

MAR 2022	DAY	SESSION	WEEK 7 - NOTES	REAL MIN	
14	MONDAY	AM	Run Warm Up: - 5 min: walk/light jog, 3 min: dynamic stretching; 3 min: Run throughs (50%,70%,85%,95%) Main: - 10min: Interval @ intensity 7-8 - Hit 5 greens 3 min rest: - (Repeat x4) Cool down: - 5 min: Walk; 5 min: Static stretching & foam rolling	60Min	
		PM	S&C Warm Up: - 5 min: walk/light jog, - 5 min: dynamic stretching Main: - 10 Push ups, - 10 Bodyweight squats, - 10 Jumping jacks, - Shoot 10 Greens - (Repeat x10) Cool down: - 5 min: Walk - 10 min: Static stretching & foam rolling	60Min	
15	TUES	AM	Swim	Squad Swimming 3 - 3.5 Km	
		PM	Fencing	Fencing Lesson & Bout	120min
16	WED	AM	Laser Run	Warm Up: - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) Main: - 300m: Intervals RPE – 8+ - 90sec rest: Hit 5 greens - (Repeat x 8) Cool down: - 5 min: Walk - 3 min: Static stretching & foam rolling	50min
		PM	Riding	Riding Lesson	45mins
17	THURS	AM	Sleep In	Rest and recover	
		PM	Fencing	Fencing Lesson & Bout	120min
18	FRI	AM	Swim	Squad Swimming 3 - 3.5 Km	45 Min
		PM	Shoot Technique	Practice Drills of your choice	
	PM	S & C	Warm Up: - 5 min: walk/light jog, - 5 min: dynamic stretching Main: 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) Cool down: - 5 min: Walk - 10 min: Static stretching & foam rolling	20 Min	
19	SAT	1	Laser Run	Warm Up: - 3 min: walk/light jog; - 3 min: dynamic stretching; - 3 min: Run throughs (50%,70%,85%,95%) Main: - 600m: Interval, - 90 sec min rest: Hit 5 greens, - (Repeat x 8) Cool down: - 5 min: Walk 10 min: Static stretching & foam rolling	
		2	Fencing	Fencing Lesson & Bout	120min
20	SUN	1	Riding	Lesson	60min
		2		Prepare for the week ahead, plan for homework, snacks, refuelling	
COMMENTS		A variety of interval sessions this week, these are key for exposing yourself to competition specific intensity. Make sure to consult your swimming coach to incorporate intervals that are in line with the suggested RPE for the training sessions. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY			