

FEB 2022	DAY	SESSION	WEEK 2 - NOTES	REAL MIN
7	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"> • 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.) • 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) 	20 Min
8	TUES	1 Swim	Squad Swimming 3 - 3.5 Km	
		2		
		3 Fencing	Fencing Lesson & Bout	120 mins
9	WED	1 Laser Run	Warm Up: - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) Main: - 400m: Intervals (100m @ 75%, 200m @ 90%, 100m @ 75%) - 1 min rest: Hit 5 greens - (Repeat x6) Cool down: - 5 min: Walk - 3 min: Static stretching & foam rolling	50 Min
		2 OFF		
10	THURS	1 SWIM	Squad Swimming 3 - 3.5 Km	
		2 Fencing	Fencing Lesson & Bout	120 mins
11	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 Stretching		20 Min
12	SAT	1 Riding	Riding Lesson	
		2 Laser Run	Warm Up: - 5 min: walk/light jog - 5 min: dynamic stretching Main: - 10 Push ups - 10 Bodyweight squats - 10 Jumping jacks - 10 Greens - (Repeat x10) Cool down: - 5 min: Walk, - 3 min: Static stretching & foam rolling	
		3		
13	SUN	1 OFF	OFF	
		2	Prepare for the week ahead	
COMMENTS		Week 2 will be adding more sessions (ie. running, swimming, and shooting). This increase in volume is to ensure that you are building a solid base of fitness. You will also notice that intensity (RPE) has increased slightly, but still should be relatively easy to complete. Remember consistency is key. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY!		