

FEB 2022	DAY	SESSION	WEEK 4 - NOTES	REAL MIN	
21	MONDAY	1	Run	45 mins activity of your choice (+ dynamic warm up & down)	55Min
		2	S&C	Warm Up: - 5 min: walk/light jog, - 5 min: dynamic stretching Main: - 10 Greens - 15 sec: Bodyweight squats - 10 Greens - 30 sec: Bodyweight squats - 10 Greens - 45 sec: Bodyweight squats - 10 Greens - 60 sec: Bodyweight squats - 10 Greens - 45 sec: Bodyweight squats - 10 Greens - 30 sec: Bodyweight squats - 10 Greens - 15 sec: Bodyweight squats - 2 min: Rest - (Repeat x 2) Cool down: - 5 min: Walk - 10 min: Static stretching & foam rolling	50Min
22	TUES	1	Swim	Squad Swimming 3 - 3.5 Km	
		3	Fencing	Fencing Lesson & Bout	120mins
23	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	<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) 	30mins
24	THURS	1	Sleep In	Rest and Recover	
		2	Fencing	Fencing Lesson & Bout	120mins
25	FRI	1	Swim	Squad Swimming 3 - 3.5 Km	45 Min
		2	Shoot Technique	2/3/4/5 Series continue 5 Shot = 5 Green if not start from zero	
		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
26	SAT	1	Laser Run	Warm Up: - 3 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) Main: - 2 min: Interval, - 1 min rest: Hit 5 greens, - (Repeat x6) Cool down: - 5 min: Walk 10 min: Static stretching & foam rolling	
		2	Fencing	Fencing Lesson & Bout	120min
27	SUN	1	Riding	Lesson	60min
		2		Prepare for the week ahead	

COMMENTS

Same number of sessions, the volume and intensity within the sessions has slightly increased. Great work for getting this far in the training program, you will have started to build a solid base as we start to incorporate interval training into the program. Whilst the interval sessions is not overly intense, you should still be pushing harder than the runs you've completed so far. Hopefully you completed a laser-run time trial last week. Use the learning from that to take you into this weeks training. Remember consistency is key. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY!