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| --- | --- | --- | --- | --- | --- | --- |
| C.B. HONDARRIBIA | | **DIA: 26/8/2011**  **20:00 – 22:00** | | SESION Nº 7 | | |
| OBJETIVOS:  * A.F.G * Resistencia Aeróbica (POTENCIA AEROBICA) | | | | | | |
| *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. | | | | | | 25’ |
|  | | | | | |  |
| Resistencia Aeróbica | | | | | | 50’ |
|  |  | | | | |  |
|  | | | | |  |
|  | | | | |  |
| Estiramientos | | | | | | 15’ |
|  |  | | | | |  |
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