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ACCESO: http://saludmed.com/entrenadeportesconjunto/evaluacion/PF1_INSTRC_Entrena-Deporte.pdf

PROGRAMA DE ENTRENAMIENTO FISICO-DEPORTIVO

INSTRUCCIONES

Descripción General

Programa de entrenamiento para el desarrollo de las cualidades físicas del atleta, reconocidas como, 1) potencia o explosividad, 2) fortaleza muscular funcional, 3) fuerza rápida, 4) tolerancia muscular, 5) flexibilidad dinámica, 6) balance dinámico, 7) capacidad anaeróbica, 8) tolerancia cardiorrespiratoria o aeróbica, 9) velocidad, 10) agilidad, 11) rapidez y otros. El tipo de entrenamiento puede ser con resistencias, o entrenamiento funcional, para la preparación física-integrada de la aptitud neuromuscular. Es importante que siempre se encuentre orientada hacia la destreza especializada en el deporte de tenis de mesa, tenis de campo y atletismo. Es importante partir de un análisis de necesidades del deporte seleccionado.

Perspectiva:

Tal sistema puede emplear los siguientes enfoques:

1. Bolas medicinales
2. Bandas elásticas
3. Pesas libres
4. Máquinas Universales o multiuso
5. Otros

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