

www.javiergarciaejojofisioterapia.com

# PROGRAMA DE EJERCICIO

Javier García Eijo  
Fisioterapia

Javier García Eijo  
Javige\_fisio

**18/02/2024**

**OBJETIVOS**

|                          |  |
|--------------------------|--|
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |
| <input type="checkbox"/> |  |

|       |      |      |      |         |              |          |      |      |      |       |  |
|-------|------|------|------|---------|--------------|----------|------|------|------|-------|--|
| 5k    | 10k  | 21k  | 42k  | Hi Aero | Easy Aerobic | Recovery |      |      |      |       |  |
| 3:30  | 200  | 300  | 400  | 500     | 800          | 1200     | 1500 | 1600 | 2000 | 3000  |  |
| RITMO | 0:42 | 1:03 | 1:24 | 1:45    | 2:48         | 4:12     | 5:15 | 5:36 | 7:00 | 10:30 |  |

| ENERO     |               |              |              |     |            |              |
|-----------|---------------|--------------|--------------|-----|------------|--------------|
| 01/01     | Entrenamiento | Recuperación | DOLOR (0/10) | RPE | Comentario | VERIFICACIÓN |
| Lunes     |               |              | 0            | 0   |            |              |
| Martes    |               |              | 0            | 0   |            |              |
| Miércoles |               |              | 0            | 0   |            |              |
| Jueves    |               |              | 0            | 0   |            |              |
| Viernes   |               |              | 0            | 0   |            |              |
| Sábado    |               |              | 0            | 0   |            |              |
| Domingo   |               |              | 0            | 0   |            |              |

| 08/01     | Entrenamiento | Recuperación | DOLOR (0/10) | RPE | Comentario | VERIFICACIÓN |
|-----------|---------------|--------------|--------------|-----|------------|--------------|
| Lunes     |               |              | 0            | 0   |            |              |
| Martes    |               |              | 0            | 0   |            |              |
| Miércoles |               |              | 0            | 0   |            |              |
| Jueves    |               |              | 0            | 0   |            |              |
| Viernes   |               |              | 0            | 0   |            |              |
| Sábado    |               |              | 0            | 0   |            |              |
| Domingo   |               |              | 0            | 0   |            |              |

| 15/01     | Entrenamiento | Recuperación | DOLOR (0/10) | RPE | Comentario | VERIFICACIÓN |
|-----------|---------------|--------------|--------------|-----|------------|--------------|
| Lunes     |               |              | 0            | 0   |            |              |
| Martes    |               |              | 0            | 0   |            |              |
| Miércoles |               |              | 0            | 0   |            |              |
| Jueves    |               |              | 0            | 0   |            |              |
| Viernes   |               |              | 0            | 0   |            |              |
| Sábado    |               |              | 0            | 0   |            |              |
| Domingo   |               |              | 0            | 0   |            |              |