



# Los A Sistemas De Entrenamiento De Los Mejores Nadadores Del Mundo

**V. N. Platonov, Sergey L.  
Fessenko, Antonio Torres Beltrán**



## **Los A Sistemas De Entrenamiento De Los Mejores Nadadores Del Mundo:**

*Los sistemas de entrenamiento de los mejores nadadores del mundo* Vladimir Nikolaevich Platonov, Sergey L. Fessenko, 1994

**Triatlón.** Miguel Ángel Torres Navarro, 2019-06-19 El triatlón es un deporte muy joven que se encuentra en una fase de constante evolución Por ello los conocimientos y la documentación respecto al mismo son escasos lo que dificulta las posibilidades de mejora de los triatletas Son muchos los que desconocen aspectos básicos del entrenamiento realizando más horas de las que necesitan y con un menor aprovechamiento de las mismas El autor conocedor de estos problemas ha escrito este libro en el que ha intentado incluir todos los elementos fundamentales que rodean e influyen en la planificación y programación de un triatleta durante un año El libro se basa en tres grandes campos la táctica la nutrición y la planificación de los entrenamientos Asimismo se tratan aspectos como los descansos la adecuada combinación de los tres deportes las transiciones los tests de campo el entrenamiento de la fuerza etc que son la base de la programación del entrenamiento La planificación del entrenamiento se presenta dividida en los cinco periodos en que se divide el año y en los que se van variando la intensidad el volumen las recuperaciones así como los métodos y el número de sesiones

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Teoría general del entrenamiento deportivo olímpico Vladimir Nikolaevich Platonov, 2002 Las siete partes en que se divide este libro resumen los conocimientos modernos que se basan en los logros de la ciencia actual y en la preparación de los mejores deportistas

**Bases Metodológicas del Entrenamiento en Natación** Emerson Ramírez Farto, 2017-08-01 El éxito de un deportista ha llegado a ser en la actualidad bastante complicado Consecuentemente la preparación que hoy día necesita un nadador para competir a lo más alto nivel se ha ido haciendo bastante compleja y sofisticada Desde luego la evolución del entrenamiento aplicado al nadador ha sido sin duda uno de los factores clave que más han contribuido al incremento en el rendimiento deportivo Para Bompá 2000 el entrenamiento es una actividad deportiva sistemática de larga duración graduada progresivamente a nivel individual cuyo objetivo es conformar las funciones humanas psicológicas y fisiológicas para poder superar las tareas más exigentes Platonov 2001 afirma que el entrenamiento deportivo comprende un conjunto de tareas que aseguran una buena salud una educación un desarrollo armonioso un dominio técnico y táctico y un alto nivel de las cualidades físicas Partiendo de estas premisas y basándose en la literatura específica del entrenamiento de la natación así como mi experiencia como entrenador he planteado para este libro los siguientes objetivos Orientar y guiar a los lectores el conocimiento teórico práctico del entrenamiento en natación Capacitar al lector para ser más efectivo en la mejora del rendimiento del nadador Distinguir y aplicar los diferentes métodos de entrenamiento de las distintas capacidades físicas resistencia fuerza flexibilidad y velocidad de forma apropiada Interpretar los fundamentos teóricos prácticos en los que se basan las distintas unidades básicas de planificación aplicadas en la natación sesión microciclo mesociclo macrociclo Emplear el conocimiento de la evolución de las capacidades físicas mediante la maduración biológica y el

entrenamiento para planificar la carrera deportiva del nadador Diferenciar los distintos tipos de fatiga y tener un conocimiento preciso de las causas y factores desencadenantes de la misma as como saber algunos medios y m todos para recuperar los nadadores Preparar al nadador psicol gicamente para afrontar los duros entrena mientos y competir de manera eficaz Investigaciones en Fuerza y potencia en natación José María González Ravé,2012-11-08 CONTENIDO 1 Estudio de la potencia espec fica de nado en relaci n con el rendimiento competitivo en nadadores de alto nivel Introducci n Revisi n bibliogr fica Metodolog a de trabajo Resultados Discusi n Conclusi n Bibliograf a 2 Diferencias en el entrenamiento de fuerza por metodo de contrastes y conc ntrico en la mejora de rendimiento en la prueba de 50 y 100 metros crol en nataci n Efectos en el desentrenamiento Introducci n Marco te rico Objetivos Metodolog a de investigaci Resultados Discusi n Limitaciones del estudio Conclusiones Perspectivas futuras de investigaci n Bibliograf a 3 Estudio comparativo de fuerza y potencia espec fica de nado posteriores a la aplicaci n de dos distintos programas de entrenamiento resistido con velocistas de 50 metros Introducci n Antecedentes Metodolog a de trabajo Resultados Discusi n Conclusi n Bibliograf a **Evolución de la teoría del entrenamiento y de los modelos de periodización en el deporte desde su origen a la actualidad** Juan Manuel García Manso,Antonio Sánchez Pato,Juan Alfonso García Roca,2024-07-03 El objetivo de este trabajo ser describir c mo han cambiado estos planteamientos estrat gicos deportivos e interpretar las razones que han provocado esos cambios Pues olvidar el pasado puede ser una actitud err nea y extremadamente peligrosa que pese a ello es frecuente en el comportamiento de los seres El an lisis hist rico de cualquier fen meno debe ser considerado como algo m s que una mera colecci n de efem rides y acontecimientos relevantes ya que cuando incluimos una mirada cr tica y reflexiva del pasado estamos en condiciones de decidir con m s autoridad rigor y acierto sobre el presente y el futuro Una de las principales razones por las que el pasado resulta tan importante es porque nos permite prever y o evitar cometer los mismos errores que nos condicionaron el pasado y constituye una potente herramienta con la que afrontar el presente o nuestro futuro

*Preparación de los deportistas de alto rendimiento - Teoría y metodología - Libro 2.* Vladimir Nikolaevich Platónov,2015-09-11 La serie que se propone al lector compuesta por cinco libros y titulada Preparaci n de los deportistas de alto rendimiento teor a y metodolog a es una versi n complementada y reelaborada del manual Teor a general de preparaci n de los deportistas en el deporte ol mpico que sali en los ltimos a os en diferentes pa ses del mundo Espa a 2001 Basil 2004 Italia 2004 Rusia 2005 Ucrania 2012 En el presente libro se estudia el problema de adaptaci n en el deporte y se presentan las bases generales de preparaci n de los deportistas Se estudian los interrogantes de adaptaci n del sistema muscular del tejido seo y conectivo del sistema de suministro energ tico de la direcci n de los procesos de fatiga y recuperaci n de la formaci n de las reacciones adaptativas a largo plazo dentro del sistema de preparaci n anual y a muchos a os de las cargas de entrenamiento y competici n etc Tratado de natación José Ma Cancela Carral,Sonia Pariente Baglietto,Francisco Camiña Fernández,Ricardo Lorenzo Blanco,2013-12-10 Tratado de nataci n Del perfeccionamiento al alto rendimiento es una

gu a para el entrenamiento de la nataci n en la alta competici n En los primeros cap tulos se introducen los principios del entrenamiento aplicados a la nataci n junto con los conceptos fisiol gicos y anat micos como el coste energ tico en la nataci n y la musculatura implicada en los diferentes estilos natatorios A continuaci n se dedica un cap tulo para el entrenamiento de cada una de las habilidades motrices b sicas aplicadas a la nataci n la resistencia aer bica la fuerza muscular la flexibilidad y la velocidad Por ltimo se trata tambi n la selecci n de talentos la planificaci n del programa de entrenamiento anual y el reglamento de nataci n *Los sistemas de entrenamiento de los mejores nadadores del mundo* Vladimir Nikolaevich Platonov, Sergey L. Fessenko, 1994

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