

MESOCYCLE 3 - ENDURANCE TRAINING PHASE				
FEBRUARY				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday	Multi-exercsie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics	Multi-exercsie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics	Weight Training at Altitude Full body excercises Sports Specific Plyometrics	Active rest week - Yoga Retreat
Tuesday	Cardio training: Long Interval Timed running sessions	Cardio training: Long Interval Timed running sessions	Sports specific cardio Nordic Skiing/roller skiing	
Wednesday	REST	Corrective Rehab Osteopathy/massage	REST	
Thursday	Lactate Threshold Training Weighted cardio using fucntional movements	Lactate Threshold Training Weighted cardio using fucntional movements	Lactate Threshold Training Weighted cardio using fucntional movements	
Friday	Cardio training 2.5 hr Indoor: using cross trainer and altitude equipment	Cardio training 2.5 hr Indoor: using cross trainer and altitude equipment	Cardio training 2.5 hr Indoor: using cross trainer and altitude equipment	
Saturday	Multi-exercsie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics	Multi-exercsie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics	Multi-exercsie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics Repetition Progression	
Sunday	Flexibility & Balance Training Yoga/Pilates	REST	Flexibility & Balance Training Yoga/Pilates	

Unsupervised hours