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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednsday | Thursday | Friday | Saturday | Sunday |
| Stretching | biking | yoga | sprints | weight training | body model training | circuit training |
| hiking | boxing | conditioning | marathon | push- up | sparring | stretching |
| swimming | hip hop | sit up | relay | jumping jacks | yoga | weight lifting |

Monday-

①Stretching-

Flexibility

Frequency- everyday of week, 7 days a week

Intensity- to the point of mild discomfort

Time- each stretch 10- 30 seconds & 8-10 different stretches

Type- static stretching, partner assisted stretching, active stretching

②Hiking-

Cardiovascular Endurance

Frequency- 3 to 5 days per week

Intensity- 60% - 85% of MHR, 6-7 RPE

Time- distance in miles, time (hours/minutes) 30-60 minutes

Type- running, biking, swimming

③Swimming-

Cardiovascular Endurance

Frequency- 3 to 5 days per week

Intensity- 60% - 85% of MHR, 6-7 RPE

Time- distance in miles, time (hours/minutes) 30-60 minutes

Type- running, biking, swimming

Tuesday

biking-

Cardiovascular Endurance

Frequency- 3 to 5 days per week

Intensity- 60% - 85% of MHR, 6-7 RPE

Time- distance in miles, time (hours/minutes) 30-60 minutes

Type- running, biking, swimming

②boxing-

Muscular Strength

Frequency- 2 to 4 days per week

Intensity- 60%-90% of 1RM

Time- 1-3 sets & 6-10 reps & 8-12 different exercises

Type- weight training (heavy), body building exercises

③ Hip- Hop

Flexibility

Frequency- everyday of week, 7 days a week

Intensity- to the point of mild discomfort

Time- each stretch 10- 30 seconds & 8-10 different stretches

Type- static stretching, partner assisted stretching, active stretching

Wednsday

①yoga

Flexibility

Frequency- everyday of week, 7 days a week

Intensity- to the point of mild discomfort

Time- each stretch 10- 30 seconds & 8-10 different stretches

Type- static stretching, partner assisted stretching, active stretching

② Conditioning

Muscular Endurance

Frequency- 1 to 3 days per week

Intensity- 30% - 50% of 1RM

Time- 1-3 sets & 10-50 reps & 8-12 different exercises

Type- body weight exercises, conditioning, circuit training

③ Sit- Up

Muscular Strength

Frequency- 2 to 4 days per week

Intensity- 60%-90% of 1RM

Time- 1-3 sets & 6-10 reps & 8-12 different exercises

Type- weight training (heavy), body building exercise

Thursday

① Sprints

Cardiovascular Speed/Power

Frequency- 1 to 3 days per week

Intensity- 80%-100% of MHR, 7-9 RPE

Time- 20-60 minutes, sets and distance (4 sets of 20 yards or meters)

Type- sprints, circuits, intervals

② Marathon

Cardiovascular Endurance

Frequency- 3 to 5 days per week

Intensity- 60% - 85% of MHR, 6-7 RPE

Time- distance in miles, time (hours/minutes) 30-60 minutes

Type- running, biking, swimming

③ Relay

Cardiovascular Speed/Power

Frequency- 1 to 3 days per week

Intensity- 80%-100% of MHR, 7-9 RPE

Time- 20-60 minutes, sets and distance (4 sets of 20 yards or meters)

Type- sprints, circuits, intervals

Friday

① Weight Training

Muscular Strength

Frequency- 2 to 4 days per week

Intensity- 60%-90% of 1RM

Time- 1-3 sets & 6-10 reps & 8-12 different exercises

Type- weight training (heavy), body building exercises

② Push- up

Muscular Endurance

Frequency- 1 to 3 days per week

Intensity- 30% - 50% of 1RM

Time- 1-3 sets & 10-50 reps & 8-12 different exercises

Type- body weight exercises, conditioning, circuit training

③ Jumping Jacks

Flexibility

Frequency- everyday of week, 7 days a week

Intensity- to the point of mild discomfort

Time- each stretch 10- 30 seconds & 8-10 different stretches

Type- static stretching, partner assisted stretching, active stretching

Saturday

① body modeling raining

Muscular Endurance

Frequency- 1 to 3 days per week

Intensity- 30% - 50% of 1RM

Time- 1-3 sets & 10-50 reps & 8-12 different exercises

Type- body weight exercises, conditioning, circuit training

② Sparring

Cardiovascular Speed/Power

Frequency- 1 to 3 days per week

Intensity- 80%-100% of MHR, 7-9 RPE

Time- 20-60 minutes, sets and distance (4 sets of 20 yards or meters)

Type- sprints, circuits, intervals

③ Yoga

Flexibility

Frequency- everyday of week, 7 days a week

Intensity- to the point of mild discomfort

Time- each stretch 10- 30 seconds & 8-10 different stretches

Type- static stretching, partner assisted stretching, active stretching

Sunday

① Circuit Training

Muscular Endurance

Frequency- 1 to 3 days per week

Intensity- 30% - 50% of 1RM

Time- 1-3 sets & 10-50 reps & 8-12 different exercises

Type- body weight exercises, conditioning, circuit training

② Stretching

Flexibility

Frequency- everyday of week, 7 days a week

Intensity- to the point of mild discomfort

Time- each stretch 10- 30 seconds & 8-10 different stretches

Type- static stretching, partner assisted stretching, active stretching

③ Weight Lifting

Muscular Strength

Frequency- 2 to 4 days per week

Intensity- 60%-90% of 1RM

Time- 1-3 sets & 6-10 reps & 8-12 different exercises

Type- weight training (heavy), body building exercises