

TRAININGPEAKS™

Ultra Trail

Plan completo · Frecuencia cardíaca

MONDAY



TRX CORE PRO

0:50:00 ✓

Objetivo: Refuerzo Core
Sesión adjunta:
EB: Entrenament TRX CORE
PRO.pdf



TUESDAY



TRAIL AER. EXT.
(Opcional - Fusible)

1:00:00 ✓

10.3 km

60 TSS

Obj: Aer. Ext.
Entrenamiento continuo opcional
por la mañana en ayunas o por la
tarde bien separado de la sesión
...más...



WEDNESDAY



VO2MÁX

1:55:00 ✓

22.0 km

78 TSS*

Obj: VO2 max
10" ± 1
5 x 1" ± 5 recup. 1" ± 1
5" ± 1
...más...



Plan Entrenamiento Ultra Trail

Markus Brennauer



Plan Entrenamiento Ultra Trail:

Ciclismo de Carretera para Profesionales: Entrenamiento, Técnica de Conducción y Táctica Avanzada Boreas M.L. Saage, Ciclismo de Ruta para Avanzados y Profesionales es una guía detallada dirigida a ciclistas que buscan llevar su rendimiento al siguiente nivel. Este libro aborda de manera profunda todos los aspectos fundamentales para ciclistas avanzados y profesionales que desean perfeccionar su técnica y rendimiento. El contenido está estructurado en cinco secciones principales que cubren los pilares del ciclismo de alto nivel: Entrenamiento en bicicleta de carretera, Descubre todos los avanzados de periodización, Aprende a interpretar datos de potencia y frecuencia cardíaca y desarrolla estrategias de entrenamiento mental para optimizar tu rendimiento, Técnica de conducción, Perfecciona tu posición sobre la bicicleta, mejora tu técnica de pedaleo en ascensos, domina las bajadas con seguridad y aprende a moverte eficientemente en el pelotón, Táctica, Analiza recorridos, estudia a tus competidores, desarrolla estrategias para diferentes tipos de carreras y comprende las dinámicas del trabajo en equipo, Nutrición, Implementa protocolos de alimentación específicos para entrenamientos y competiciones, gestiona la hidratación y electrolitos y optimiza tu recuperación nutricional, Material, Selecciona la geometría de cuadro ideal, ajusta componentes para maximizar rendimiento y eficiencia y mantén tu bicicleta en condiciones óptimas. Cada capítulo incluye gráficos detallados, tablas comparativas y planes de entrenamiento estructurados que permiten a los ciclistas aplicar inmediatamente los conocimientos adquiridos. El libro combina fundamentos científicos con experiencia práctica para ofrecer herramientas concretas que ayudarán a mejorar el rendimiento en todos los aspectos del ciclismo de ruta. Ideal para ciclistas avanzados que compiten regularmente o profesionales que buscan perfeccionar aspectos específicos de su preparación, este libro constituye una referencia técnica completa para quienes buscan la excelencia en el ciclismo de carretera.

Correr

Marcelo Tordomar, 2022-12-13. Cuantas veces soñamos con hacer algo y lo descartamos creyendo que no tenemos tiempo o que sencillamente es imposible. El autor comparte sus éxitos y derrotas al enfrentar objetivos que a priori parecen inalcanzables. Después de veinte años de trotar unos pocos kilómetros dos o tres veces a la semana por las calles de Buenos Aires, el escritor se plantea el desafío de participar en las veinticinco carreras a pie más extremas del planeta. Correr en el desierto del Sahara durante seis días con temperaturas por encima de los 40 °C, en la jungla del Amazonas entre jaguares y todo tipo de alimañas en Siberia con temperaturas debajo de los 20 °C o a través de tres países europeos durante dos días sin parar ni dormir. Lo lograr. En la odisea, el escritor busca la aplicación de las nociones necesarias para encarar un desafío extremo a la vida diaria y a la laboral. Planificación, anticipación, definición de objetivos, inspiración y motivación son conceptos que habitan en cada capítulo de la obra. El recorrido lleva al lector a adentrarse en las aventuras enfrentadas para intentar terminar las primeras ocho.

Abriendo camino Ryan Sandes, 2017-01-19. El libro de Ryan Sandes no es tan solo la historia de la extraordinaria vida de este atleta; la lectura de *Abriendo camino* aporta a los lectores un conocimiento extraordinario así como una multitud de consejos que Ryan ha conseguido compitiendo muchos años al más alto nivel. Dean Karnazes

ATLETAS DE HIERRO. Preparación para el Ironman Don Fink, 2007 Este libro presenta tres planes específicos de entrenamiento de treinta semanas para convertir al triatleta en un triatleta de hierro En cada programa se detallan las sesiones concretas que se precisan a diario para lograr la meta se explican las formas más eficaces de entrenar y las mejores técnicas para aprovechar el tiempo en una combinación de métodos de entrenamiento con técnicas de dirección de empresa El atleta aprender a distribuir su tiempo y a determinar cuánto tiempo quiere dedicar a entrenar para luego elegir su plan específico de entrenamiento Este libro está dirigido a deportistas de fondo y triatletas que están decididos a participar en un triatlón Ironman o deseen mejorar su forma física

Sueños Verticales Hernan De Lahitte, 2020-07-13 Nunca se sabe dónde aparecer algo que cambie todo lo conocido Una aventura en la naturaleza a un lugar remoto o tal vez las palabras justas en el momento preciso pueden cambiar el curso de tu vida Estos son los relatos sobre mis viajes al reino de lo vertical Mis primeras escapadas en solitario a lugares lejanos y que inesperadamente me llevaron a participar en varias de las carreras de montaña más famosas del mundo Cada una de las historias intenta transmitir mi pasión por este deporte extremo así como por las montañas y todas las enseñanzas que fui recogiendo a lo largo de estos últimos años Ningún camino conduce a lo desconocido Una invitación a salir de tu zona de confort y entrar en tu zona de aprendizaje Solo allí es posible explorar la frontera de tus posibilidades y descubrir que hay más allá donde te lleven tus sueños

RUNNER'S WORLD Ultratrail - 100 Kilometer Runner's World, 2022-06-20 16 Wochen je 3-6 Laufeinheiten 33 Seiten und 20 Abbildungen Trainingsplan nach modernsten Trainingsmethoden für erfahrene Trail und Bergläuferinnen und -läufer Wer 100 Kilometer durch die Berge laufen möchte sollte sich darauf einstellen viele Stunden unterwegs zu sein Je nach geltenden Wetterbedingungen und Fitness sprechen wir von 10 bis 30 Stunden die laufend und häufig auch wandernd zurückgelegt werden müssen Daher sollten Sie unbedingt Trailrunning Erfahrung mitbringen wenn Sie sich dem Abenteuer eines Ultratrails stellen möchten Wer noch nie 50 Kilometer im Gelände gelaufen ist dem empfehlen wir zunächst unseren 12 Wochen Trainingsplan für Trailläufer über 30 bis 50 Kilometer zu absolvieren und das ein oder andere kürzere Rennen zu absolvieren Sie können bereits 50 Kilometer am Stück durchs Gelände laufen Dann werden Sie mit diesem Trainingsplan in 16 Wochen und mit 3 bis 6 Einheiten pro Woche fit für einen 100 Kilometer langen Ultratrail

100-Mile Ultra-Marathon Training Schedule Elite RN, 2020-01-10 An ultramarathon also called ultra distance or ultra running is any footrace longer than the traditional marathon length of 42 195 kilometres 26 219 mi If Marathons have become too easy for you What was once the pinnacle of achievement in a runner's life is now a stepping stone for extraordinary adventure in ultramarathoning This book is training program In a more 21 weeks you can be ready for a 100 miles This schedule is ideal for busy runners looking to take on an ultra marathon 100 Mile Ultra Marathon Training schedule includes 16 Week training plan In a 21 weeks you can be ready for a 100 miles This schedule is ideal for busy runners looking to take on an ultra marathon The Ultra Marathon training plan key Running Log 21 Week for keep record training Duration Distance Average Pace

Entrenamiento para ultra trail : cómo

sobrevivir a una carrera de larga distancia , RUNNER'S WORLD Bergmarathon und Traillauf - 30 bis 50 Kilometer
 Runner`s World,2022-03-23 In 12 Wochen fit f r Berge und Trails 31 seitiger Trainingsplan nach modernsten Trainingsmethoden mit je 4 Laufeinheiten f r fortgeschrittene L ufer Sie wollen an einem Marathon oder einem Traillauf in den Bergen teilnehmen Mit unserem Trainingsplan werden Sie in 12 Wochen fit f r Rennen zwischen 30 und 50 Kilometern Sie wollen an einem Marathon oder einem Traillauf in den Bergen teilnehmen Gute Entscheidung Doch in die Berge sollte sich nur der im Laufschrift wagen der leistungsm ig richtig was draufhat Die Marathondistanz sollte im Flachen keine Herausforderung darstellen bevor Sie sich an Distanzen zwischen 30 und 50 Kilometern in den Bergen wagen Wieso An und Abstiege Untergrund und H he sorgen daf r dass Sie deutlich st rker gefordert werden Mit unserem Trainingsplan werden Sie in 12 Wochen und mit 3 bis 6 Einheiten pro Woche fit f r die Berge **Ultra-Marathon: Die Trainingspläne** Hubert Beck,2016-03-07 Dieses E Book beinhaltet einen Auszug ca 115 Printseiten aus der umfassenden Printausgabe Das gro e Buch vom Ultra Marathon Der Schwerpunkt bezieht sich hierbei auf das ambitionierte Lauftraining f r die Distanzen 50 70 und 100 Kilometer sowie dem 24 Stunden Lauf Das E Book bietet dazu ein Grundwissen sowie eine Vielzahl an feinstufig gegliederten Trainingspl nen Ultralauf Anf nger als auch Spitzenathleten werden in den Trainingspl nen eine geeignete Orientierung finden die zu einer zielgerichteten Gestaltung des Lauftrainings f hrt Meine Trainingspl ne f r den 50 km 70 km 100 km und 24 Stunden Lauf sind in den Zielzeiten Leistungen quivalent zueinander gestaltet so dass ein L ufer innerhalb seines Leistungsniveaus in den unterschiedlichen Distanzen wechseln und sich verbessern kann Hinzu kommt das Jahrestaining mit Trainingspl nen die eine ganzj hrige Leistungssteigerung erm glichen 50-Mile Ultra-Marathon Training Schedule Elite R N,2020-01-09 An ultramarathon also called ultra distance or ultra running is any footrace longer than the traditional marathon length of 42 195 kilometres 26 219 mi If Marathons have become too easy for your What was once the pinnacle of achievement in a runner s life is now a stepping stone for extraordinary adventure in ultramarathoning This book is training program In a more 16 weeks you can be ready for a 50 miles This schedule is ideal for busy runners looking to take on an ultra marathon 50 Mile Ultra Marathon Training schedule includes 16 Week trainig plan In a 16 weeks you can be ready for a 50 miles This schedule is ideal for busy runners looking to take on an ultra marathon The Ultra Marathon training plan key Running Log 16 Week for keep record training Duration Distance Average Pace **Der Ultimative Trail-Running-Guide** Doug Mayer,Brian Metzler,2021-05-17 **Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race** Krissy Moehl,2022-03-08 Updated and expanded new edition An Updated Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt Krissy Moehl is a top female ultramarathon runner respected by her peers and an inspiration to runners everywhere With enhanced chapter information quotes from pillars in the sport and her updated training plans including write in running logs to keep track of progress you ll be able to train for your first ultra like a pro Moehl s experience translates into the most

effective and easy to follow training method broken down into phases to help all runners take it to the next level and accomplish their goals She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear She also shares her love of the sport by providing helpful tips bonus content and personal stories With this book you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon

Ultimate Guide to Trail Running Adam W. Chase, Nancy Hobbs, 2023-03-01 Trail running combines all the health and fitness benefits of walking and road running with the outdoor adventure of such sports as hiking and mountain biking not to mention the spiritual renewal from a day spent communing with nature No wonder it has become one of the world's most popular fitness activities The Ultimate Guide to Trail Running provides all the essential information needed including finding trails and getting started managing ascents and descents with ease maneuvering off road obstacles strength stretching and cross training exercises selecting proper shoes clothing and accessories safety on the trail and racing and other trail events This full revision includes all new photos updated information on equipment caring for the trail racing and organizing as well as new information on sustainability Leave No Trace practices diversity and inclusion in the outdoor running world

Handbuch Trailrunning Markus Brennauer, 2022-04-19 Handbuch Trailrunning ist der Wegweiser um Trails schneller zu bewältigen und dabei noch mehr Spaß zu haben Zunächst werden die allgemeinen Trainingsinhalte berücksichtigt die für alle Läufer ob Bahnstraße oder Trail wichtig sind Gerade Trailläufer sollten diese Trainingsmittel fest in ihr Training integrieren da sie leistungstechnisch am meisten hiervon profitieren Im Anschluss wird auf die speziellen Trainingsinhalte für das Trailrunning eingegangen Bergauf bergab oder in der Ebene ein Trailläufer muss alles können Eine Stärken und Schwächen Analyse gibt Hinweise darauf in welchen Trainingsbereichen es am meisten Verbesserungspotenzial gibt Die Vorbereitung auf den ersten Trail wertvolle Hinweise um den Cut off zu schaffen und die Verringerung des Verletzungsrisikos trotz hoher Trainingsintensität das Handbuch Trailrunning bietet Trailläufern jeden Levels einen Mehrwert Mit diesem Buch ist der Leser bestmöglich auf den nächsten Trailrun vorbereitet

Handbuch Trailrunning Markus Brennauer, 2022-04-18 Trailrunning Abenteuer Artemis Saage - Deutschland, 2025-01-02 Entdecken Sie die faszinierende Welt des Trailrunnings mit diesem praxisorientierten Ratgeber der Sie Schritt für Schritt in die Kunst des Geländelaufs einführt Der Guide behandelt alle wichtigen Aspekte des Trailrunnings von der grundlegenden Ausrüstungswahl bis hin zu fortgeschrittenen Techniken für anspruchsvolle Bergläufer Sie lernen die richtige Schuhwahl für verschiedene Untergründe effektive Lauftechniken für Auf- und Abstiege sowie den sinnvollen Einsatz von Stöcken Ein besonderer Fokus liegt auf der Sicherheit im Gelände Die ausführlichen Kapitel zur Navigation Wetterbeobachtung und zum Umgang mit alpinen Gefahren bereiten Sie optimal auf selbstständige Trails vor Detaillierte Trainingskonzepte helfen Ihnen dabei Ihre Ausdauer und Kraft gezielt aufzubauen Für ambitionierte Läufer bietet das Buch fundierte Anleitungen zur Wettkampfvorbereitung inklusive Periodisierung Ernährungsstrategien und mentales Training Auch Ultrarunning spezifische Themen wie Pacing auf langen

Distanzen und effizientes Checkpoint Management werden behandelt. Darüber hinaus vermittelt der Guide wichtiges Wissen zum naturverträglichen Running. Sie erfahren, wie Sie rucksichtsvoll in Bergregionen trainieren, Wildtiere respektieren und dabei die Schönheit der Natur genießen können. Praktische Tipps zur Interpretation von Wetterdaten und zum Verständnis von Geländeformationen runden den Inhalt ab. Dieser Guide begleitet Sie auf Ihrem Weg vom ersten Trail bis hin zu anspruchsvollen Bergläufen mit fundierten Informationen und praktischen Übungen für jedes Niveau.

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