

FEB 2022	DAY	SESSION	WEEK 6 - NOTES	REAL MIN	
7	MONDAY	AM	<b>Run</b> <b>Warm Up:</b> - 5 min: walk/light jog, 3 min: dynamic stretching; 3 min: Run throughs (50%,70%,85%,95%) <b>Main:</b> - 10min: Interval - Hit 5 greens 3 min rest: - (Repeat x4) <b>Cool down:</b> - 5 min: Walk; 5 min: Static stretching & foam rolling	60Min	
		PM	<b>S&amp;C</b> <b>Warm Up:</b> - 5 min: walk/light jog, - 5 min: dynamic stretching <b>Main:</b> 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) <b>Cool down:</b> - 5 min: Walk - 10 min: Static stretching & foam rolling	60Min	
8	TUES	AM	Swim	Squad Swimming 3 - 3.5 Km	
		PM	Fencing	Fencing Lesson & Bout	120min
9	WED	AM	Laser Run	<b>Warm Up:</b> - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) <b>Main:</b> - 200m: Intervals RPE – 8+ - 1 min rest: Hit 5 greens - (Repeat x 8) <b>Cool down:</b> - 5 min: Walk - 3 min: Static stretching & foam rolling	50min
		PM	Riding	Riding Lesson	45mins
10	THURS	AM	Sleep In	Rest and Recover	
		PM	Fencing	Fencing Lesson & Bout	120min
11	FRI	AM	Swim	Squad Swimming 3 - 3.5 Km	45 Min
		PM	Shoot Technique	Practice Drills of your choice	
12	SAT	PM	S & C	<b>Warm Up:</b> - 5 min: walk/light jog, - 5 min: dynamic stretching <b>Main:</b> 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) <b>Cool down:</b> - 5 min: Walk - 10 min: Static stretching & foam rolling	20 Min
		1	Laser Run	<b>Warm Up:</b> - 3 min: walk/light jog; - 3 min: dynamic stretching; - 3 min: Run throughs (50%,70%,85%,95%) <b>Main:</b> - 600m: Interval, - 90 sec min rest: Hit 5 greens, - (Repeat x6) <b>Cool down:</b> - 5 min: Walk 10 min: Static stretching & foam rolling	
13	SUN	2	Fencing	Fencing Lesson & Bout	120min
		1	Riding	Lesson	60min
13	SUN	2		Prepare for the week ahead, plan for homework, snacks, refuelling	
		<b>COMMENTS</b> Overall intensity is increasing week on week, keep remembering to monitor how you are feeling during the sessions and that it is lining up with the suggested RPE (Keep referring to the RPE chart). Training intensity is so important for the last half of the 12-week plan. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY			