

Program / Workouts

NOVEMBER 2007

Active rest

- Any injuries seek treatment immediately
- Make sure you get your own personal flexibility program & core strength advice from a qualified physiotherapist (great physio around the corner on Stavebank Rd)
- Try X training: running, jogging or power-walking, cycling, yoga etc
- Test yourself with your friends to complete circuits **WITHOUT A BREAK!!**

	MON	TUE	WED	THU	FRI	SAT	SUN
29 - 4	Erg 20min >24 10x45sec on/15sec off continuously 10min easy	Circuit	Active recovery cardio 30-45min	Circuit	X train 30-45min	Club run, jog or power-walk 30min & Team erg 10000m per team, 2500m per indiv @ <24	off
5 - 11	As above	Circuit	Active recovery cardio 30-45min	Circuit	X train 30-45min	As above	off
12 - 18	As above	Circuit	Active recovery cardio 30-45min	Circuit	X train 30-45min	off	November Winds Run
19 - 25	As above	Circuit	Active recovery cardio 30-45min	Circuit	X train 30-45min attend Captain's Dinner	As above attend Annual General Meeting (10 am)	off
26 - 2	As above	Circuit	Active recovery cardio 30-45min	Circuit	X train 30-45min	As above	off

Circuit Repeat 3x {5 min rest between}

Complete the following circuit of 10 stations without rest between changing exercises

Exercise	Reps	Week	1	2	3	4	5
Dead Lift			15	15	20	20	25
Erg			equal time				
Prone Pull			15	15	20	20	25
Box Jump			15	15	20	20	25
Power Cleans			15	15	20	20	25
Press Ups			15	15	20	20	25
Squats			15	15	20	20	25
Running on Spot			equal time				
Seated Row			15	15	20	20	25
Squat Jumps			15	15	20	20	25