

MPA Pathways Training Program

Specific preparation

<u>DATE</u>	<u>DAY</u>	<u>WEEK #50</u>	<u>TIME</u>	<u>SESSION</u>	<u>NOTES</u>	<u>REAL MIN</u>
7	MON	1	7:00 am	Shoot	Main part 10 rounds 5 shot=5 green	40 Min
		2	4:00 pm	Run	Team Session Technique + Intervals - 10-20min jog warm up with mobility - 2-3 sets X 80-100m run throughs - 4 X 1min efforts with 1 min jog recovery between * 2mins rest - 5-10min jog recovery & Stretching - 2 X 100m efforts with jog back recovery (3 green before starting the next effort)	90 Min
		3		Stretch		30 Min
8	TUES	1	6:30 am	Swim	Squad Swimming 3 - 3.5 Km	
		2	4:00 pm	Riding		
		3	5:30 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
9	WED	1	6:30 am	Laser Run	T2 (HR 140-150bpm) 1 continuous	50 Min
		2	4:00 pm	Fencing	Bout/Lesson	90 Min
		3		Stretch		
10	THUR	1	6:30 am	Swim	Squad Swimming 3 - 3.5 Km	
		2	4:00 pm	Riding		
		3		S&C	• As outlined above	40 Min
11	FRI	1	6:30 am	Run	WU - 20 Min GA 2 - CD (HR 140-155bpm)	60 Min
		2	4:00 pm	Fencing	Bout/Lesson	90 Min
		3		Stretching		
12	SAT	1	8:00 am	Triathle	Team training - 5 rounds 60%, 4 rounds 70%, 3 Rounds 80 %, 2 Rounds max. 50m swim/600m run/10m shoot	approx. 90-120 Min
		2	Sub.	Stretching		
		3	2:00 pm	S&C	Together	50 Min
13	SUN	1	OFF			
COMMENTS						