|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| C.B. HONDARRIBIA | | **DIA: 18/8/2011**  **20:00 – 22:00** | | SESION Nº 1 | | |
| OBJETIVOS:  * A.F.G * Resistencia Aeróbica | | | | | | |
| FASES DE LA SESIÓN /EJERCICIO | ESQUEMAS | | INFORMACION | | | |
| CALENTAMIENTO | | | | | 15’ | |
| * Carrera continua alrededor de la pista balonmano * 4 x (ABD(25) + LUMB(15) + FLEXIONES(15) + SALTOS(15) ) | | | | | | |
| A.F.G. | | | | | | 30’ |
|  | | | | | |  |
| Resistencia Aeróbica | | | | | | 45’ |
|  | | | | | |  |
| Estiramientos | | | | | | 10’ |
|  |  | | | | |  |
|  | | | | | | 100’ |