


Future Champion's Christmas Training Schedule

<p>Friday 22nd Dec</p> <p>Erg Session U2</p> <p>U15/16: 5min easy, 10mins @20, 5mins @22, 5mins@24, 5min easy warm down. 30min total</p> <p>U17/18: 5min easy, 10min @20, 10min @22, 10min @24, 5min easy warm down. 40min total</p>		<p>Saturday 23rd Dec</p> <p>Mystery Session!</p> <p>Subscribe to receive today's workout in your Inbox!</p>	<p>Sunday 24th Dec</p> <p>Christmas Eve Mixer!</p> <p>10 min erg @20</p> <p>10min CHOICE (run, bike, swim, core, home exercises- you choose!)</p> <p>10min erg @22</p> <p>Need more? add another 10min choice!</p>		<p>Monday 25th Dec</p> <p>Merry Christmas!</p> <p>Special Session</p> <p>Online Now!</p> <p>www.concept2.co.nz</p> <p>Facebook: @concept2newzealand</p>	<p>Tuesday 26th Dec</p> <p>Erg Session U2</p> <p>U15/16: 15min @18, 15min @20, 5 min easy tech focus. Total: 30min</p> <p>U17/18: 20min @18, 15min @20, 10min @22. Total: 45min</p>
<p>Wednesday 27th Dec</p> <p>Rest Day!</p> <p>Take a break, you've earned it!</p> <p>Took Christmas Day off and don't need a break? Our special X-mas workout is still available online!</p>	<p>Thursday 28th Dec</p> <p>Erg Pyramid</p> <p>U15/16: 5min easy tech 4min @20, 3min @22, 2min @24, 1min@26, 2min @24, 3min@22, 4min @20. 5min easy.</p> <p>U17/18: 5min easy tech 5min @22, 4min @24, 3min @26, 2min @28, 3min @26, 4min @24, 5min @22. 5 min easy</p>		<p>Friday 29th Dec</p> <p>Mystery Session!</p> <p>Subscribe to receive today's workout in your Inbox!</p>	<p>Saturday 30th Dec</p> <p>Short n Sharp!</p> <p>5min easy 5x 30sec @28, 30sec off</p> <p>5min easy 5x 30sec @30, 30sec off</p> <p>5min easy</p> <p>Total: 25mins</p>		<p>Sunday 31st Dec</p> <p>Mystery Session!</p> <p>Subscribe to receive today's workout in your Inbox!</p>
<p>Monday 1st Jan</p> <p>Welcome to 2018!</p> <p>Recovery Day + Goal Setting</p> <p>What do you want to achieve this year?</p> <p>Make 2018 YOUR Year!</p>		<p>Tuesday 2nd Jan</p> <p>Erg Session U2</p> <p>U15/16: 5min easy, 10mins @20, 5mins @22, 5mins@24, 5min easy warm down. 30min total</p> <p>U17/18: 5min easy, 10min @20, 10min @22, 10min @24, 5min easy warm down. 40min total</p>	<p>Wednesday 3rd Jan</p> <p>Mystery Session!</p> <p>Subscribe to receive today's workout in your Inbox!</p>		<p>Thursday 4th Jan</p> <p>Erg Session U2</p> <p>U15/16: 15min @18, 15min @20, 5 min easy tech focus. Total: 30min</p> <p>U17/18: 20min @18, 15min @20, 10min @22. Total: 45min</p>	<p>Friday 5th Jan</p> <p>Mystery Session!</p> <p>Subscribe to receive today's workout in your Inbox!</p>

