

LISTA DE DISTRIBUIÇÃO:

CLUBES ASSOCIADOS
ASSOCIAÇÕES REGIONAIS
TREINADORES
ÓRGÃOS SOCIAIS

Lisboa, 2015-02-02

Circular Nº014/15

Assunto: Planeamento de Treino

Exmos. Senhores,

Junto se envia Planeamento do Treino das semanas 22 a 26, dirigido aos atletas integrados nos trabalhos das Equipas Nacionais Sénior.

Com os melhores cumprimentos,



Luís Ahrens Teixeira
Presidente da F.P. de Remo

Plano de treinos Senior 2014 - 2015

Em baixo segue o plano de treinos semana 22 à semana 26.

O volume vai ser semelhante, à imagem das semanas anteriores, com um aumento progressivo de intensidade.

Alguns atletas poderão ter pequenos ajustes conforme as necessidades e com a informação que temos referente a esta época e época anterior.

Será continuado o trabalho de Core vai continuar e é parte essencial do programa em conjunto com o início do power lifting.

Lembramos que todos os atletas que querem ter acompanhamento têm que preencher o log training

Bons treinos e dúvidas comuniquem com os treinadores regionais ou/e Director técnico

WORKOUTS

Level 1 (UT3: 1.0 – 1.5 mMol, HR <70% maximum)

30' 1S (Steady) – 15' @ 16, 15' @ 18 or easy biking/running

30' 1D (Drills)

Level 2 (UT2: 1.5 – 2.0 mMol, HR, 70 – 80% maximum)

30' 2S (steady) – 10' @ 18, 10' @ 20, 10' @ 22

30' 2B (bungee) – 10' @ 14, 10' @ 16, 10' @ 18

30' 2FP (Full Power)– 15' @ 16, 15' @ 18

30' 2C (Control) – Done on Erg w/ lactate sampling and/OR HR monitor

Level 3 (UT 1: 2.0 – 3.5 mMol, HR, 80 – 86% maximum)

30' 3FP (Full Power) – 30' @ 22 on Erg

Level 4 (AT: 4.0 mMol, HR, 86 – 90% maximum)

19' 4SC (StairCase) 26 -4' @ 20, 3' @ 22, 2' @ 24, 1' @ 26, 2' @ 24, 3' @ 22, 4' 20

19' 4SC (StairCase) 28 -4' @ 22, 3' @ 24, 2' @ 26, 1' @ 28, 2' @ 26, 3' @ 24, 4' 22

10' 4ST (step) 28 – 4' @ 22, 3' @ 24, 2' @ 26, 1' @ 28

10' 4Bd (build) 30 – 7' @ 24, 1' @ 26, 1' @ 28, 1' @ 30

30' 4C – Done on Erg w/ lactate sampling and/OR HR monitor (sample every 10' with 1' sample/rest between)

Level 5 (Transport: “5 – 8 mMol”, HR, 90 – 95% maximum)

5' 5ST (step) 30 – 2' @ 26, 2' @ 28, 1' @ 30

5' 5ST (step) 32 – 2' @ 28, 2' @ 30, 1' @ 32

10' 5ST (step) 30 – 4' @ 24, 3' @ 26, 2' @ 28, 1' @ 30

19' 5SC (StairCase) 30 -4' @ 24, 3' @ 26, 2' @ 28, 1' @ 30, 2' @ 28, 3' @ 26, 4' 24

Level 6 (VO2 max/Speed: HR 95%+ maximum)

Sem 22 2/2	1. 30' 2C 30' 2C 2. 30' 1S Core/ Weighths	1. 30' 2S 30' 2S 2. 30' 2S 30' 2B 30' 2S	1. 30' 1S Core/ Weighths 2. 30' 1D 3 x 10' 4Bd 30	1. 30' 2S 30' 2S 2. 30' 1D 30' 2S 30' 2S	30' 2S 30' 2B 30' 2S	1. 2 x 19' 4SC 28 2. Core/ Weighths + 30' 1S	OFF
Sem 23 2/9	1. 30' 2C 30' 4C 2. 30' 1S Core/ Weighths	1. 1 x 10' 4Bd 30 2. 30' 2S 30' 2B 30' 2S	1. 30' 1S Core/ Weighths 2. 30' 1D	1. 30' 2S 30' 2S 2. OFF	30' 1D 30' 1D 30' 1D	MATRIX	MATRIX
Sem 24 2/16	1. 30' 1D 30' 1D 2. 30' 1D 30' 1D	6K	OFF	1 hour easy run (level 2)	30' 2S 30' 2B 30' 2S	1. 3 - 4 x 10' 4Bd 30 2. Core/ Weighths + 30' 1S	OFF
Sem 25 2/23	1. 30' 2C 30' 2C 2. 30' 1S Core/ Weighths	1. 30' 2S 30' 2S 2. 30' 2S 30' 2B 30' 2S	1. 30' 1S Core/ Weighths 2. 30' 1D 3 - 4 x 10' 4Bd 30	1. 30' 2S 30' 2S 2. 30' 1D 30' 2S 30' 2S	30' 2S 30' 2B 30' 2S	1. 1 x 19' 4SC 28 1 x 19' 5SC 30 2. Core/ Weighths + 30' 1S	OFF

Sem 26 3/2	30' 1S + Core/ Weighths	30' 2C 30' 4C	30' 2S 30' 1D	30' 1S	OFF	5K erg	OFF
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