

FEB 2022	DAY	SESSION	WEEK 2 - NOTES	REAL MIN
14	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	30Min
		3	S&C • 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)	20Min
15	TUES	1	Swim Squad Swimming 3 - 3.5 Km	
		2		
		3	Fencing Fencing Lesson & Bout	120mins
16	WED	1	Laser Run Warm Up: - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) Main: - 600m: Intervals (100m @ 95%, 400m @ 85%, 100m @ 75%) - 1 min rest: Hit 5 greens - (Repeat x5) Cool down: - 5 min: Walk - 3 min: Static stretching & foam rolling	50min
		2	S & C • 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)	30mins
17	THURS	1	SWIM Squad Swimming 3 - 3.5 Km	
		2	Fencing Fencing Lesson & Bout	120mins
18	FRI	1	Run 40mins Low intensity T2 (HR 140-160): Warm Up: - 5 min: Walk/light jog - 5 min: Dynamic stretching Main: - 30 min: Easy run Cool down: - 5 min: Walk	45 Min
		2	Stretching	20 Min
19	SAT	1	SWIM TIME TRIAL Warm up – 500m, including drills, varying pace work 200m/ 100m swim as fast as you can go. Don't forget to send in your results to <a href="https://form.jotform.com/220271092325850">https://form.jotform.com/220271092325850</a>	
		2	Fencing Fencing Lesson & Bout	120min
		3		
20	SUN	1	Laser Run TIME TRIAL – 5 X 600, 4 X 600m, 3 X 600m, 3 X 300m (age pending) Warm up - Warm Up: - 5 min: walk/light jog, 3 min: dynamic stretching - 3min: Run throughs(50%,70%,85%,95%), 3Xpractise into shooting range . Don't forget to send in your results to <a href="https://form.jotform.com/220271092325850">https://form.jotform.com/220271092325850</a>	30min
		2	Prepare for the week ahead	
COMMENTS		Week 3 will see you all complete a time trial. A good check point, base to see how you are going, and monitor yourself (good, bad, otherwise) so tweaks can be made to your program to suit you accordingly. Increase in volume in "fitness" based disciplines is to ensure that you are building a solid base of fitness. Remember consistency is key. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY!		