

MPA Pathways Training Program

Specific preparation

	DAY	WEEK #48	TIME	SESSION	NOTES	REAL MIN
23	M O N	1	6:30 am	Laser Run T2 (HR 140- 150bpm)	increase distance each round 400m - 600m - 800m run - shoot and continous run	50 Min
		2	4:00 pm	Fencing Lesson		30 Min
		3	Sub.	Stretching		20 Min
24	T U E S	1	6:30 am	Swim	Squad Swimming 3 - 3.5 Km	
		2	4:00 pm	Shoot Technique	about 100-120 Shots	
		3	5:00 pm	S&C	<ul style="list-style-type: none"> • Prepare a circuit of 10 bodyweight exercises (e.g. squats, planks, burpees, nordics, mountain climbers, swimmers, hamstring curls, double leg raises, plank up and downs, bridges, etc.) • Warm up appropriately so you are warm and ready to go • 40 seconds on 20 seconds off 3 Circuits through (2 minute break in between circuits) 	40 Min
25	W E D	1	6:30 am	Run T2 (HR 144-150bpm)	Continuous run	45 Min
		2	4:00 pm	Fencing Bout		90 Min
		3	Sub.	Stretching		20 Min
26	T H U R S	1	6:30 am	Swim	Squad Swimming 3 - 3.5 Km	
		2	4:00 pm	Riding		
		3	6:00 pm	S&C	• As outlined above	40 Min
27	F R I	1	4:00 pm	Lesson		30 Min
		2	Sub.	Run	Regeneration / Recovery	30 Min
		3				
28	S A T	1		Training Competition	Fencing	
		2				
		3				
29	S U N	1		Training Competition	200 m Swim - 4 x 800m Laser Run	
		2				
		3				
COMMENTS						