

FEB 2022	DAY	SESSION	WEEK 5 - NOTES	REAL MIN	
28	MONDAY	1	Run	45 mins activity of your choice (+ dynamic warm up & down)	55Min
		2	S&C	<p>Warm Up:</p> <ul style="list-style-type: none"> - 5 min: walk/light jog, - 5 min: dynamic stretching <p>Main: - 10 Greens - 15 sec: Bodyweight squats/Burpees/Jumping Lunges - 10 Greens - 30 sec: Bodyweight squats / Burpees / Jumping Lunges - 10 Greens - 45 sec: Bodyweight squats / Burpees / Jumping Lunges - 10 Greens - 60 sec: Bodyweight squats / Burpees / Jumping Lunges - 10 Greens - 45 sec: Bodyweight squats / Burpees / Jumping Lunges - 10 Greens - 30 sec: Bodyweight squats / Burpees / Jumping Lunges - 10 Greens - 15 sec: Bodyweight squats / Burpees / Jumping Lunges - 2 min: Rest - (Repeat x 2 – Different Exercises)</p> <p>Cool down: - 5 min: Walk - 10 min: Static stretching & foam rolling</p>	50Min
1	TUES	1	Swim	Squad Swimming 3 - 3.5 Km	
		3	Fencing	Fencing Lesson & Bout	120mins
2	WED	1	Laser Run	<p>Warm Up:</p> <ul style="list-style-type: none"> - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) <p>Main:</p> <ul style="list-style-type: none"> - 400m: Intervals (100m @ 95%, 200m @ 75%, 100m @ 95%) - 1 min rest: Hit 5 greens - (Repeat x 6) <p>Cool down:</p> <ul style="list-style-type: none"> - 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, sit ups, leg tucks etc.) • Warm up appropriately so you are warm and ready to go • 45 seconds on 15 seconds off 3 Circuits through (2 minute break in between circuits) 	40mins
3	THURS	1	Sleep In	Rest and Recover or Riding Lesson	
		2	Fencing	Fencing Lesson & Bout	120mins
4	FRI	1	Swim	Squad Swimming 3 - 3.5 Km	45 Min
		2	Shoot Technique	<p>Metronome 100's – Set metronome to 40bpm (1.5s intervals) and shoot 100 consecutive shots.</p> <p>If the intervals are too quick, start at 30bpm (2.0s intervals) and work your way down from there, but aim to achieve 40bpm. (Repeat x2)</p>	
		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
5	SAT	1	Laser Run	<p>Warm Up: - 3 min: walk/light jog; - 3 min: dynamic stretching; - 3 min: Run throughs (50%,70%,85%,95%)</p> <p>Main: - 3 min: Interval, - 90 sec min rest: Hit 5 greens, - (Repeat x6)</p> <p>Cool down: - 5 min: Walk 10 min: Static stretching & foam rolling</p>	
		2	Fencing	Fencing Lesson & Bout	120min
6	SUN	1	Riding	Lesson	60min
		2		Prepare for the week ahead	

COMMENTS

Specificity is key when training for events like the laser-run and swimming event and exposure to similar intensities that you will face in competition is vital for preparation. You've built a solid base, now it's time to start increasing interval training and competition specificity.

. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY!