

Month	Day	Date	Session 1	Session 2	Tick if attended
Oct	Mon	4	weights 4 sets of 10 reps	30' ergo @ 20. [Drag setting JM 130, JW 125]. Monitor distance, average power and average split for future reference.	
	Tue	5	OFF	Circuits – 6pm – 7pm –fitness first	
	Wed	6	40 minute run	<b>Weights 4 sets of 10 reps</b>	
	Thu	7	OFF	Body pump 6pm – 7pm – fitness first	
	Fri	8	OFF	circuits -6:30 – 7:30pm uni gym	
	Sat	9	<b>Weights 4 sets of 10 reps</b>	45mins cardio – machine of your choice	
	Sun	10	OFF	4 x 15 minute ergos rate 20, 22	
L	1				
	Mon	11	weights 4 sets of 10 reps	30' ergo @ 20. [Drag setting JM 130, JW 125]. Monitor distance, average power and average split for future reference.	
	Tue	12	OFF	Circuits – 6pm – 7pm –fitness first	
	Wed	13	30 minute run	<b>Weights 4 sets of 10 reps</b>	
	Thu	14	OFF	Body pump - 6pm – 7pm – fitness first	
	Fri	15	OFF	Circuits – 6:30 – 7:30pm –uni gym	
	Sat	16	AGECROFT	AGECROFT	
	Sun	17	OFF	40 mins cycle UT2	
L/M	2				
	Mon	18	weights 4 sets of 10 reps	30' ergo @ 20. [Drag setting JM 130, JW 125]. Monitor distance, average power and average split for future reference.	
	Tue	19	OFF	Circuits – 6pm – 7pm – fitness first	
	Wed	20	30 minute run	<b>Weights 4 sets of 10 reps</b>	
	Thu	21	40 minute run	Body pump - 6pm – 7pm – fitness first	
	Fri	22	50 minute run	Circuit-6:30pm – 7:30pm – uni gym	
	Sat	23	<b>weights 4 sets of 10 reps</b>	4 x 15 minute ergo – rate 20,22	
	Sun	24	Core stability exercises	Light jog	
H	3				
	Mon	25	weights 4 sets of 10 reps	30' ergo @ 20. [Drag setting JM 130, JW 125]. Monitor distance, average power and average split for future reference.	
	Tue	26	OFF	Circuits – 6pm – 7pm – fitness first	
	Wed	27	30 minute cycle	<b>Weights 4 sets of 10 reps</b>	
	Thu	28	40 minute cycle	OFF	
	Fri	29	50 minute cycle	Circuits – 6:30pm – 7:30pm – uni gym	
	Sat	30	<b>weights 4 sets of 10 reps</b>	30 min run cycle or ergo	
	Sun	31	OFF	OFF	

Blue - Replacement of the normal circuits based at fitness first – not compulsory due to lectures finishing at 6pm but please try to make the session if you can. If you cannot make this session then please complete 45 minutes of exercise on either the ergo, treadmill or bike.

Red – Compulsory training sessions, please make sure you attend as many of the red ones as possible.

Please make sure you are completing the weights sessions, they are a vital part of your training.