

Treino de condicionamento físico para remo

Prof. Marcos Ito

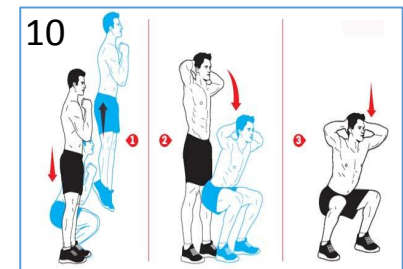
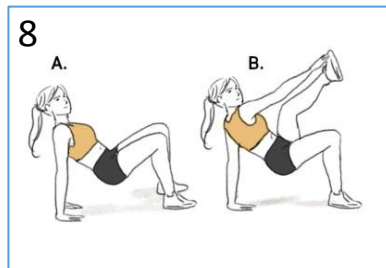
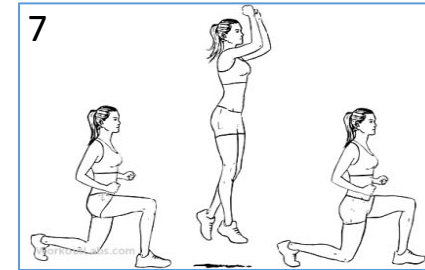
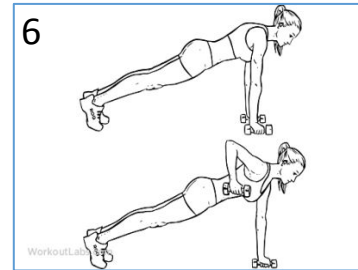
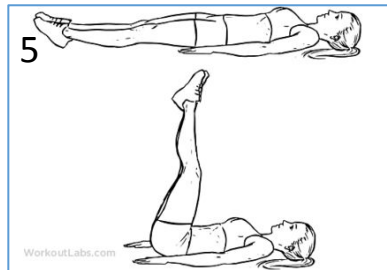
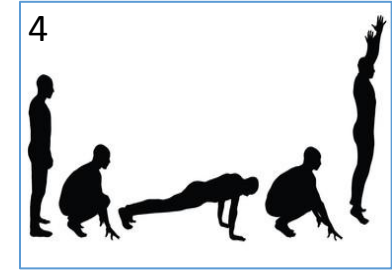
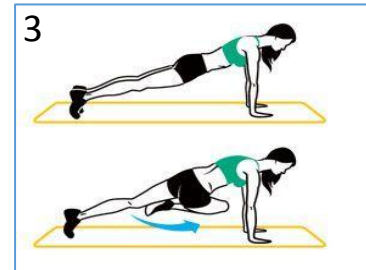
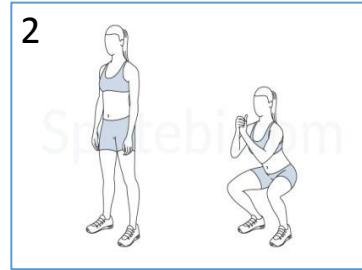
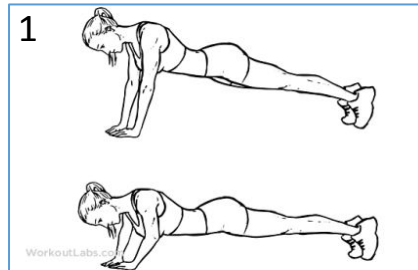
Nesta primeira semana, realizar 1 série nos treinos 1, 2, 7 e 8.

| | segunda-feira | terça-feira | quarta-feira | quinta-feira | sexta-feira | sábado | domingo |
|---------|---------------|-------------|--------------|--------------|-------------|----------|----------|
| opção 1 | treino 5 | treino 5 | treino 5 | treino 5 | treino 5 | treino 8 | Descanso |
| | treino 4 | treino 1 | treino 4 | treino 2 | treino 1 | treino 6 | Descanso |
| opção 2 | treino 3 | treino 1 | treino 3 | treino 1 | treino 3 | treino 8 | Descanso |
| | treino 4 | treino 2 | treino 4 | treino 2 | treino 1 | treino 6 | Descanso |
| opção 3 | treino 5 | treino 3 | treino 5 | treino 3 | treino 5 | treino 8 | Descanso |
| | treino 4 | treino 1 | treino 4 | treino 2 | treino 1 | treino 6 | Descanso |
| opção 4 | treino 5 | treino 5 | treino 5 | treino 5 | treino 5 | treino 8 | Descanso |
| | treino 7 | treino 4 | treino 7 | treino 4 | treino 7 | treino 6 | Descanso |
| opção 5 | treino 3 | treino 1 | treino 3 | treino 1 | treino 3 | treino 8 | Descanso |
| | treino 7 | treino 2 | treino 7 | treino 2 | treino 7 | treino 6 | Descanso |

Treino 1 - CIRCUIT TRAINING I

Objetivo: Adaptar-se aos exercícios de força corporal e aumentar força.

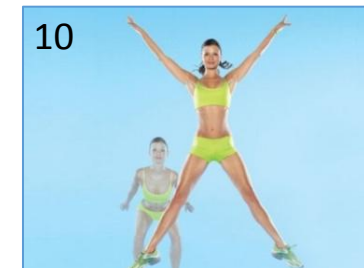
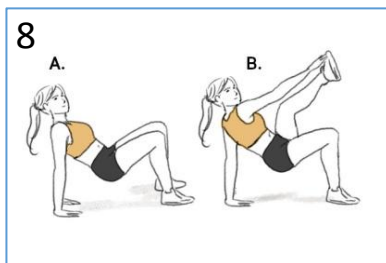
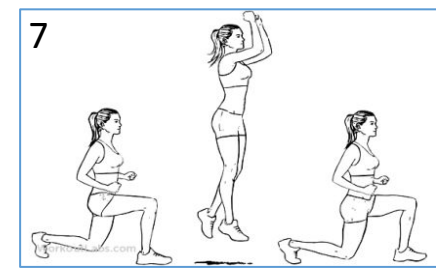
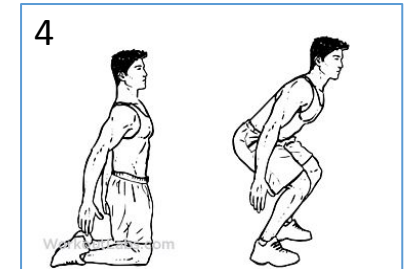
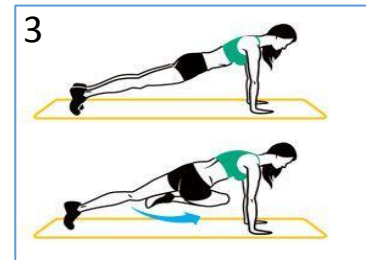
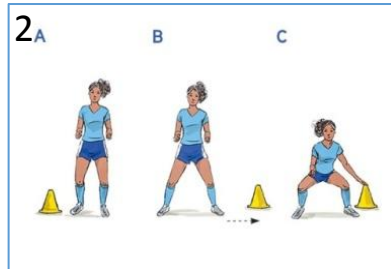
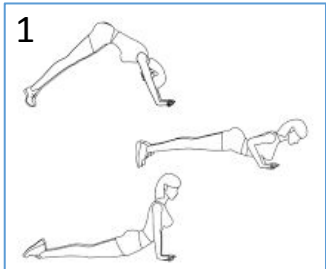
10 repetições de cada exercício, sem pausa entre eles. Até completar 10 minutos.



Treino 2 - CIRCUIT TRAINING II

Objetivo: Adaptar-se aos exercícios de força corporal e aumentar força.

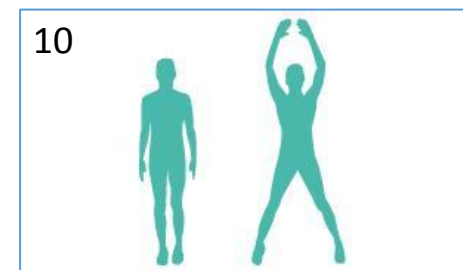
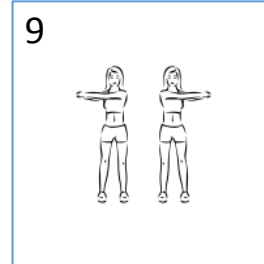
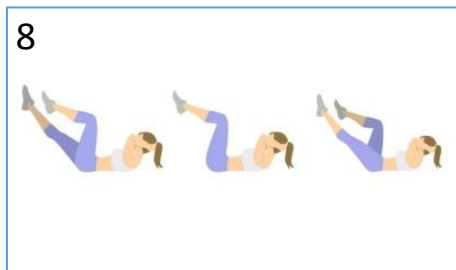
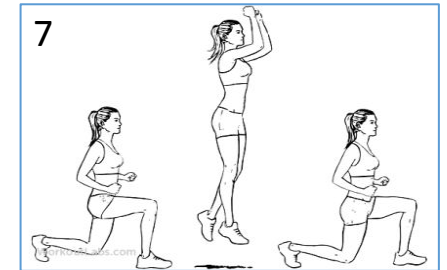
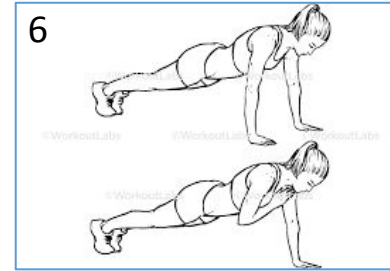
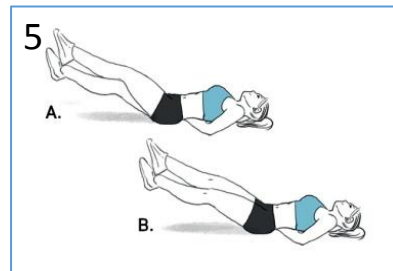
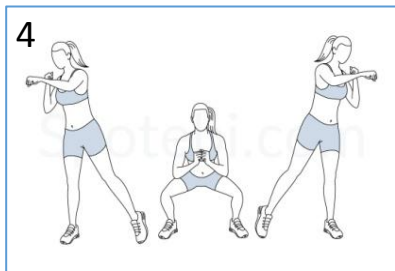
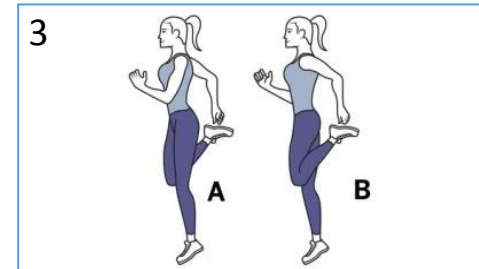
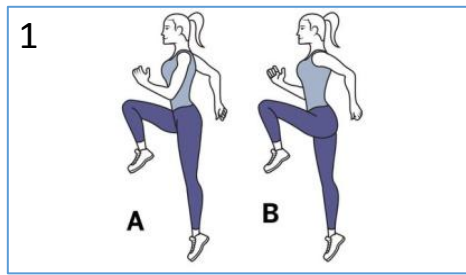
10 repetições de cada exercício, sem pausa entre eles. Até completar 10 minutos.



Treino 3 - CIRCUIT TRAINING III

Objetivo: Desenvolver a resistência aeróbica com exercícios corporais.

30s de repetições em cada exercício, pausa de 30s entre eles.
Seguir a sequência e realizar 3 séries, 5 minutos de descanso entre séries



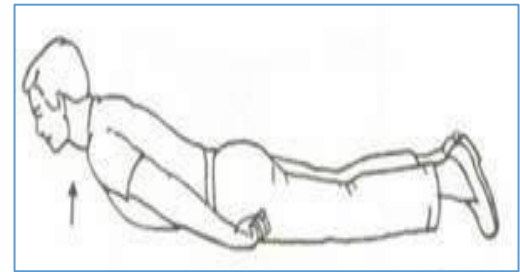
Treino 4 - Força corporal

Objetivo: Adaptar-se aos exercícios de força corporal.

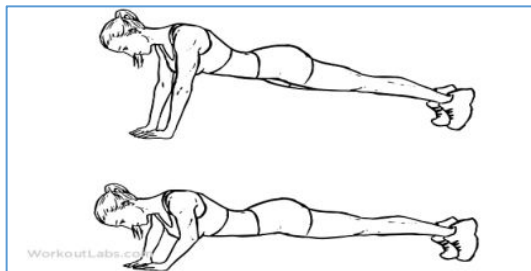
Nessa sessão de treinamento podemos fazer várias séries, mas totalizando o valor pedido. Por exemplo, poderei fazer 5 séries de 40 repetições no exercício abdominal e também poderei variar o exercício.



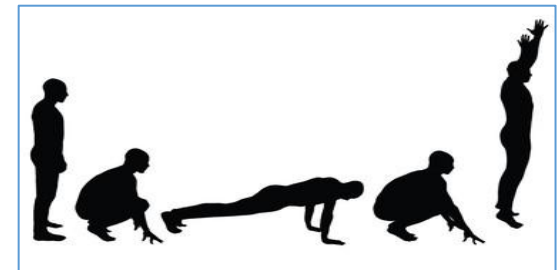
200 abdominais



200 dorsais



45 masculino
30 feminino



90 burbee

Treino 5 – Treino aeróbio

Objetivo: Aumentar resistência aeróbia.

Nesse treino recomenda-se ter um relógio para monitorar os batimentos cardíacos para mensurar a intensidade do exercício.

Duração do treino: **30 minutos direto.**

Existem 4 sugestões de exercícios aeróbios.
Escolha aquele da sua preferência e possibilidade.

Remoergômetro - manter freq. cardíaca entre 75% - 80% da máxima (220 - idade).

Corrida - manter freq. cardíaca entre 75% - 80% da máxima (220 - idade).

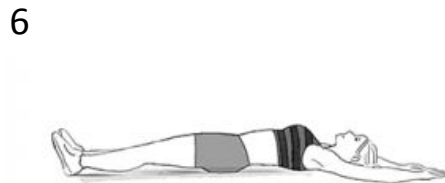
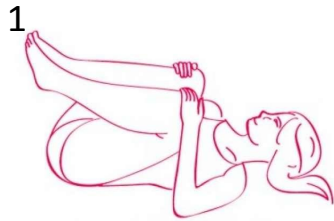
Caminhada - em algum momento faça uma pequena corrida de no máximo 2 minutos.

Bicicleta - manter freq. cardíaca entre 75% - 80% da máxima (220 - idade).

Treino 6 - Alongamentos

Objetivo: Aumentar a flexibilidade

Os exercícios serão em sequência e com permanência de 25 segundos em cada posição.



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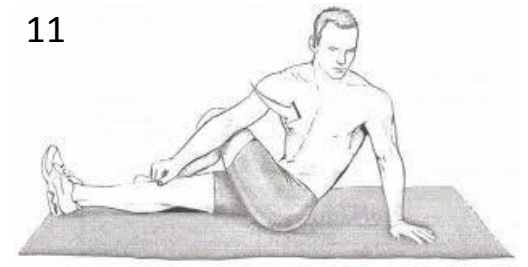
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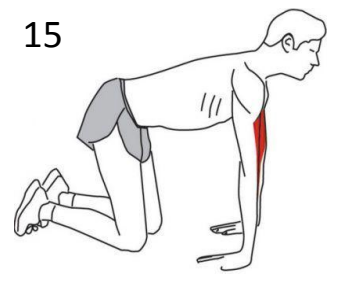
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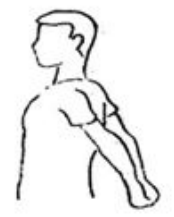
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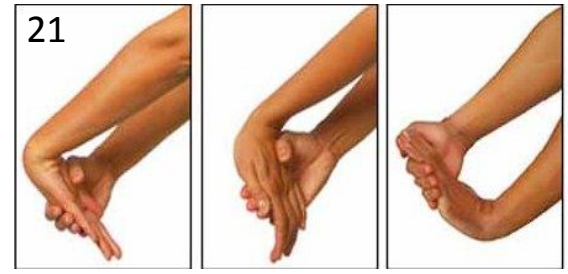
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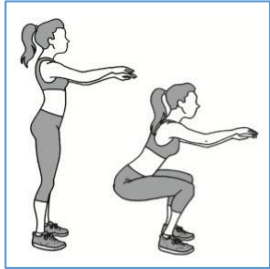


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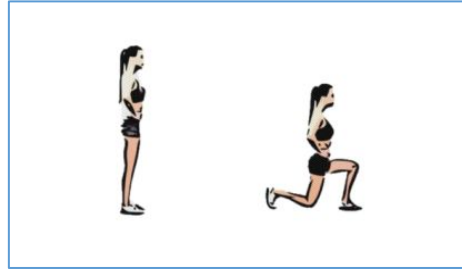


Treino 7 - TREINO MEMBROS INFERIORES

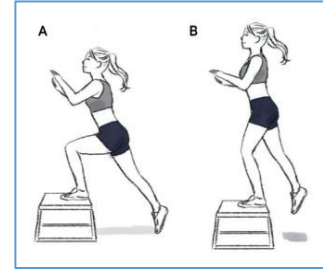
Objetivo: Fortalecer os membros inferiores.



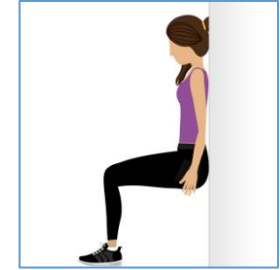
10 rep



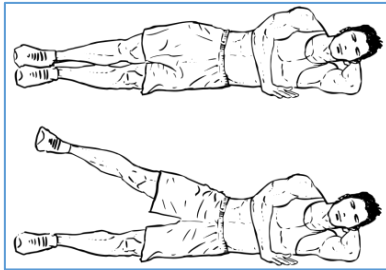
10rep cada perna



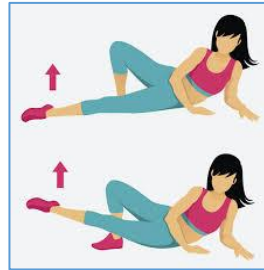
10rep cada perna



10 rep



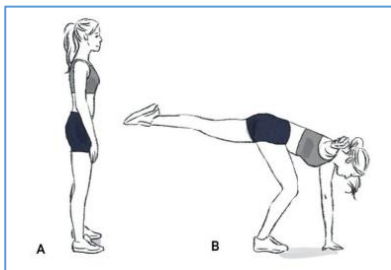
45s cada perna



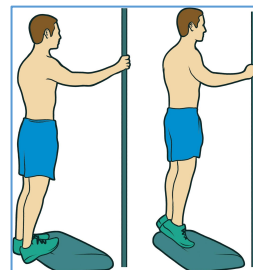
10rep cada perna



10rep cada perna



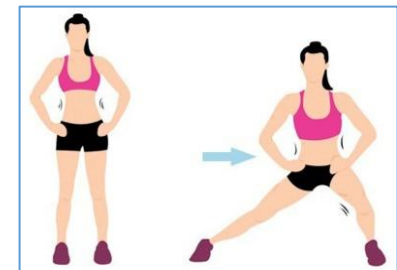
10rep cada perna



30 rep



10rep



10rep cada perna

Treino 8 - CORE EXERCISE

Objetivo: Fortalecer a musculatura do core que suportam e estabilizam a bacia, pélvis e abdome

45s em cada posição, sem pausa entre eles.

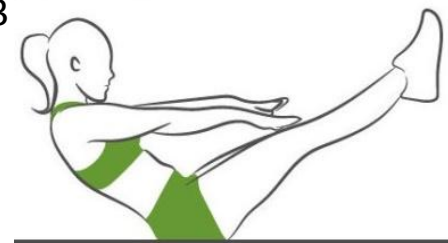
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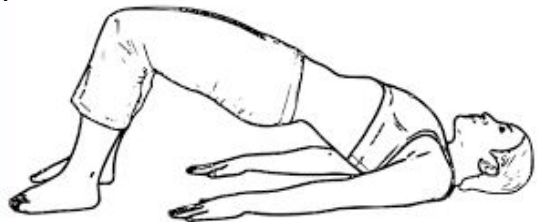
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7



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