

APRIL 2022	DAY	SESSION	WEEK 11 - NOTES	REAL MIN	
11	MONDAY	AM	Run Warm Up: - 5 min: walk/light jog, 3 min: dynamic stretching; 3 min: Run throughs (50%,70%,85%,95%) Main: - Laser Run: U11/13 = 3 x 400; U15 = 3 x 600; U17 = 4 x 600; Others 5 x 600 This session needs to be done at race intensity. AS FAST AS YOU CAN Cool down: - 5 min: Walk; 5 min: Static stretching & foam rolling	45Min	
		PM	OFF	Rest and Recover	
12	TUES	AM	Swim	Squad Swimming – Incorporate some intervals, maximal effort. Consult swimming coach for best approach for training within the RPE.	70min
		PM	Fencing	Fencing Lesson & Bout	120min
13	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: Interval; 30s rest: Hit 5 greens (Repeat x6) AS FAST AS YOU CAN Cool down: - 5 min: Walk - 3 min: Static stretching & foam rolling	50min	
		PM	S&C Warm Up: - 5 min: Exercise bike, jog, skipping (other light cardio of choice) Main: - 15 min: dynamic stretching - 10 min: Foam rolling Totally focused upon rehab and recovery	45mins	
14	THURS	AM	SWM	Rest and recover	
		PM	Fencing	Fencing Lesson & Bout	120min
15	FRI	AM	Laser Run Warm Up: - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) Main: - 10min: Interval - 3 min rest: Hit 5 greens (Repeat x4) Cool down: - 5 min: Walk – 5-10 min: Static stretching & foam rolling	60Min	
		PM	S & C Warm Up: - 5 min: Exercise bike, jog, skipping (other light cardio of choice) Main: - 15 min: dynamic stretching - 10 min: Foam rolling Totally focused upon rehab and recovery	20 Min	
16	SAT	1	Riding	Riding Lesson	
		2	Fencing	Fencing Lesson	60mins
17	SUN	1	OFF	Happy Easter	60min
		2		We hope the Easter Bunny finds you 😊	
COMMENTS		Intensity is still high at the start of this week, so push yourself as hard as you can. Towards the end of the week the training load will start to drop in preparation for competition. One last time trial to start this week, although you may be feeling slightly fatigued, really push yourself in this last time trial to see how you stand for competition. Next week will have quite a low training load, so make the most of this week's intensity.			CONSISTENCY - (then) - VOLUME - (then) - INTENSITY