

PERIOD 4

Monday	Active Rest	Week 1	Week 2	Week 3	Week 3
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Tuesday		Week 1	Week 2	Week 3	Week 3
AM	General Strength				
	Warm Up (Level 1)	0:20:09	0:15:50	0:21:36	0:14:24
	Strength	0:54:54	0:43:08	0:58:50	0:39:13
	Sets	3	2	4	3
	Rep (RM)	5	6	4	5
	Recovery (Time)	0:03:00	0:04:00	0:03:00	0:04:00
	Cool Down (Level 1)	0:16:48	0:13:12	0:18:00	0:12:00
	Workout Time Total	1:31:52	1:12:11	1:38:25	1:05:37
PM	Specific Speed Intervals	Week 1	Week 2	Week 3	Week 3
	Warm Up (Level 1)	0:19:20	0:15:12	0:20:43	0:13:49
	Speed Intervals (Level 5)	0:08:13	0:06:27	0:08:48	0:05:52
	Intervals Time	0:00:15	0:00:15	0:00:15	0:00:15
	Number of Intervals	33	26	35	23
	Recovery (Time)	0:01:30	0:01:30	0:01:30	0:01:30
	Cool Down (Level 1)	0:16:07	0:12:40	0:17:16	0:11:31
	Workout Time Total	1:22:40	1:13:18	1:25:47	1:10:11

Note: RM - repetition maximum. The largest mass athlete can lift is 1 RM. For example, if athlete lifts a mass of 80lb 10 times before exhaustion; therefore, 80lb is identified as the athlete's 10 RM for particular body movement.

Note: first 5-7 intervals focus on technique. Movements must be snappy and explosive. Other intervals alternate high cadence with power application.

Wednesday		Week 1	Week 2	Week 3	Week 3
AM	Rest				
PM	Specific Distance Level 1	1:36:41	1:15:58	1:43:35	1:09:03

Thursday		Week 1	Week 2	Week 3	Week 3
AM	General Strength				
	Warm Up (Level 1)	0:20:09	0:15:50	0:21:36	0:14:24
	Strength	0:54:54	0:43:08	0:58:50	0:39:13
	Sets	3	2	4	3
	Rep (RM)	5	6	4	5
	Recovery (Time)	0:03:00	0:04:00	0:03:00	0:04:00
	Cool Down (Level 1)	0:16:48	0:13:12	0:18:00	0:12:00
	Workout Time Total	1:31:52	1:12:11	1:38:25	1:05:37
PM	General Max VO2 Intervals	Week 1	Week 2	Week 3	Week 3
	Warm Up (Level 1)	0:20:09	0:15:50	0:21:36	0:14:24
	Max VO2 Intervals (Level 4)	0:34:38	0:27:13	0:37:06	0:24:44
	Intervals Time	0:04:57	0:04:32	0:05:18	0:04:07
	Number of Intervals	7	6	7	6
	Recovery (HR)	120	120	120	120
	Cool Down (Level 1)	0:16:48	0:13:12	0:18:00	0:12:00
	Workout Time Total	1:11:35	0:56:15	1:16:42	0:51:08

Note: RM - repetition maximum. The largest mass athlete can lift is 1 RM. For example, if athlete lifts a mass of 80lb 10 times before exhaustion; therefore, 80lb is identified as the athlete's 10 RM for particular body movement.

Note: perform this workout on the track if possible or on the flat terrain so you can maintain consistency of your HR

Friday	Active Rest	Week 1	Week 2	Week 3	Week 3
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Saturday		Week 1	Week 2	Week 3	Week 3
AM	Specific Strength				
	Warm Up (Level 1)	0:19:20	0:15:12	0:20:43	0:13:49
	Strength	0:35:42	0:28:03	0:38:15	0:25:30
	Interval Time	0:02:23	0:01:52	0:02:33	0:01:42
	Number of Intervals	15	13	17	15
	Recovery (Time)	0:02:00	0:02:00	0:02:00	0:02:00
	Cool Down (Level 1)	0:16:07	0:12:40	0:17:16	0:11:31
	Workout Time Total	1:11:09	0:55:54	1:16:14	0:50:49
PM	Specific AT Intervals	Week 1	Week 2	Week 3	Week 3
	Warm Up (Level 1)	0:19:20	0:15:12	0:20:43	0:13:49
	AT Intervals (Level 3)	0:34:03	0:26:46	0:36:29	0:24:20
	Intervals Time	0:08:31	0:08:55	0:07:18	0:08:07
	Number of Intervals	4	3	5	3
	Recovery (HR)	130	130	130	130
	Cool Down (Level 1)	0:16:07	0:12:40	0:17:16	0:11:31
	Workout Time Total	1:09:30	0:54:37	1:14:28	0:49:39

Note: focus on perfect form and technique when you perform specific strength. Find gradual uphill with the grade that you can handle. 1/3 intervals - double pole crunch, 1/3 intervals - single stick and 1/3 intervals double pole

Note: Perform this workout on the rolling terrain.

Sunday		Week 1	Week 2	Week 3	Week 3
AM	Rest				
PM	General Over Distance (Level 1)	1:40:47	1:19:11	1:47:59	1:11:59

Note: This workout can be done as running, running with hiking, biking, canoeing, etc

Period Totals		Week 1	Week 2	Week 3	Week 3
		11:16:04	8:59:33	12:01:35	8:14:03

Strength Program Period 4

WARM-UP

10 min jog

5 min jump rope

3X20 sec Step-Taps

SPEED & AGILITY

2 steps in each box (both feet) x 2 times

single foot per box x 2 times

2-leg lateral hops x 2 times

PLYOMETRICS

3X6 --- Squat jump

3sets X6 each leg --- One Leg Vertical Hops

LOWER BODY

2X6 Squats

2X6 Lunges

2X6 Step-ups

UPPER BODY

2X10 Bench Press

2X10 Dips w/ weight

2X10 Pull-ups w/ weight

CORE STRENGTH

2X12 Med Ball Double Pole Throws

2X12 each side Russian Twists w/ Med Ball Throw

2X25 Prone Plank Knee Extension (Physioball)

2X25 Supine Knee Curl (Physioball)