

**Mens Senior training plan**

Week beginning:4oct	Session 1	Session 2
Mon	30min @ r20	Weights 3x12 reps
Tue	off	Circuits
Wed	2x2km @ r28	Weights 4x10 reps
Thurs	off	off
Fri	5km @ r24	Circuits
Sat	off	off
Sun	4x500m @ r30	Cross training

Week beginning:11oct	Session 1	Session 2
Mon	Weights 2x20 reps	2x6km @ r21
Tue	2x12min @ r26	Circuits
Wed	Weights 3x10 reps	Cross training
Thurs	off	20min @ r24
Fri	2x15min @ r18	Circuits
Sat	off	off
Sun	Agecroft Head	Agecroft Head

Week beginning:18oct	Session 1	Session 2
Mon	off	Weights 2x20 reps
Tue	12km @ r 20	Circuits
Wed	3x2km @ r28	Cross training
Thurs	off	Cross training
Fri	Weights 3x12 reps	Circuits
Sat	4x5min @ r24	off
Sun	off	off

Week beginning:25oct	Session 1	Session 2
Mon	5km test @ free rate	Weights 3x10 reps
Tue	32min @ r18	Circuits
Wed	Weights 4x8 reps	Cross training
Thurs	off	Cross training
Fri	3x6min @ r28	Circuits
Sat	off	off
Sun	10k @ r20	Weights 3x10 reps

Week beginning:8nov	Session 1	Session 2
Mon	2x6km @ r21	Weights 2x20 reps
Tue	2x3km @ r25	Circuits
Wed	Weights 3x10 reps	Cross training
Thurs	off	Cross training
Fri	30min @ r22	Circuits
Sat	off	off
Sun	5x1k @ r20,22,24,26, 28	Weights 4x8 reps

Week beginning:15nov	Session 1	Session 2
Mon	30min @ r22,20,18	Weights 3x10 reps
Tue	off	Circuits
Wed	3x5km @ r24	Cross training
Thurs	off	Cross training
Fri	2x4k @ r21	Circuits
Sat	off	off
Sun	York head	York head

Week beginning:22nov	Session 1	Session 2
Mon	off	Weights 2x20 reps
Tue	2x15min @ r18	Circuits
Wed	Weights 4x8 reps	Cross training
Thurs	off	Cross training
Fri	2x18min 1min on 30 off	Circuits
Sat	2x20min @ r24	off
Sun	Cross training	Weights 4x8 reps

Week beginning:29nov	Session 1	Session 2
Mon	2x8x250m /15s rest	Weights 3x10 reps
Tue	2x15min @ r18	Circuits
Wed	Weights 3x12 reps	Cross training
Thurs	off	Cross training
Fri	2x15min @ r18	Circuits
Sat	off	off
Sun	Newark head	Newark head

Week beginning:1nov	Session 1	Session 2
Mon	12km @ r 20	Cross training
Tue	Weights 3x12 reps	Circuits
Wed	5x1k @ r20,22,24,26, 28	Cross training
Thurs	off	Cross training
Fri	Weights 4x8 reps	Circuits
Sat	2x20min @ r22, 24	off
Sun	Weights 4x10 reps	off

**Compulsary Weights** **Cross Training**

Leg Press	Running	(Wednesday run at boathouse)
Seated Row	Cycling	(Rides throughout the week)
Back Extension	Swimming	
Lat Pulldown	Any gym cardio equipment other than ergo	
Calf Extension	Any other organised sport e.g. Football	

Week beginning:6dec	Session 1	Session 2
Mon	off	Weights 3x12 reps
Tue	12km @ r 20	Circuits
Wed	30min @ r24	Cross training
Thurs	off	Cross training
Fri	Weights 4x10 reps	Circuits
Sat	3x10min 30 on 30 off	off
Sun	weights 4x8 reps	off

Week beginning:13dec	Session 1	Session 2
Mon	5km test @ free rate	off
Tue	Weights 5x6 reps	Circuits
Wed	6x500m @ r30	Cross training
Thurs	off	Cross training
Fri	5x1k @ r20,22,24,26, 28	Circuits
Sat	off	off
Sun	off	off