

FEB 2022	DAY	SESSION	WEEK 1 - NOTES	REAL MIN
31	MONDAY	1 Run	40mins Low intensity T2 (HR 140-160): Warm Up: - 5 min: Walk/light jog - 5 min: Dynamic stretching Main: - 40 min: Easy run Cool down: - 5 min: Walk	55Min
		2 Shoot Technique	2/3/4/5 Series continue 5 Shot = 5 Green if not start from zero	30 Min
		3 S&C	<ul style="list-style-type: none"> <li>• Prepare a circuit of 10 bodyweight exercises (e.g. squats, planks, burpees, swimmers, hamstring curls, hip thrust, single/double leg raises, plank up and downs, bridges, mountain climbers 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>	20 Min
1	TUES	1 Swim	Squad Swimming 3 - 3.5 Km	
		2		
		3 Fencing	Fencing Lesson & Bout	120 mins
2	WED	1 Laser Run	Warm Up: - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) Main: - 10min: Interval - 3 min rest: Hit 5 greens - (Repeat x4) Cool down: - 5 min: Walk - 3 min: Static stretching & foam rolling	50 Min
		2		
		3 Stretching		20 Min
3	THURS	1 SWIM	Squad Swimming 3 - 3.5 Km	
		2		
		3 Fencing	Fencing Lesson & Bout	120 mins
4	FRI	1 Run	40mins Low intensity T2 (HR 140-160): Warm Up: - 5 min: Walk/light jog - 5 min: Dynamic stretching Main: - 40 min: Easy run Cool down: - 5 min: Walk	45 Min
		2 Fencing Lesson	Fencing Lesson & Bout	30 Min
		3 Stretching		20 Min
5	SAT	1 Fencing Lesson		30 Min
		2 Laser Run	12 x 500 m run-shoot on 5 Min	90 Min
		3 S&C	• As outlined above	30 Min
6	SUN	1 Riding	Riding Lesson	
		2	Prepare for the week ahead	
<b>COMMENTS</b>		Welcome to the 12- week Nationals Program. This week is about ensuring you have a 'groove' and a routine to work to. Feel free to mix up the sessions as work best with your weekly commitments. If it fits in with you, you are likely to tick to it. Remember consistency is key. <b>CONSISTENCY - (then) - VOLUME - (then) - INTENSITY!</b>		