

| MAR 2022 | DAY | SESSION | WEEK 8 - NOTES | REAL MIN | |
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| 21 | 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: 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 min break in b/w circuits) Cool down: - 5 min: Walk - 10 min: Static stretching & foam rolling | 60Min | |
| 22 | TUES | AM | Swim | Squad Swimming 3 - 3.5 Km | |
| | | PM | Fencing | Fencing Lesson & Bout | 120min |
| 23 | WED | AM | Laser Run | Warm Up: - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) Main: - 200m: Intervals RPE – 8+ - 60sec rest: Hit 5 greens - (Repeat x 6) Cool down: - 5 min: Walk - 3 min: Static stretching & foam rolling | 50min |
| | | PM | Riding | Riding Lesson | 45mins |
| 24 | THURS | AM | Sleep In | Rest and recover | |
| | | PM | Fencing | Fencing Lesson & Bout | 120min |
| 25 | FRI | AM | Swim | Squad Swimming 3 - 3.5 Km | 45 Min |
| | | 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 2 Circuits through (2 minute break in between circuits) Cool down: - 5 min: Walk - 10 min: Static stretching & foam rolling | 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: - FULL LASER-RUN TIME TRIAL: 5 X 600m: or age appropriate Cool down: - 5 min: Walk 10 min: Static stretching & foam rolling | |
| | | 2 | Fencing | Fencing Lesson & Bout | 120min |
| 27 | SUN | 1 | Riding | Riding Lesson | 60min |
| | | 2 | | Prepare for the week ahead, plan for homework, snacks, refuelling | |
| COMMENTS | | <p>Intensity it starting to ramp up a bit now. It's important that you are allowing some solid rest periods and fuelling your body correctly to ensure your body can cope with the higher intensity. It is a good idea to do a laser-run time trial this week and treat this like a competition. Not only is it a great indication of your current fitness level, but it is also a great source of training stimulus.</p> <p>training sessions. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY</p> | | | |