

5-Week Training Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength Test</u> <u>Mobility</u>	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>Recovery Day</u>
Week 2	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>Recovery Day</u>
Week 3	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>40min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>Recovery Day</u>
Week 4	<u>40min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>30min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>40 min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>Recovery Day</u>
Week 5	<u>40min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>40min Cardio</u> <u>Mobility</u>	<u>Strength</u> <u>Mobility</u>	<u>40min Cardio</u> <u>Mobility</u>	<u>Strength Test</u> <u>Mobility</u>	<u>Recovery Day</u>



The Healthy Athlete Course



Strength Test Top	As many reps as possible of the following exercises in 90 seconds, taking 60 seconds rest between exercises: • Bodyweight Squat • Press Ups / Push Ups • Lunges • Pull Ups • Lateral Lunges Be strict about form. If you find that you're doing the exercise badly because you're fatigued, take a few seconds break before continuing. Only perfect reps count! Record your results, you'll need them later.
Strength Session 1 Top	3 Rounds of 30% of the number of reps achieved in your strength test (round down, not up if you get a decimal) of the following exercises + the two extras, taking 60 seconds rest between exercises. • Bodyweight Squat • Press Ups / Push Ups • Lunges • Pull Ups • Lateral Lunges • Box Jumps (step down off the box, don't jump down!) • Plank for 30 seconds Do the exercises as a circuit, completing each exercise once before starting again at the beginning.

Strength Session 2 Top	3 Rounds of 40% of the number of reps achieved in your strength test (round down, not up if you get a decimal) of the following exercises + the two extras, taking 60 seconds rest between exercises. • Bodyweight Squat • Press Ups / Push Ups • Lunges • Pull Ups • Lateral Lunges • Box Jumps (step down off the box, don't jump down!) • Plank for 30 seconds Do the exercises as a circuit, completing each exercise once before starting again at the beginning.
Strength Session 3 Top	3 Rounds of 50% of the number of reps achieved in your strength test (round down, not up if you get a decimal) of the following exercises + the two extras, taking 60 seconds rest between exercises. • Bodyweight Squat • Press Ups / Push Ups • Lunges • Pull Ups • Lateral Lunges • Box Jumps (step down off the box, don't jump down!) • Plank for 30 seconds Do the exercises as a circuit, completing each exercise once before starting again at the beginning.



Strength Session 4 Top	4 Rounds of 40% of the number of reps achieved in your strength test (round down, not up if you get a decimal) of the following exercises + the two extras, taking 60 seconds rest between exercises. • Bodyweight Squat • Press Ups / Push Ups • Lunges • Pull Ups • Lateral Lunges • Box Jumps (step down off the box, don't jump down!) • Plank for 30 seconds Do the exercises as a circuit, completing each exercise once before starting again at the beginning.
Cardio Conditioning Top	Your choice of type of exercise. Running is preferable, if you are able to run. Otherwise, you could consider cycling, rowing, ski-erg. In the event that injury makes these impossible, swimming as an acceptable choice as long as you are able to swim at the required intensity.

Mobility Top	Work on your mobility deficits, identified either through testing or what you've noticed in your walk or training sessions. Follow the principles outlined in the Mobility module Tissue Quality >>> Tissue Length (Flexibility) >>> Tissue Control (Mobility) DO NOT over-treat. Do enough to make a small difference & then leave it alone. You don't want to injure yourself in the name of improving your mobility.
Recovery Day Top	This is not simply a day doing nothing. You should still make sure you implement all your health habits. Do some gentle flexibility work. Undertake activities that are different to your sport, especially those that challenge you mentally, but avoid activities that are especially hard on the body.