Εθνικό και Καποδιστριακό Πανεπιστήμιο Αθηνών

ΣΕΦΑΑ

Τομέας Κλασσικού Αθλητισμού

**Διδακτική & Προπονητική Αθλητικών Δρόμων**

Υπεύθυνη μαθήματος: Σμυρνιώτου Α., Καθηγήτρια

**ΚΑΤΑΓΡΑΦΗ ΚΑΙ ΑΝΑΤΡΟΦΟΔΟΤΗΣΗ ΜΑΘΗΜΑΤΟΣ**

**ΜΕΤΡΗΣΗ ΚΑΡΔΙΑΚΗΣ ΣΥΧΝΟΤΗΤΑΣ**

**ΑΣΚΗΣΗ - ΑΠΟΚΑΤΑΣΤΑΣΗ**

100 Χ 5 75%

1:2

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Κ.Σ.  παλμοί/λεπτό | |  | | | | | | | | | | | | | | | | | | | | |
| ΑΣΚΗΣΗ 100Μ. | 200 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 190 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 180 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 170 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 160 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 150 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 140 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 130 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 120 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 110 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Κ.Σ. / Απο-κατάσταση | | 1 | 1΄ | 2 | 2΄ | 3 | 3΄ | 4 | 4΄ | 5 | 5΄ | 6 | 6΄ | 7 | 7΄ | 8 | 8΄ | 9 | 9΄ | 10 | 10΄ |

\* 1, 2, 3, 4, 5, … Κ.Σ. Άσκησης

1΄, 2΄, 3΄, 4΄, 5΄, … Κ.Σ. Αποκατάστασης

**ΑΣΚΗΣΗ - ΑΠΟΚΑΤΑΣΤΑΣΗ**

200 Χ 4 80-85%

1:2 ή 1:3

ΔΟΚΙΜΗ-ΕΛΕΓΧΟΣ

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Κ.Σ.  παλμοί/λεπτό | |  | | | | | | | | | | | | | | | | | | | | |
| ΑΣΚΗΣΗ 200Μ. | 200 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 190 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 180 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 170 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 160 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 150 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 140 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 130 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 120 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 110 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Κ.Σ. / Απο-κατάσταση | | 1 | 1΄ | 2 | 2΄ | 3 | 3΄ | 4 | 4΄ | 5 | 5΄ | 6 | 6΄ | 7 | 7΄ | 8 | 8΄ | 9 | 9΄ | 10 | 10΄ |

\* 1, 2, 3, 4, 5, … Κ.Σ. Άσκησης

1΄, 2΄, 3΄, 4΄, 5΄,… Κ.Σ. Αποκατάστασης