

MESOCYCLE 4 - FUNCTIONAL ENDURANCE & ACCLIMITIZATION				
MARCH				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday	Weight Training at Altitude Full body excercises Sports Specific Plyometrics	Weight Training at Altitude Full body excercises	Weight Training at Altitude Full body excercises	REST
Tuesday	Cardio training: 2 hour Slow pace run Short sprint intervals	Cardio training: 2 hour Slow pace run Short sprint intervals	Cardio training: 2 hour Slow pace run Short sprint intervals	Cardio training: 2-4 hour Walk
Wednesday	REST	Corrective Rehab Osteopathy/massage	REST	Corrective Rehab Osteopathy/massage
Thursday	Sports specific cardio Nordic Skiing/roller skiing	Sports specific cardio Nordic Skiing/roller skiing	Sports specific cardio Nordic Skiing/roller skiing	Sports specific cardio Nordic Skiing/roller skiing
Friday	Caltitude cardio training 3 hr Indoor: using cross trainer and altitude equipment	Altitude Cardio training 4 hr Indoor: using cross trainer and altitude equipment	Altitude Cardio training 5 hr Indoor: using cross trainer and altitude equipment	REST
Saturday	Multi-excersie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics	Multi-excersie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics	Multi-excersie Circuit Training (PHA) Full body excercises Sports Specific Plyometrics Repetition Progression	Cardio training: 2-4 hour Walk
Sunday	Flexibility & Balance Training Yoga/Pilates	REST	Flexibility & Balance Training Yoga/Pilates	REST

Unsupervised hours