

Week 1: Monday 12th Dec to Fri 16th Dec				
Day	Time	Sprints Indi & Costa	Middle Distance - Khalid	Throws/Jumps - Micheal
Monday	9:30 - 10:30	FLOOR eg. mobility/core/flexibility	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine	STRENGTH & CONDITIONING eg. free weights/weight machines
	10:30 - 11:30	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	CORE	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine
	11:30 - 12:00	Break		
	12:00 - 13:00	CORE eg. TRX/static machines	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	PLYOMETRICS/POWER eg. box jumps/medicine balls/throwing
	13:00 - 14:00	STRENGTH & CONDITIONING eg. free weights/weight machines	SWIMMING POOL	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs
Tuesday	9:30 - 10:30	PLYOMETRICS/POWER eg. box jumps/medicine balls/throwing	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	STRENGTH & CONDITIONING eg. free weights/weight machines
	10:30 - 11:30	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	STRENGTH & CONDITIONING eg. free weights/weight machines	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine
	11:30 - 12:00	Break		
	12:00 - 13:00	STRENGTH & CONDITIONING eg. free weights/weight machines	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine	PLYOMETRICS/POWER eg. box jumps/medicine balls/throwing
	13:00 - 14:00	SWIMMING POOL eg. active recovery/resisted runs/low impact drills	FLOOR	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs
Wednesday	9:30 - 10:30	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	STRENGTH & CONDITIONING eg. free weights/weight machines
	10:30 - 11:30	FLOOR eg. mobility/core/flexibility	SWIMMING POOL	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine
	11:30 - 12:00	Break		
	12:00 - 13:00	CORE eg. TRX/static machines	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine	PLYOMETRICS/POWER eg. box jumps/medicine balls/throwing
	13:00 - 14:00	STRENGTH & CONDITIONING eg. free weights/weight machines	FLOOR	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs
Thursday	9:30 - 10:30	PLYOMETRICS/POWER eg. box jumps/medicine balls/throwing	CORE	STRENGTH & CONDITIONING eg. free weights/weight machines
	10:30 - 11:30	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	STRENGTH & CONDITIONING eg. free weights/weight machines	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine
	11:30 - 12:00	Break		
	12:00 - 13:00	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine	PLYOMETRICS/POWER eg. box jumps/medicine balls/throwing
	13:00 - 14:00	STRENGTH & CONDITIONING eg. free weights/weight machines	PLYOMETRICS/POWER eg. box jumps/medicine balls/throwing	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs
Friday	9:30 - 10:30	FLOOR eg. mobility/core/flexibility	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	STRENGTH & CONDITIONING eg. free weights/weight machines
	10:30 - 11:30	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs	SWIMMING POOL	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine
	11:30 - 12:00	Break		
	12:00 - 13:00	STRENGTH & CONDITIONING eg. free weights/weight machines	FLOOR	PLYOMETRICS/POWER eg. box jumps/medicine balls/throwing
	13:00 - 14:00	SWIMMING POOL eg. active recovery/resisted runs/low impact drills	AEROBIC EXERCISE eg. outside run/treadmill/bike/rowing machine	TRACK eg. sprints/running conditioning/resisted runs/accelerations/blocks/running drills/raptor runs