

APRIL 2022	DAY	SESSION	WEEK 12 - NOTES	REAL MIN	
11	MONDAY	AM	<p>Laser Run</p> <p>Warm Up: - 5 min: walk/light jog, 3 min: dynamic stretching; 3 min: Run throughs (50%,70%,85%,95%)</p> <p>Main: - Laser Run: - 10 Greens; - 400m run - (Repeat x6)</p> <p>Focus on your shooting technique, particularly during the last few intervals when you will experience accumulated fatigue. Managing your fatigue in order to shoot effectively is key for success in this.</p> <p>Cool down: 5 min: Walk. 5-10 min: Static stretching & foam rolling</p>	45Min	
		PM	OFF	Rest and Recover	
12	TUES	AM	Swim	Squad Swimming – Easy/ moderate swim, with only a couple higher intensity efforts. Consult swimming coach for best approach for training within the RPE.	70min
		PM	Fencing	Fencing Lesson & Bout – reduced bouting	90min
13	WED	AM	<p>Laser Run</p> <p>Warm Up:</p> <p>- 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%)</p> <p>Main: - Race Distance Laser Run – Low Intensity – U11/13 = 3 x 400; U15 = 3 x 600; U17 = 4 x 600; Others 5 x 600 – Competition is just around the corner. Complete this session at a low (4/10) intensity. Just aim to get the legs turning and practice your shooting</p> <p>Cool down:</p> <p>- 5 min: Walk - 3 min: Static stretching & foam rolling</p>	45min	
		PM	<p>S&C</p> <p>Warm Up:</p> <p>- 5 min: Exercise bike, jog, skipping (other light cardio of choice)</p> <p>Main:</p> <p>- 15 min: dynamic stretching</p> <p>- 10 min: Foam rolling</p> <p>Totally focused upon rehab and recovery</p>	45mins	
14	THURS	AM	Swim	Light Swim if possible – otherwise rest and recover	
		PM	Travel	Travel	
15	FRI	AM	Race Day	MPA National Championships	
		PM	Race Day	MPA National Championships	
16	SAT	1	Race Day	MPA National Championships	
		2	Race Day	MPA National Championships	
17	SUN	1	Race Day	MPA National Championships	
		2	Race Day	MPA National Championships	
COMMENTS		<p>Taper week. There will still be a little intensity this week, but the session will be shorter. Treat this as a preparation week where you still have a couple fitness sessions, but also focus on final touch ups in the skilled based disciplines in preparation for competition. Congratulations, you've done everything possible to prepare yourself for competition, all you need to do now is rest up, fuel your body, and go as hard as you can on competition day.</p>			