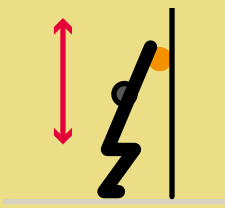
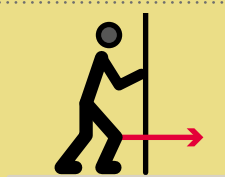
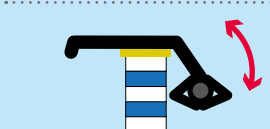



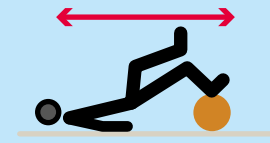

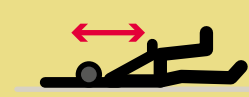
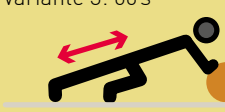
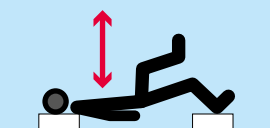
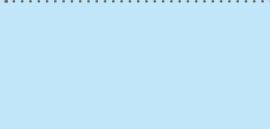


# Piano di allenamento della forza: corridore 800 m (19 anni)

«Sviluppo»			«Performance»		
Overhead squat		8 x	Pressa per gambe con una sola gamba	Aumentare i pesi	6 x/5 x/4 x/3 x ciascuna
Mobilità delle caviglie		10 x ciascuna	Estensione della schiena		2 x 14 x
Mobilità dei fianchi		30 s	in alternanza con		10 x ciascuno
Squat (tecnica/profondità del movimento)		8 x	Physio ball		10 x ciascuno
Attivazione «tronco»	Variante 1: 60 s  Variante 2: 60 s  Variante 3: 60 s  3 cicli		in alternanza con		8 x ciascuno
			Flessori dell'anca (su ostacolo)		4 x 20 x ciascuno
			Esercizio per i polpacci		2 x 10 x ciascuno

3 ripetizioni

3 ripetizioni