NBCR
Winter Training

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		2k Test + Track	30 Min Cardio - run/swim, ymca aerobics	Steady State - 40min, 24spm	Pyramid 4-3-2-1-2-3-4 (20-24-28-32-28-24-20), 1min rest	Yoga/flexibility
6	7	8	9	10	11	12
light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)	45min - 1hr low intensity, long run/ bike ride	3 X 2000m, 5 min rest	30 Min Cardio - run/swim, ymca aerobics	Stadiums 3x25	Steady State - 2x20min, 26spm, 7min rest	Yoga/flexibility
13	14	15	16	17	18	19
light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)	Valentine's Day 45min - 1hr low intensity, long run/ bike ride	2k Test + Track	30 Min Cardio - run/swim, ymca aerobics	30 min steady state	20 min light erg, stretching/yoga, CRASH-B race plan	Yoga/flexibility
20	21	22	23	24	25	26
CRASH-Bs	Presidents' Day 45min - 1hr low intensity, long run/ bike ride		30 Min Cardio - run/swim, ymca aerobics			Yoga/flexibility
27	28					
	45min - 1hr low intensity, long run/ bike ride					