MONDAY - UPPER B	ODY		Preseason: Functional Strength	& Conditioning - Block 3
Week 9	Workout	NOTES:	FOOD:	Breakfast
STRENGTH CIRCUIT:	Weight Reps Sets/Rds 4 Rounds			
MOVEMENT CIRCUIT:	Rest:			Lunch / Snacks
	3 Rounds			Lunchy Shucks
CORE:	Rest: 6-20-10			Dinner
Week 10	Workout	NOTES:	FOOD:	Breakfast
STRENGTH CIRCUIT:	Weight Reps Sets/Rds 4 Rounds			
MOVEMENT CIRCUIT:	Rest:			Lunch / Snacks
	3 Rounds			
CORE:	Rest:			Dinner
	6-20-10			

MONDAY - UPPER B	SODY (cont)	Preseason	n: Functional Strength & (Conditioning - Block 3
Week 11	Workout	NOTES:	FOOD:	Breakfast
STRENGTH CIRCUIT:	Weight Reps Sets/Rds			
	4			
	Rounds			
MOVEMENT CIRCUIT:	Rest:			
				Lunch / Snacks
	3			
	Rounds			
CORE:	Rest:			Dinner
	6-20-10			
			_	
Week 12	Workout	NOTES:	FOOD:	Breakfast
STRENGTH CIRCUIT:	Weight Reps Sets/Rds			
	4 Rounds			
	Rounds			
MOVEMENT CIRCUIT:	Rest:			
				Lunch / Snacks
	3			
	Rounds			
CORE:	Rest:			Dinner
	6-20-10			

Conditioning - Block 3	Preseason: Functional Strength & Condition			TUESDAY - HIIT		
Breakfas	FOOD:		NOTES:	Workout	Week 9	
					In Block 3 Tuesdays are a HIIT R Instructions on the website and record your time or distance.	
Lunch / Snack					ecord your time or distance.	
Dinne						
Breakfas	FOOD:		NOTES:	Workout	Week 10	
					n Block 3 Tuesdays are a HIIT R nstructions on the website and ecord your time or distance.	
Lunch / Snack					ecord your time or distance.	
Dinne						

TUESDAY - HIIT (cont)			Preseason: Functional Strength &	Conditioning - Block 3
Week 11	Workout	NOTES:	FOOD:	Breakfast
	HIIT Run. Follow the workout e and use the Journal Notes to			
ecord your time or distant	ce.			Lunch / Snacks
				Dinner
Week 12	Workout	NOTES:	FOOD:	Breakfast
	HIIT Run. Follow the workout e and use the Journal Notes to			
ccord your time or distant				Lunch / Snacks
				Dinner

WEDNESDAY - ACTIVE RECOVERY			Preseason: Functional Stre	Preseason: Functional Strength & Conditioning - Block 3		
Week 9	Workout	NOTES:	FOOD:	Breakfast		
	Rounds					
CIRCUIT	Rest:	¬		Lunch / Snacks		
	3			Lancity Studio		
]		Dinner		
Finish the workout with a 5-10 Breathing session.	0 minute Parasympathetic					
Week 10	Workout	NOTES:	FOOD:	Breakfast		
CIRCUIT	Rounds Rest:					
		7	<u> </u>	Lunch / Snacks		
	3					
		-		Dinner		
Finish the workout with a 5-10 Breathing session.	0 minute Parasympathetic					

WEDNESDAY - ACTIVE	E RECOVERY (cont)		Preseason: Fur	nctional Strength &	Conditioning - Block 3
Week 11	Workout	NOTES:		FOOD:	Breakfast
CIRCUIT	Rounds Rest:				
	nest.				Lunch / Snacks
	3				
					Dinner
Finish the workout with a 5-10 min Breathing session.	nute Parasympathetic				
Week 12	Workout	NOTES:		FOOD:	Breakfast
CIRCUIT	Rounds Rest:				
					Lunch / Snacks
	3				
		'			Dinner
Finish the workout with a 5-10 min Breathing session.	nute Parasympathetic				

RENGTH CIRCUIT:	Workout	NOTES: FOOD:	Breakfast
	Weight Reps Sets/Rds		
	4		
	Rounds		
OVEMENT:	Rest:		
			Lunch / Snacks
NISHER CIRCUIT:	Rest:		
	1 Round		Dinner
/eek 10	Workout	NOTES: FOOD:	Breakfast
RENGTH CIRCUIT:	Weight Reps Sets/Rds		
	4		
	Rounds		
OVEMENT:	Rest:		
OVEMENT:	Rest:		Lunch / Snacks
OVEMENT:	Rest:		Lunch / Snacks
OVEMENT:	Rest:		Lunch / Snacks
			Lunch / Snacks
OVEMENT: NISHER CIRCUIT:	Rest:		Lunch / Snacks
			Lunch / Snacks
	Rest:		
	Rest:		
OVEMENT:	Rest:		Lu

THURSDAY - LEGS	(cont)		Preseason: Functional Strength &	Conditioning - Block 3
Week 11	Workout	NOTES:	FOOD:	Breakfast
STRENGTH CIRCUIT:	Weight Reps Sets/Rds			
	4			
	Rounds			
MOVEMENT:	Rest:			
				Lunch / Snacks
FINISHER CIRCUIT:	Rest:			
	1 Round			Dinner
Week 12	Workout	NOTES:	FOOD:	Breakfast
STRENGTH CIRCUIT:	Weight Reps Sets/Rds			
	4			
	Rounds			
MOVEMENT:	Rest:			
				Lunch / Snacks
FINISHER CIRCUIT:	Rest:			
	1 Round			Dinner

FRIDAY - FULL BODY				Preseason: Fun	ctional Strength & Conditioning	- Block 3
Week 9	W	orkout	NOTES:		FOOD:	Breakfast
30 seconds of work / 10 seconds rest. Perf seconds followed by 10 seconds of rest.	orm each ex	ercise for 30				
	Weight	Rounds				
CIRCUIT	Rest:	Г				
						unch / Snacks
		4				
CIRCUIT	Rest:					Dinner
	Reps	Rounds				
		1				
Week 10	W	orkout	NOTES:		FOOD:	Breakfast
30 seconds of work / 10 seconds rest. Perf seconds followed by 10 seconds of rest.	orm each ex	ercise for 30				
	Weight	Rounds				
CIRCUIT	Rest:	Г				
						unch / Snacks
		4				
CIRCUIT	Rest:					Dinner
	Reps	Rounds				
	+	1				

FRIDAY - FULL BODY (co	nt)			Preseason: Fur	nctional Strength &	Conditioning - Block 3
Week 11	W	orkout	NOTES:		FOOD:	Breakfast
30 seconds of work / 10 seconds rest. Perf seconds followed by 10 seconds of rest.	orm each ex	ercise for 30				
	Weight	Rounds				
CIRCUIT	Rest:					
						Lunch / Snacks
-		4				
CIRCUIT	Rest:	I				Dinner
	Reps	Rounds				
		1				
Week 12	W	orkout	NOTES:		FOOD:	Breakfast
30 seconds of work / 10 seconds rest. Perf seconds followed by 10 seconds of rest.	orm each ex	ercise for 30				
	Weight	Rounds				
CIRCUIT	Rest:	Г				
						Lunch / Snacks
		4				
CIRCUIT	Rest:					Dinner
	Reps	Rounds				
		1				
		_				

SATURDAY - ENDURANCE			Preseason: Fu	inctional Strengt	th & Conditioning - Block 3
Week 9	Workout	NOTES:		FOOD:	Breakfast
	ndurance Days. Follow the				
workout instructions on the Notes to record your time	he website and use the Journal				
riotes to record your time	. or distance.				Lunch / Snacks
					Dinner
					2 16 1
Week 10	Workout	NOTES:		FOOD:	Breakfast
	ndurance Days. Follow the				
Notes to record your time	he website and use the Journal e or distance.				
					Lunch / Snacks
					Dinner

SATURDAY - ENDURANCE (cont)			Preseason: Fur	nctional Strength	& Conditioning - Block 3
Week 11	Workout	NOTES:		FOOD:	Breakfast
In Block 3 Saturdays are End workout instructions on the	website and use the Journal				
Notes to record your time or	r distance.				Lunch / Snacks
					Dinner
Week 12	Workout	NOTES:		FOOD:	Breakfast
In Block 3 Saturdays are End workout instructions on the Notes to record your time or	website and use the Journal				
,					Lunch / Snacks
					Dinner