

	<u>DAY</u>	<u>WEEK #49</u>	<u>TIME</u>	<u>SESSION</u>	<u>NOTES</u>	<u>REAL MIN</u>
30	M O N	1	OFF		Recap. the results from weekend competition with your coach/es	
		2	OFF			
		3	OFF			
1	T U E S	1	6:30 am	Run	T2 Run (HR 140-155 bpm)	45 mins
		2	4:00 pm	S&C	<ul style="list-style-type: none"> <li>• 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. )</li> <li>• Warm up appropriately so you are warm and ready to go</li> <li>• 40 seconds on 20 seconds off 3 Circuits through (2 minute break in between circuits)</li> </ul>	
		3	17:30	Shoot	Precision Concentrate calm	approx. 40 Min
2	W E D	1	6:30 am	Swim	Squad Swimming 3 - 3.5 Km	
		2	4:00 pm	Riding		
		3				
3	H U R	1	6:30 am	Laser Run	Continuous on a 600-800m track - 5 green	45 Min
		2	4:00 pm	S&C	• As outlined above	
		3				
4	F R I	1	6:30 am	Swim	Squad Swimming 3 - 3,5 Km	
		2	4:00 pm	Fencing	Bout/Lesson	90 Min
		3				
5	S A T	1	8:00 am	Riding		
		2	11:00 am	Swim/Run	Beach Recovery. Low intensity, continuous swim / Run	40-50 Min
		3				
6	S U N	1	OFF			
		2				
		3				
<b>COMMENTS</b>						

