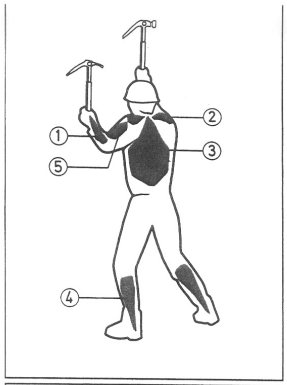
ENTRENAMENT PER A GEL/DRY-TOOLING
RICARD VILA 1989-2010

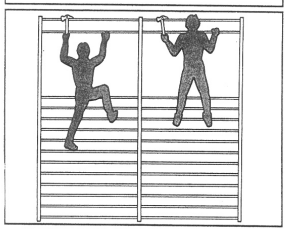
RICARD VILA I MONTOLIO
ENTRENADOR ESPORTIU
PREPARADOR FISIC
PERSONAL TRAINER

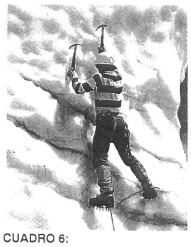
ESCALADA EN GEL AMB PROPORCIONS (QUANTITAT - QUALITAT - METRES) PER ORGANITZAR L'ENTRENAMENT ANUAL

METRES (aprox.)	DIFICULTAT	TEMPS (aprox.)	TIPUS	MÈTODE	DIES
40 40 40 40	D MD MD+ ED	10' 20' 30' 40-50'	CASCADA GEL	QUALITAT	1 DIA 3-4 x 40 m.
200 200 200	D MD ED	1'30-2'30 h. 2'30-3'30 h. 3'30-5 h.	CASCADA GEL MIXTE	QUALITAT QUANTITAT	2 DIES: 2-3 VIES 1r. dia: 1x 200 m. 2n. dia: 2 x 150 m.
500 500 500	D MD ED	4-5 h. 5-7 h. 6-8 h.	MIXTE GEL	QUANTITAT	2 DIES: 2 VIES 1r. dia: 600 m. 2n. dia: 400 m.
800 800 800 1000	D MD ED MD	6-7 h. 7-9 h. 9-11 h. 15 h.	MIXTE GEL MIXTE GEL	QUANTITAT	2 DIES: 2 VIES 2 DIES BIVAC 2 DIES BIVAC

Ricard Vila 89







CUADRO 6:

1. Flexores-extensores de los dedos
2. Deltoides
3. Trapecio-dorsal
4. Gemelos
5. Bíceps

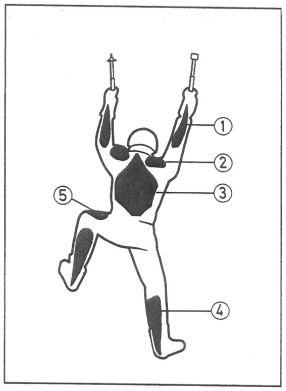


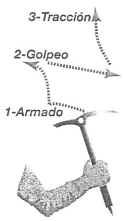
CUADRO 7: Ejercicio de aplicación a la escalada con tracción de mano y piolet en la espaldera.



CUADRO 5:

1. Flexores-extensores dê los dedos
2. Deltoides
3. Trapecio-dorsal
4. Gemelos
5. Cuatríceps

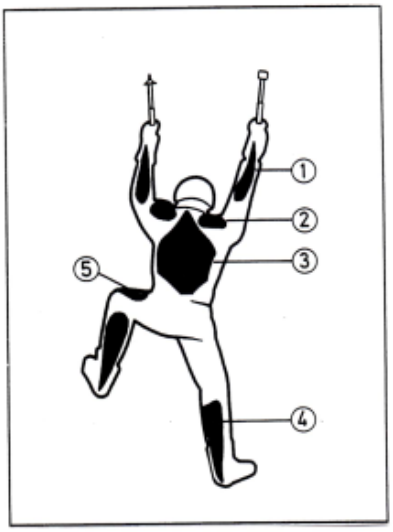




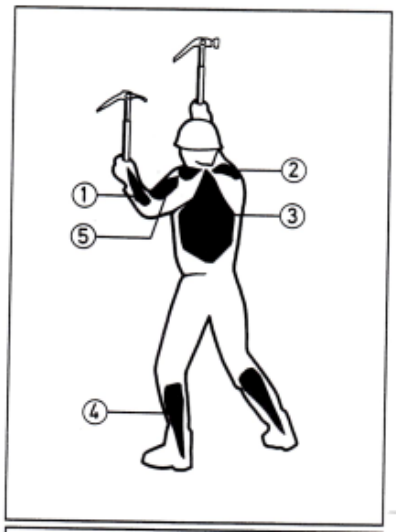
FASES



RICARD VILA I MONTOLIO
ENTRENADOR ESPORTIU
PREPARADOR FISIC
PERSONAL TRAINER



1.-flexors-extensors dels dits
2.-deltoides
3.-trapezi-dorsal
4.-bessons
5.-quadríceps





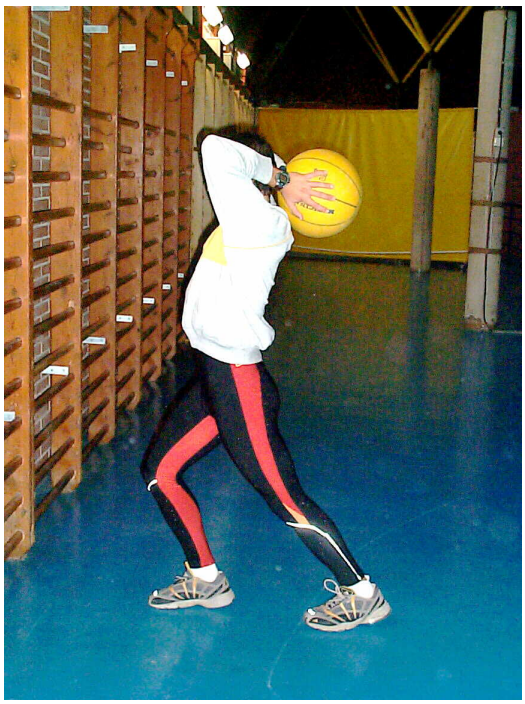


1.-flexors-extensors dels dits
2.-deltoides
3.-trapezi-dorsal
4.-bessons
5.-bíceps

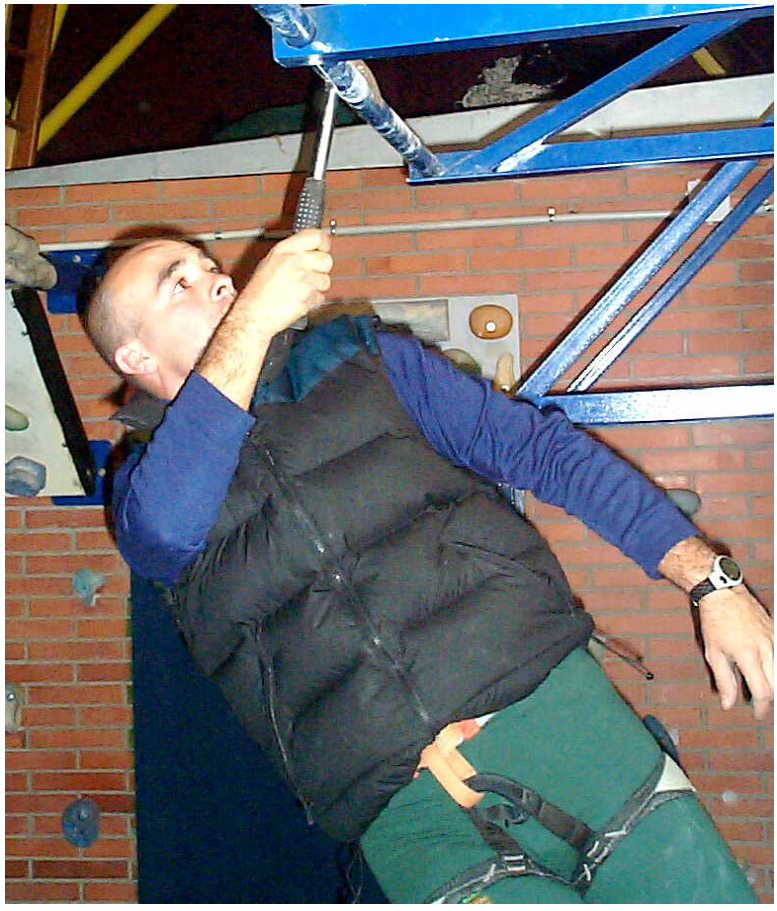


Ricard Vila 89



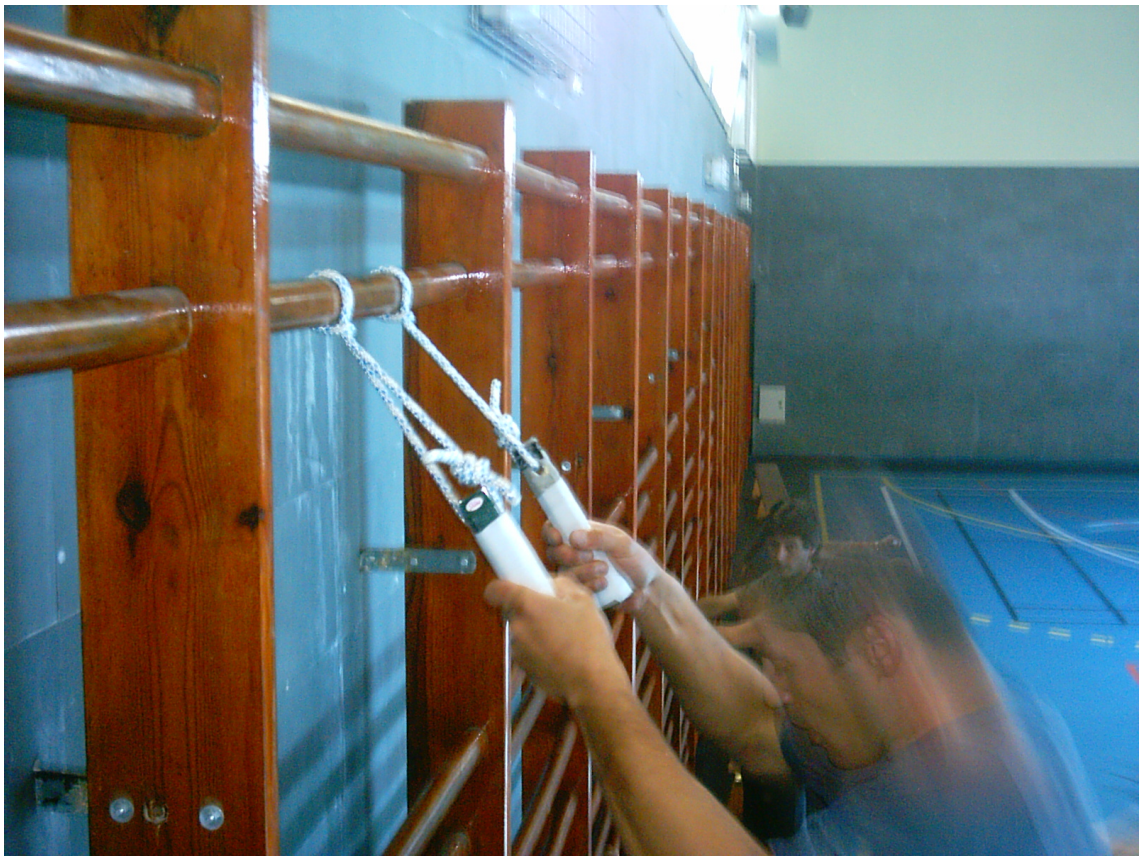








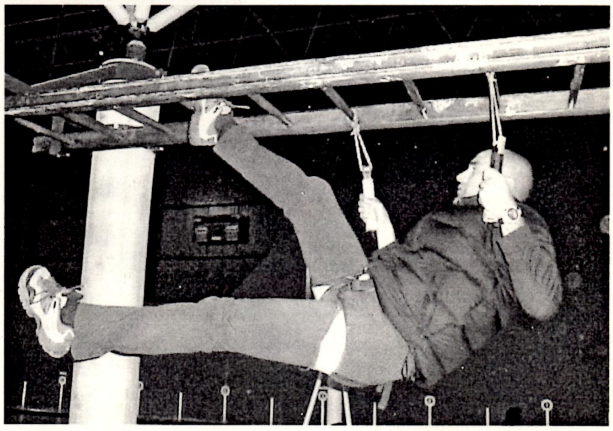




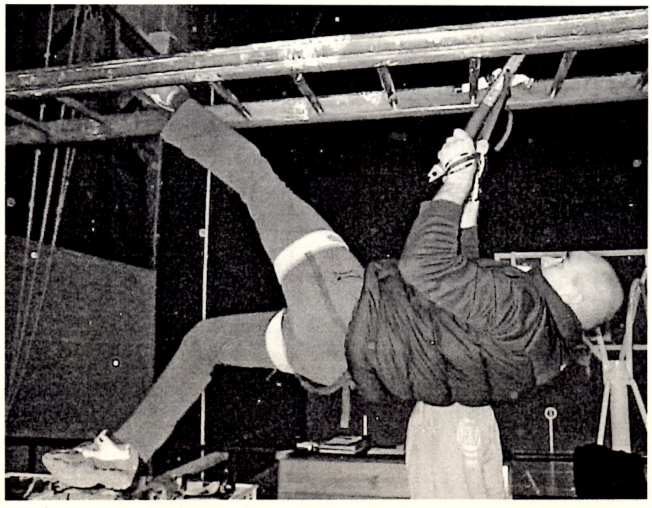
RICARD VILA I MONTOLIO
ENTRENADOR ESPORTIU
PREPARADOR FISIC
PERSONAL TRAINER
ACE CERTIFIED



1



2



3

Ricard Vila 2000