

<u>DATE</u> NOV 20	<u>DAY</u>	<u>WEEK #47</u>	<u>TIME</u>	<u>SESSION</u>	<u>NOTES</u>	<u>REAL MIN</u>
16	M O N	1	6:30 am	SWIM	Squad Swimming 3 - 3.5 Km	
		2	4:00 pm	Lesson		30 Min
		3	5:00 pm	Shoot	Technique	30 Min
17	T U E S	1	6:30 am	Run	Warm up appropriate (approx 15-20mins) 30/60/90/120/90/60/30 sec fast (high intensity) same time recovery Appropriate warm down & stretch (approx 10-15mins)	
		2	4:00 pm	Riding		
		3	5:30 pm	S&C	• As outlined above	
18	W E D	1	6:30 am	SWIM	Squad Swimming 3 - 3.5 Km	
		2	4:00 pm	Fencing Bout		90 Min
		3	Sub.	Stretching		20 Min
19	T H U R S	1	6:30 am	Run	Warm Up appropriates General T2-3 Run 30 Min (HR 150-170bpm) Warm down	50 Min
		2	4:00 pm	Swim/Shoot	Continous 100-150m swim - shoot	40 Min
		3	Sub.	Stretching		20 Min
20	F R I	1	6:30 am	SWIM	Squad Swimming 3 - 3.5 Km	
		2	4:00 pm	Fencing Lesson/Bout		90 Min
		3	5:30 pm	Shoot	Concentrate Technique 12 x 5 shot=5 green	
21	S A T	1	8:00 am	Riding	Riding Lesson	
		2	9:30 am	S&C	• As outlined above	45 Min
		3	Sub.	Run	Recovery	25 Min
22	S U N	1	OFF			
		2				
		3				