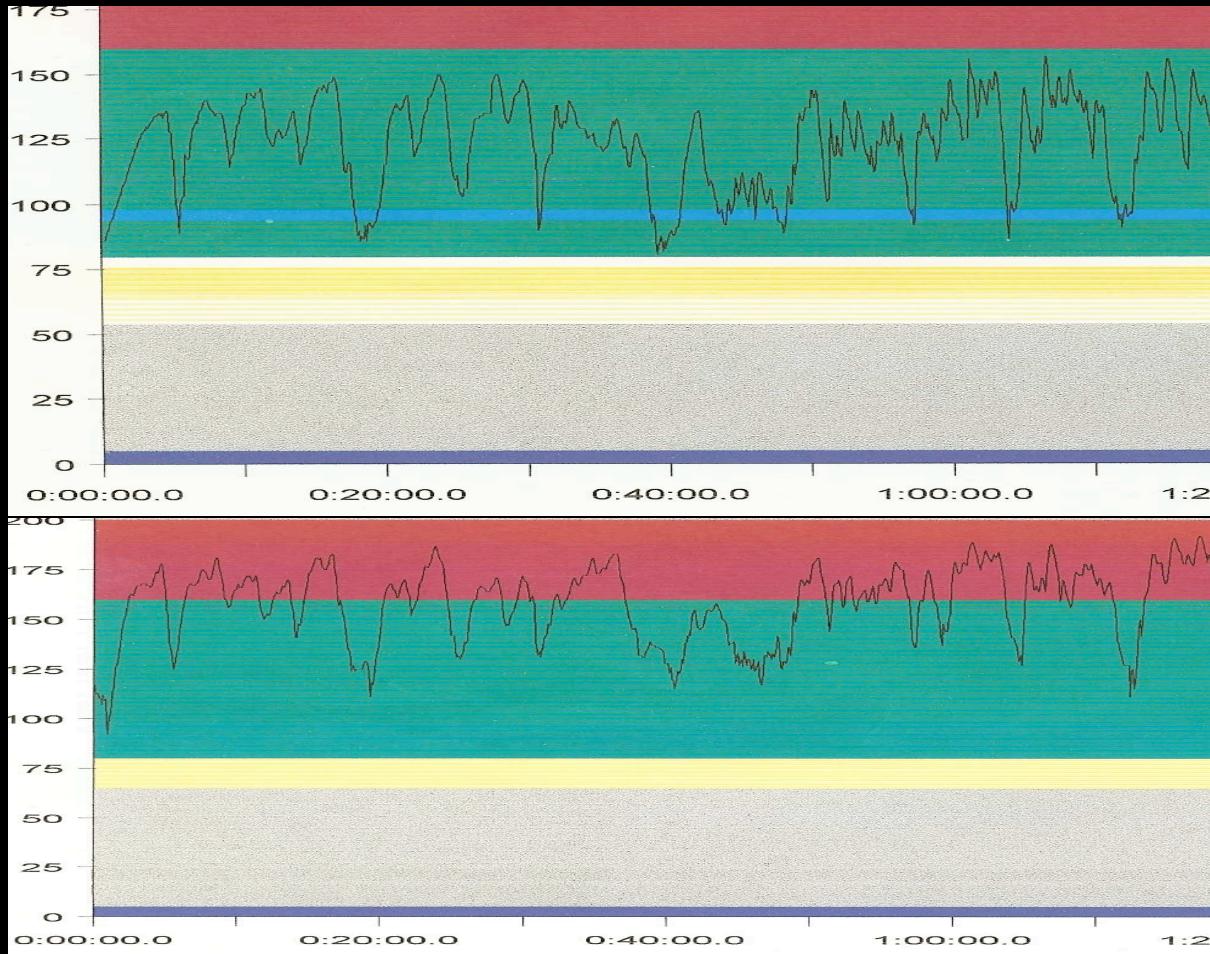
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Special preparation



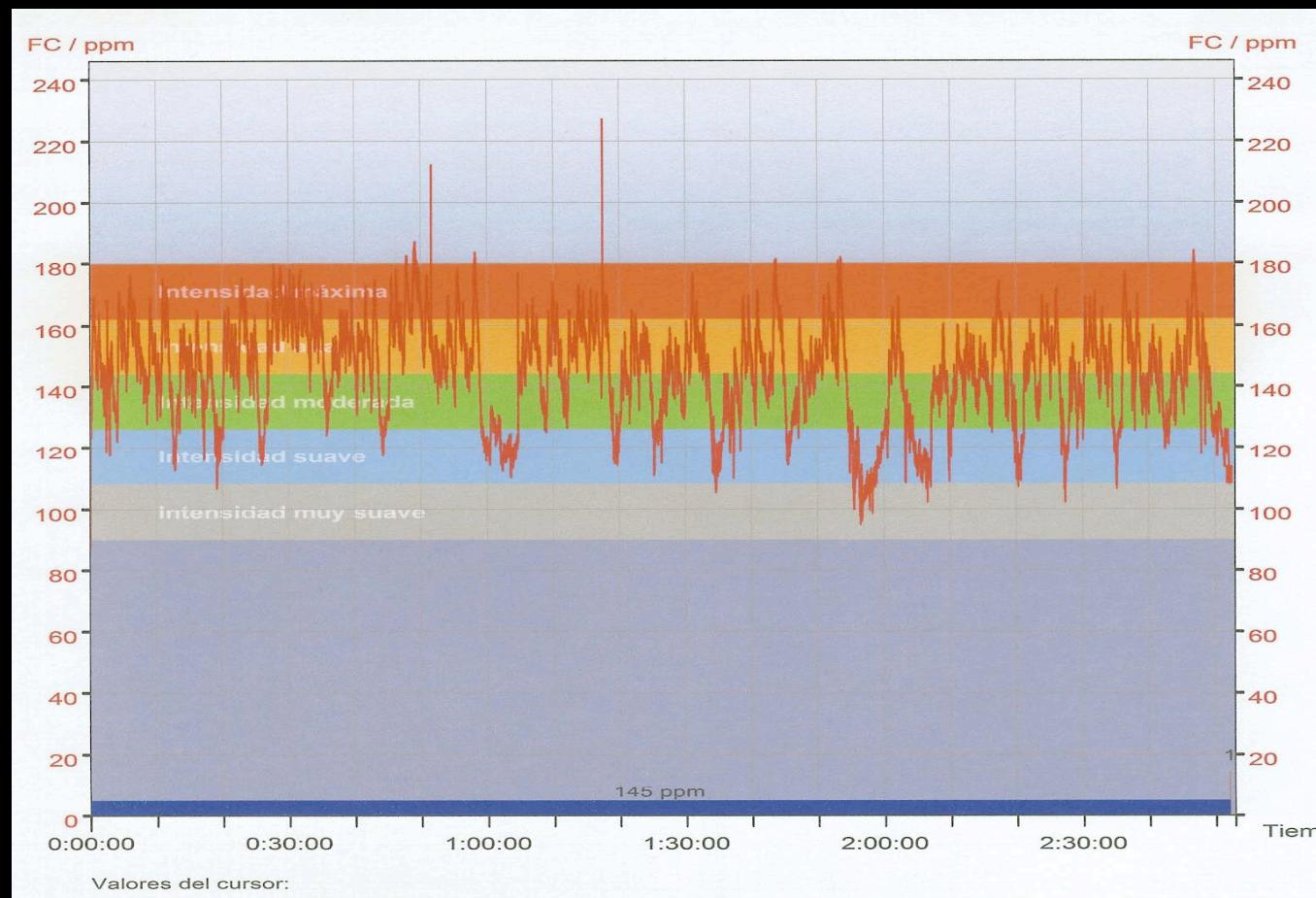
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Competition

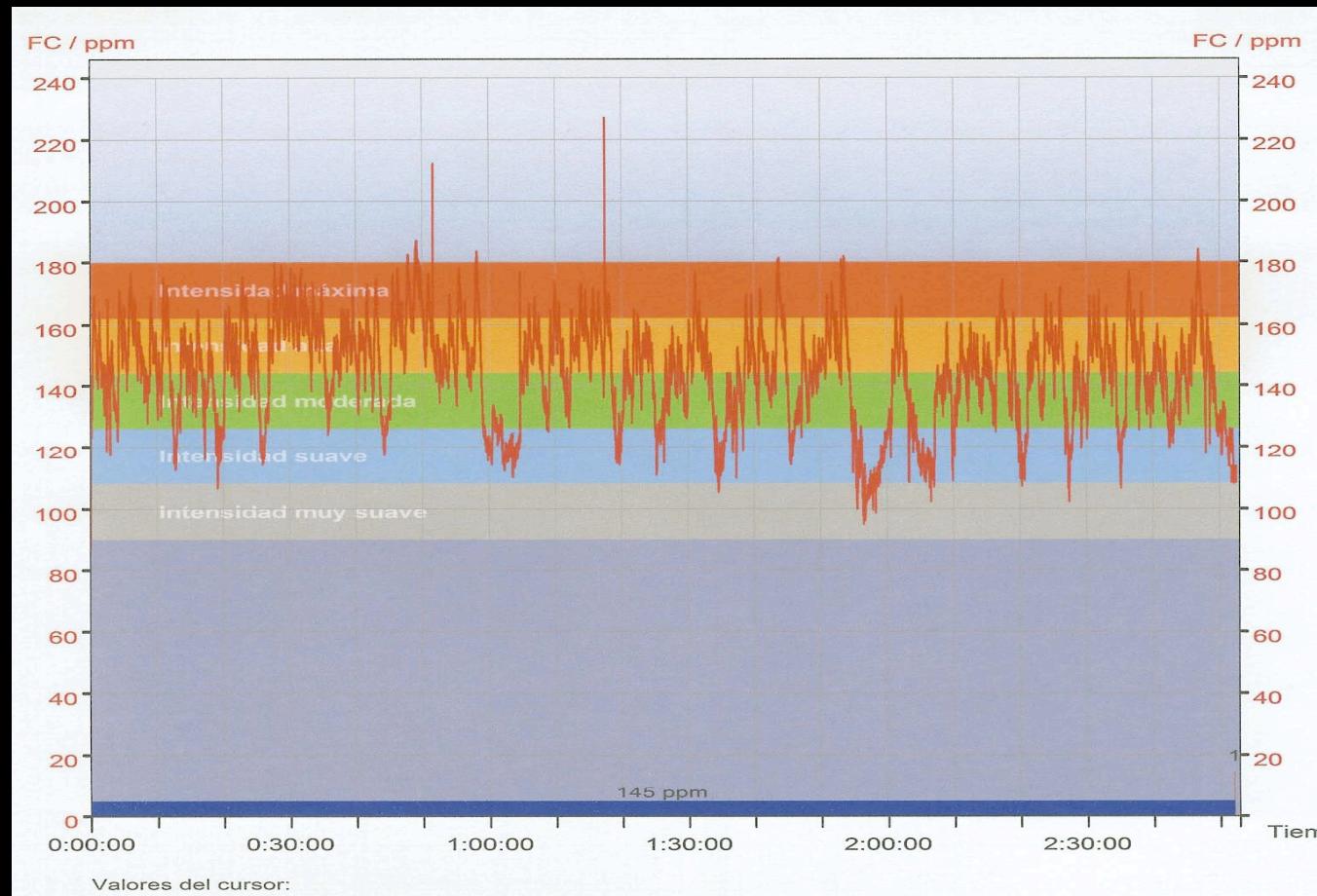
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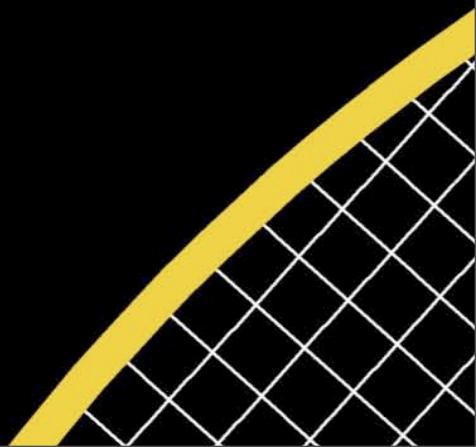
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Heart rate (Verdasco-Murray) Australia 2007



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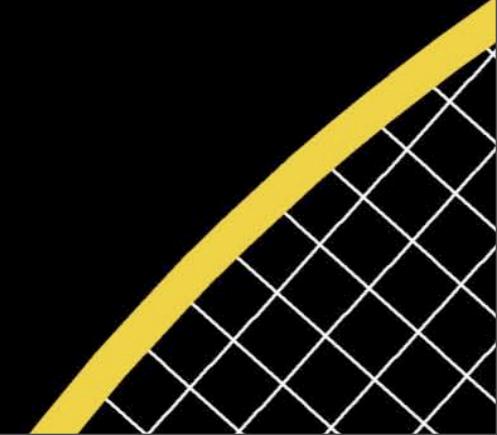


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Conclusion: Objectives of the planning process

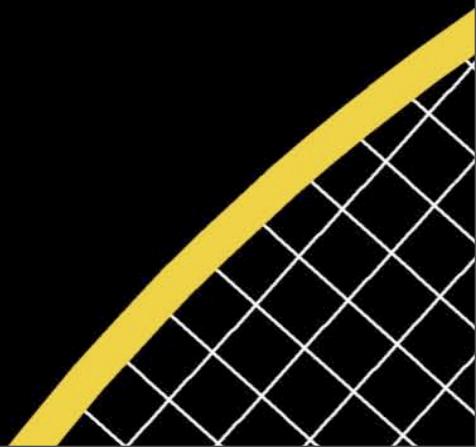
Conclusion: Objectives of the planning process

- We want to get highly efficient players in their actions: precision + economy of efforts.
- It is this search that will force us to plan, organize the training sessions and optimize resources.
- WHAT KIND OF TRAINING ARE THE MOST APPROPRIATE?



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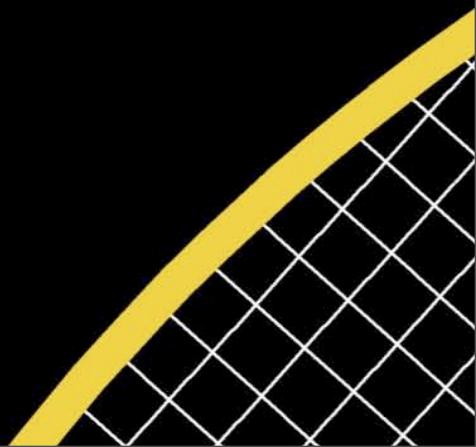
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- All tennis programmes and academies want to be efficient, they want to teach their players something useful to compete.
- There are different ways to apply teaching points which differentiate one programme from another.
- It is through the tasks and exercises that we will be able to provide guidelines for an adequate design of the training sessions.

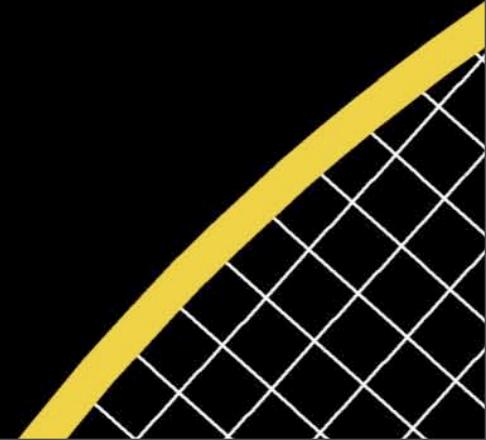
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Programme summary

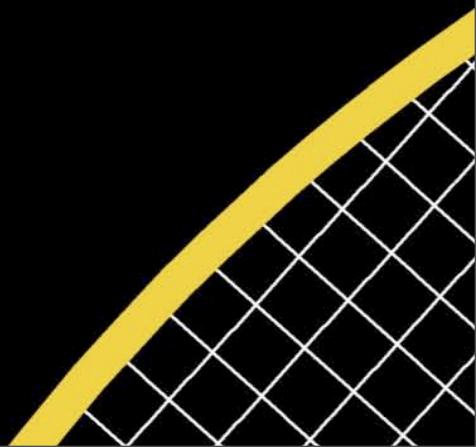


Programme summary

- The season should be planned with its macrocycles and mesocycles.
- We select our microcycle together with the main objectives for each day and for each session.
- The on-court contents should be introduced and made compatible with the off court physical training.
- The files, which reproduce exercises with load indicators should be looked at.

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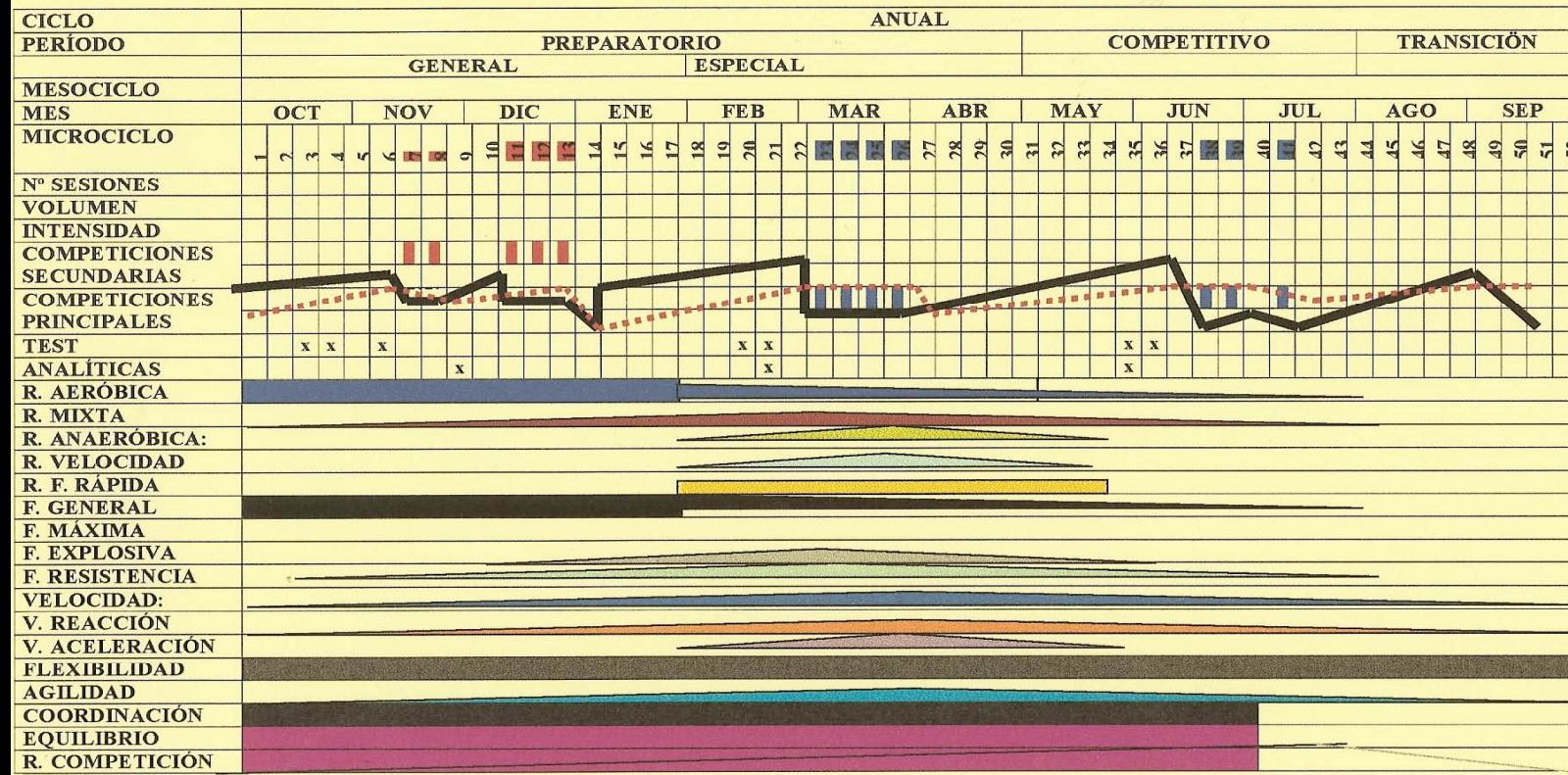
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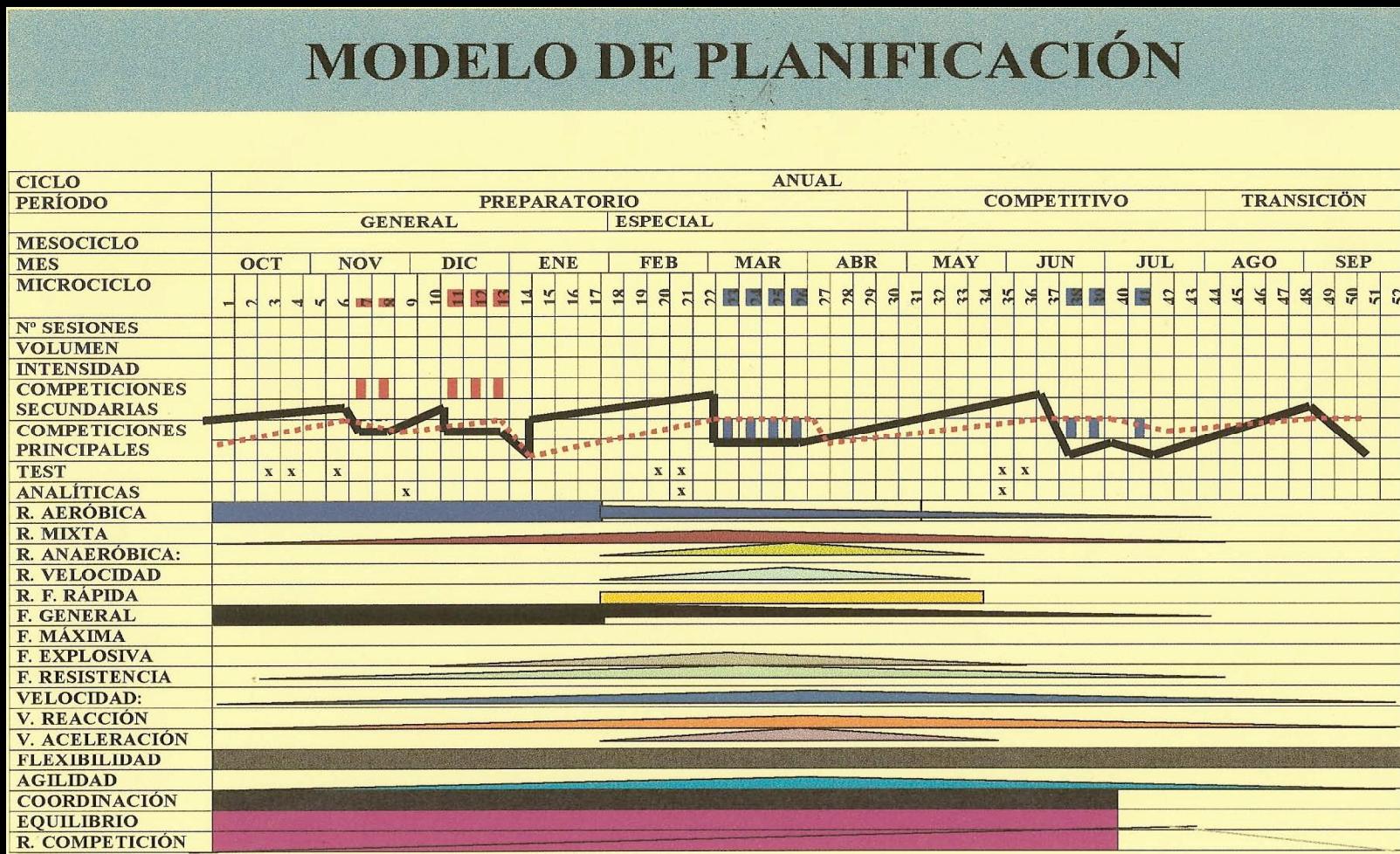
Programme summary

- The on-court tasks should meet their objectives.
- The duration of the tasks has to be checked using a watch and the basket of balls.
- The intensity should be controlled with a heart rate monitor always keeping the type of drill in mind. At the end of the session, the collected data need to be loaded into the computer and the relevant information has to be written down for the adequate follow up

MODELO DE PLANIFICACIÓN



Practical applications



MESOCICLO: Pretemporada

PERÍODO: transformación

MICROCICLO : V

FECHA: (21-27)/1/08

P. FÍSICO: VICENTE CALVO

E.PLANIFICADO

ESTADO DE FORMA PREVISTO: 75 %

CARGA: 80%

VOLUMEN:80 %

INTENSIDAD:80 %

NOMBRE: GORKA

EDAD: 29

CATEGORÍA:

	LUNES 7	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO 12	DOMINGO
AM	10:45 CFG 11:15 TENIS -Sesión aeróbica mixta. ZONA 3 Duración: Intensidad: - Controles, fijos y golpeos con movilidad.		10:45 CFG 11:00 TENIS GORKA-FER 13:00 AERÓBICO: 15'CC SUAVE 15' BICI 15'ELÍPTICA 150 ABDOMINALES ESTIRAR	13:30 FÍSICO: FARTLEK BICI - 15 MINTOS SUAVE - 3X 2' 160 pm/1 - 3x1'30 170/2 - 3x1'180/ 3 - 10 minut suave		CFG TENIS-FÍSICO: Entrenamiento modelado -1 hora y media viva -3X CIRCUITOS DE 10 EJERCICIOS DE 8" DE DURACIÓN Y 20" DE RECUP./3' -FLEXIBILIDAD.	descanso
PM	16:30 GIM FUERZA HIPERTROFIA: -DORSAL -PECHO 50-65-75-85 -PIerna: 60-80-120 ABDOMINALES	16:00: TENIS FÍSICO HOMBRO - Sesión técnica. - saque. - resto - técnica suave de golpeo. BICEPS TRICEPS	17:30 GIM 18:00 FUERZA EXPLOSIVA I: -DORSAL -PECHO -PIerna ABDOMINALES 19:00 TENIS -movilidad en pista	16:00: TENIS GORKA-QUINO FÍSICO HOMBRO - BICEPS TRICEPS	16:30 CFG,PIRNA - 5'cc - 3x 5x cuesta - 5'cc suave 18:00 TENIS 19:00 FUERZA HIPERTROFIA: -DORSAL -PECHO.abdominales	13:00 Juan Carlos 20' cc suave skipping, talones 10x rectas 20"/ 40" rec 10x cuestas rec 2' 10 miutos suavesN TENIS: HORA Y MEDIA DE CONTROLES	
I:							
V:							
Q:							

OBSERVACIONES: 4^a semana de gran carga de trabajo: COMIENZA LA TRANSFORMACIÓN DE F. EXPLOS.

-OBJETIVO HASTA EL 1 DE FEBRERO, PONERSE COMO UN ANIMAL, SITUARSE EN 85 KILOS.

-Cuidados higiénicos(zapatillas, bebida y control de lesiones) ajustadas a sus entrenamientos y horarios (el bote)

-máxima importancia a los cuidados higiénicos: la hidratación antes, durante y después. Pasta al mediodía. Almorzar y respetar la digestión. Calentar y estirar cada vez. FUSION DURANTE LOS ENTRENAMIENTOS DE FUERZA

-DOS BATIDOS DE PROTEÍNAS AL DÍA, UNO POR LA MAÑANA Y EL OTRO DESPUÉS DE ENTRENAR

PECTORAL: contractor y press banca: 2x15 rep con 20 kgs DORSAL: polea tras nuca y remo sentado igual PIerna: Cuádriceps igual. Sentadilla igual.

femoral: 2x12x15 kgs adductores:2x25x30 kgs. HOMBRO: 2x15x3 KGS de elevaciones laterales/ elevaciones frontales/ pájaro.

-CFG: -10' Bici o cc en cinta. Tonificación general. Gomas o 15 repeticiones con poco peso de todos los aparatos disponibles. Típico calentamiento de competición

Practical applications

MESOCICLO: Pretemporada

PERÍODO: transformación

MICROCICLO : V

FECHA: (21-27)/1/08

P. FÍSICO: VICENTE CALVO

E.PLANIFICADO

ESTADO DE FORMA PREVISTO: 75 %

CARGA: 80%

VOLUMEN:80 %

INTENSIDAD:80 %

NOMBRE: GORKA

EDAD: 29

CATEGORÍA:

	LUNES 7	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO 12	DOMINGO
AM	10:45 CFG 11:15 TENIS -Sesión aeróbica mixta. ZONA 3 Duración: Intensidad: - Controles, fijos y golpeos con movilidad.		10:45 CFG 11:00 TENIS GORKA-FER 13:00 AERÓBICO: 15'CC SUAVE 15' BICI 15'ELÍPTICA 150 ABDOMINALES ESTIRAR	13:30 FÍSICO: FARTLEK BICI - 15 MINTOS SUAVE - 3X 2' 160 pm/1 - 3x1'30 170/2 - 3x1'180/ 3 - 10 minut suave		CFG TENIS-FÍSICO: Entrenamiento modelado -1 hora y media viva -3X CIRCUITOS DE 10 EJERCICIOS DE 8" DE DURACIÓN Y 20" DE RECUP./3' -FLEXIBILIDAD.	descanso
PM	16:30 GIM FUERZA HIPERTROFIA: -DORSAL -PECHO 50-65-75-85 -PIerna: 60-80-120 ABDOMINALES	16:00: TENIS FÍSICO HOMBRO - Sesión técnica. - saque. - resto - técnica suave de golpeo. BICEPS TRICEPS	17:30 GIM 18:00 FUERZA EXPLOSIVA I: -DORSAL -PECHO -PIerna ABDOMINALES 19:00 TENIS -movilidad en pista	16:00: TENIS GORKA-QUINO FÍSICO HOMBRO - - BICEPS TRICEPS	16:30 CFG,PIRNA - 5'cc - 3x 5x cuesta - 5'cc suave 18:00 TENIS 19:00 FUERZA HIPERTROFIA: -DORSAL -PECHO.abdominales	13:00 Juan Carlos 20' cc suave skipping, talones 10x rectas 20"/ 40" rec 10x cuestas rec 2' 10 miutos suavesN TENIS: HORA Y MEDIA DE CONTROLES	
I:							
V:							
Q:							

OBSERVACIONES: 4^a semana de gran carga de trabajo: COMIENZA LA TRANSFORMACIÓN DE F. EXPLOS.

-OBJETIVO HASTA EL 1 DE FEBRERO, PONERSE COMO UN ANIMAL, SITUARSE EN 85 KILOS.

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PECTORAL: contractor y press banca: 2x15 rep con 20 kgs DORSAL: polea tras nuca y remo sentado igual PIERNA: Cuádriceps igual. Sentadilla igual.

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-CFG: -10' Bici o cc en cinta. Tonificación general. Gomas o 15 repeticiones con poco peso de todos los aparatos disponibles. Típico calentamiento de competición

MESOCICLO: PERÍODO: ajuste-entrenamiento **MICROCICLO :** FECHA: (21-27)/1/08 **P. FÍSICO:** VICENTE CALVO

E.PLANIFICADO

ESTADO DE FORMA PREVISTO: %

CARGA: %

P. FÍSICO: VICENTE CALVO

NOMBRE: FERNANDO VERDASCO

EDAD:

CATEGORÍA:

	LUNES 7	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO 12	DOMINGO
<u>AM</u>	10:45 CFG 11:15 TENIS	10:00 TENIS 13:30 FÍSICO: FARTLEK BICI - 15 MINTOS SUAVE - 3X 2' 160 pm/1 - 3x1'30 170/2 - 3x1'180/ 3 - 10 minut suave	10:45 CFG 11:00 TENIS GORKA-FER	10:30: TENIS FÍSICO A CONTINUACIÓN O POR LA TARDE SI TIENES QUE HACER COSAS.	VIAJE A VIÑA 	CALENTAMIENTO SUAVE, CFG. TENIS	TENIS. FÍSICO: MANTENIMIEN TO DE FUERZA.
<u>PM</u>	16:30 GIM FUERZA RESIST: 3X20X35 KGS/15''/3' -DORSAL -PECHO 50-65-75-85 -PIERNA: 60-80-120 HOMBRO,BICEPS TRICEPS ABDOMINALES	MASAJE	16:30 CFG,PIRNA - 5'cc - 3x 5x - 5'cc suave 18:00 TENIS 19:00 FUERZA HIPERTROFIA: -DORSAL -PECHO.abdominales	16:00 FÍSICO AERÓBICO: 15'CC SUAVE 15' BICI 15' ELÍPTICA 150 ABDOMINALES 6:00: HOMBRO BICEPS TRICEPS			
I:							
V:							
Q:							

OBSERVACIONES: semana de preparación para la DAVIS; ajuste del cambio horario y transición a la tierra batida.

PECTORAL: contractor y press banca: 2x15 rep con 20 kgs **DORSAL:** polea tras nuca y remo sentado igual **PIERNA:** Cuádriceps igual. Sentadilla igual. femoral: 2x12x15 kgs adductores: 2x25x30 kgs. **HOMBRO:** 2x15x3 KGS de elevaciones laterales/ elevaciones frontales/ pájaro. **-CFG:** -10° Bici o ec en cinta. Tonificación general. Gomas o 15 repeticiones con poco peso de todos los aparatos disponibles. Típico calentamiento de competición

Practical applications

MESOCICLO: PERÍODO: ajuste-entrenamiento MICROCICLO : FECHA: (21-27)/1/08 P. FÍSICO: VICENTE CALVO

E.PLANIFICADO

ESTADO DE FORMA PREVISTO: %

CARGA: %

VOLUMEN: %

INTENSIDAD: %

NOMBRE: FERNANDO VERDASCO

EDAD:

CATEGORÍA:

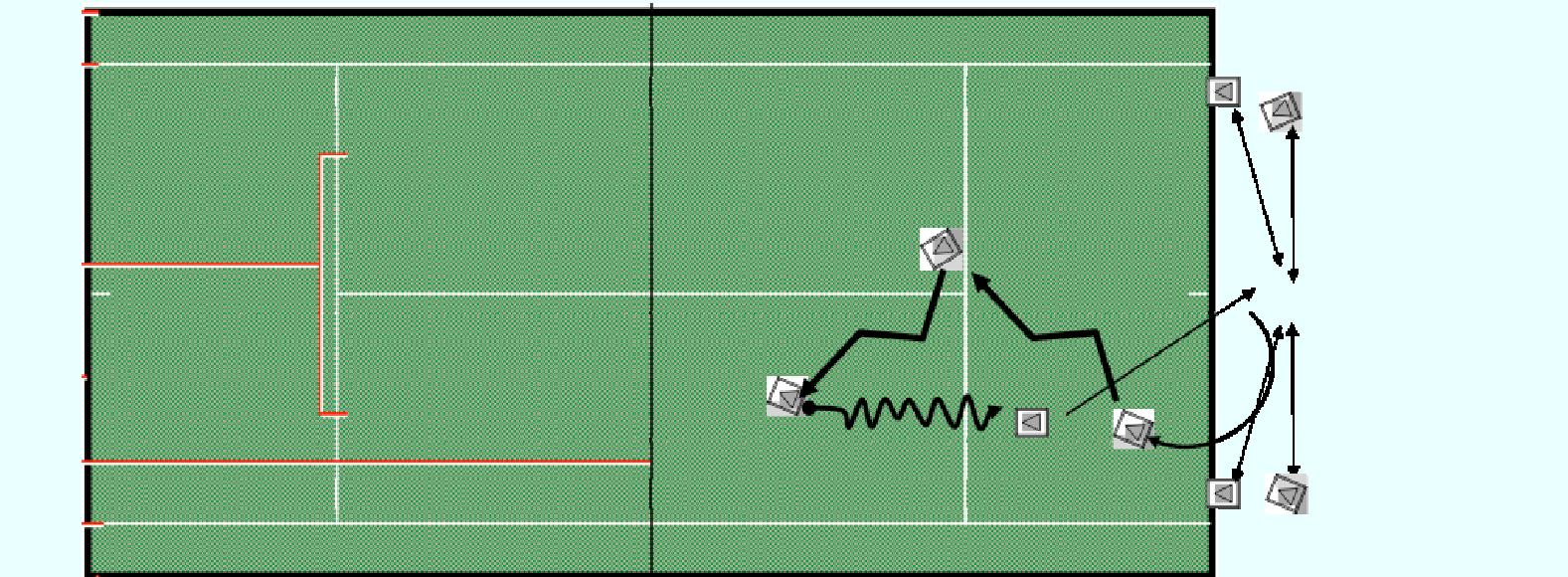
	LUNES 7	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO 12	DOMINGO
AM	10:45 CFG 11:15 TENIS	10:00 TENIS 13:30 FÍSICO: FARTLEK BICI - 15 MINTOS SUAVE - 3X 2' 160 pm/1 - 3x1'30 170/2 - 3x1'180/ 3 - 10 minut suave	10:45 CFG 11:00 TENIS GORKA-FER	10:30: TENIS FÍSICO A CONTINUACIÓN O POR LA TARDE SI TIENES QUE HACER COSAS.	VIAJE A VIÑA 	CALENTAMIENTO SUAVE, CFG. TENIS	TENIS. FÍSICO: MANTENIMIEN TO DE FUERZA.
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I:							
V:							
Q:							

OBSERVACIONES: semana de preparación para la DAVIS: ajuste del cambio horario y transición a la tierra batida.

PECTORAL: contractor y presss banca: 2x15 rep con 20 kgs DORSAL: polea tras nuca y remo sentado igual PIERNAS: Cuádriceps igual. Sentadilla igual. femoral: 2x12x15 kgs adductores:2x25x30 kgs. HOMBRO: 2x15x3 KGS de elevaciones laterales/ elevaciones frontales/ pájaro. -CFG: -10' Bici o cc en cinta. Tonificación general. Gomas o 15 repeticiones con poco peso de todos los aparatos disponibles. Típico calentamiento de competición

TAREA DE PISTA ENTERA. ZONA 2.2

8x4'x(Ldch₁-O-Ddch//O-Lr₁-O-Dr//O)/f-(Ddchi₁)/_{3/4}-(Dvdch₁)/_{1^a}v/-_{1^a}(Dvr₁)/_{2^a}v-(Are//)/_{1/2}O rec 2'



Practical applications

TAREA DE PISTA ENTERA. ZONA 2.2

8x4'x(Ldch₁-O-Ddch//O-Lr₁-O-Dr//O)/f-(Ddchi₁)/3/4-(Dvdch₁)/1^av/-(Dvr₁)/2^av-(Are//)/1/2-O rec 2'

