



Athlete: XXXXXXXXXXXX

Training Plan - Monday

Conditioning: Interval Training / Stationary Bike

General Warm Up - xx minutes	Standing Sprints – xx seconds all out Seated Sprints – xx seconds all out Easy Cycling – xx seconds low intensity Repeat x 10 intervals	} xx seconds work } xx seconds recovery
	HR Total Interval (20 secs) \geq xxx HR HR Recovery (40 secs) \leq xxx HR	
Cool Down - x minutes	Stretch Hip Flexors	

Routine with xx seconds of jump rope between each exercise.

Exercise	Reps	Weight
Exercise 1	xx	
Exercise 2	xx	
* Exercise 2a	xx	
** Exercise 2b	xx	
Exercise 3	xx	
Exercise 4	xx	
Exercise 5	xx	
Exercise 6	xx	
Exercise 7	xx	
Exercise 8	xx	

* Press both arms up in an upper cut fashion

** Flat on stomach (bench); pull dumb bells such that arms reach a 90° angle at sides

2-minute break with HR < xxx: Hydration

Routine (Increase weight as reps decrease) – NO JUMP ROPE

Exercise	Reps	Weight
Exercise 1	xx	
Exercise 2	xx	
* Exercise 2a	xx	
** Exercise 2b	xx	
Exercise 3	xx	
Exercise 4	xx	
Exercise 5	xx	
Exercise 6	xx	
Exercise 7	xx	
Exercise 8	xx	

* Press both arms up in an upper cut fashion

** Flat on stomach (bench); pull dumb bells such that arms reach a 90° angle at sides



Athlete: XXXXXXXXXXXX

Training Plan - Tuesday

Conditioning (HR: xxx - xxx bpm)
Run or bike = xx minutes

Specific Warm-Up	Stretch Strap Routine	
Dynamic Postural Stabilization	Green Ball Routine	1 x 20 to 25 (each exercise)
Shoulder Stabilization	Alternate Program 1 and Program 2	Perform Prescribed Reps

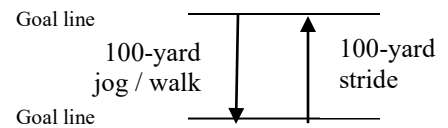
Training Plan - Wednesday

Conditioning: Interval Training (Run)

General Warm-Up: x minutes (Light Jog)
XX x 100 in xx minutes (Diagram to right)
Cool Down: x Minutes (Walk 50 / Jog 50 / Walk 50 Yards)

Routine – NO JUMP ROPE

Start at goal line and stride 100 yards. Return to start by jogging / walking such that you are ready to start next 100-yard stride in a total of 1 minute. The next 100 yard (downward / back = one) starts every minute.



Exercise	Reps	Weight
Exercise 1	XX	
Exercise 2	XX	
* Exercise 2a	XX	
** Exercise 2b	XX	
Exercise 3	XX	
Exercise 4	XX	
Exercise 5	XX	
Exercise 6	XX	
Exercise 7	XX	
Exercise 8	XX	

* Press both arms up in an upper cut fashion

** Flat on stomach (bench); pull dumb bells such that arms reach a 90° angle at sides

2-minute break with HR < xxx: Hydration

Routine (Increase weight as reps decrease) – NO JUMP ROPE

Exercise	Reps	Weight
Exercise 1	XX	
Exercise 2	XX	
* Exercise 2a	XX	
** Exercise 2b	XX	
Exercise 3	XX	
Exercise 4	XX	
Exercise 5	XX	
Exercise 6	XX	
Exercise 7	XX	
Exercise 8	XX	

* Press both arms up in an upper cut fashion.

** Flat on stomach (bench); pull dumb bells such that arms reach a 90° angle at sides.



Athlete: XXXXXXXXXXXX

Training Plan - Thursday

NO CONDITIONING

Dynamic Postural Stabilization	Green Ball Routine	1 x 20 to 25 (each exercise)
Groin Stabilization	Wall Squat with Groin Squeeze 4-Way Walking Groin Squeeze <ul style="list-style-type: none"> • Walk forward 2 to 3 steps • Walk backward 2 to 3 steps • Walk laterally 2 to 3 steps (repeat in both directions) 	1 x 20 Perform complete set 5 times
Shoulder Stabilization	Alternate Program 1 and Program 2	Perform Prescribed Reps
Dynamic Torso Stabilization	Chop / Lift / Rotate	1 x 20 to 25
Stretch Strap Routine		

Training Plan - Friday:
xx Minutes bike ride at xxx-xxx HR

Saturday: Race Day

Training Plan - Sunday

General Warm Up	xx – xx Minutes Conditioning	HR: xxx-xxx
Specific Warm-Up	Stretch Strap Routine	
Dynamic Postural Stabilization	Green Ball Routine	1 x 20 to 25 (each exercise)
Shoulder Stabilization	Alternate Program 1 and Program 2	Perform Prescribed Reps