NBCR
Winter Training

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						New Year's Day 1 Yoga/flexibility
2 light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)	3 45min - 1hr low intensity, long run/ bike ride	4 Pyramid 4-3-2-1-2-3-4min (24-26-28-32-28-26-24 SPM) 1min rest	5 30 Min Cardio - run/swim, ymca aerobics	6 2k Test + track	7 Steady State - 40min, 22spm	8 Yoga/flexibility
9 light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)	10 45min - 1hr low intensity, long run/ bike ride	11 3 X 2000m, 3min rest	12 30 Min Cardio - run/swim, ymca aerobics	13 Stadiums 3x25	14 Steady State - 40min, 24spm	15 Yoga/flexibility
16 light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)	Martin Luther King Jr. 17 45min - 1hr low intensity, long run/ bike ride	18 Intervals 6 X 500m, 2min rest	19 30 Min Cardio - run/swim, ymca aerobics	20 Body Circuit/Weights	21 Steady State - 40min, 24spm	22 Yoga/flexibility
23 light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)	24 45min - 1hr low intensity, long run/ bike ride	25 Stadiums 3x25	26 30 Min Cardio - run/swim, ymca aerobics	27 Steady State - 40min, 24spm	28 Intervals 2min on, 1min off X 10	29 Yoga/flexibility
30 light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)	31 45min - 1hr low intensity, long run/ bike ride					