

APRIL 2022	DAY	SESSION	WEEK 10 - NOTES	REAL MIN	
4	MONDAY	AM	Run Warm Up: - 5 min: walk/light jog, 3 min: dynamic stretching; 3 min: Run throughs (50%,70%,85%,95%) Main: - Block 1 20s: Sprint, 10s: Walk (Repeat x8) - 2 min: Rest Block 2: 20s: Sprint: 10s: Walk (Repeat x8) Cool down: - 5 min: Walk; 5 min: Static stretching & foam rolling	45Min	
		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	
5	TUES	AM	Swim	Squad Swimming 3 - 3.5 Km - Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	90min
		PM	Fencing	Fencing Lesson & Bout	120min
6	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
7	THURS	AM	Sleep In	Rest and recover	
		PM	Fencing	Fencing Lesson & Bout	120min
8	FRI	AM	Swim	Squad Swimming ~3 Km	45 Min
		PM	S & C Warm Up: - 5 min: walk/light jog, - 5 min: dynamic stretching/ mobility 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	
9	SAT	1	Laser Run Warm Up: - 3 min: walk/light jog; - 3 min: dynamic stretching; - 3 min: Run throughs (50%,70%,85%,95%), Dynamic Drills, high knees, bum flicks, strides, bounds, quick feet. Main: - 400m: Intervals RPE – 8+; - 90sec rest: Hit 5 greens - (Repeat x 8) Cool down: - 5 min: Walk 10 min: Static stretching & foam rolling		
		2	Fencing	Fencing Lesson & Bout	120min
10	SUN	1	Riding	Riding Lesson	60min
		2		Prepare for the week ahead, plan for homework, snacks, refuelling	
COMMENTS		This will be the hardest week of the training plan, really push yourself in these sessions knowing that we will be starting to taper for competition soon. If done correctly this is where most of the training adaptation will come from. CONSISTENCY - (then) - VOLUME - (then) - INTENSITY			