

MESOCYCLE 2 - POWER/SPEED TRAINING PHASE				
JANUARY				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday	Core weight training Upper Body Split Weight Progression	Core weight training Upper Body Split Weight Progression	Core weight training Upper Body Split Plyometric Superset additions	Multi-exercsie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics
Tuesday	Cardio training 1 hr Outdoor: running & boxing Indoor: rowing & boxing	Cardio training 1 hr Outdoor: running & boxing Indoor: rowing & boxing	Cardio training: Long Interval Timed running sessions	Cardio training: Long Interval Timed running sessions
Wednesday	Core weight training Lower Body Split	Core weight training Lower Body Split	Core weight training Lower Body Split Plyometric Superset additions	Core weight training Lower Body Split Plyometric Superset additions
Thursday	Flexibility & Balance Training Yoga/Pilates	REST	Flexibility & Balance Training Yoga/Pilates	REST
Friday	Cardio training 1 hr Outdoor: Weighted running Indoor: Weighted running	Cardio training 1 hr Outdoor: Weighted running Indoor: Weighted running	Cardio training Long Interval Outdoor: Weighted Hill running Indoor: Weighted incline treadmill running	Cardio training Long Interval Outdoor: Weighted Hill running Indoor: Weighted incline treadmill running
Saturday	Core weight training Full body excercises Weight Progression	Core weight training Full body excercises Weight Progression	Core weight training Full body excercises Plyometric Superset additions	Core weight training Full body excercises Plyometric Superset additions
Sunday	REST	Corrective Rehab Osteopathy/massage	REST	Corrective Rehab Osteopathy/massage

Unsupervised hours