## Future Champion's Christmas Training Schedule

Friday 22nd Dan		C-td22rdD	Considered 4th Deep		Man day 25th Day	Tdev.Deth.Dee
Friday 22 <sup>nd</sup> Dec	2 1	Saturday 23 <sup>rd</sup> Dec	Sunday 24 <sup>th</sup> Dec		Monday 25 <sup>th</sup> Dec	Tuesday 26 <sup>th</sup> Dec
Erg Session U2			Christmas Eve Mixerl			Erg Session U2
U15/16:		Mystery	10 min erg @20		Merry Christmas!	U15/16:
5min easy, 10mins @20, 5mins @22, 5mins@24, 5min easy warm down.		Session!	10min CHOICE (run, bike, swim, core,	1	Special Session	15min @18, 15min @20, 5 min easy tech focus. Total: 30min
30min total U17/18:	Will Comm	Subscribe to receive today's workout in your	home exercises- you choosel)		Online Now!	U17/18:
5min easy, 10min @20, 10min @22, 10min @24,		InboxI	10min erg @22	Torre Torres	www.concept2.co.nz  Facebook:	20min @18, 15min @20, 10min @22.
5min easy warm down. 40min total			Need more? add another 10min choicel		@concept2newzealand	#20, 1011111 #22. Total: 45min
Wednesday 27 <sup>th</sup> Dec	Thursday 28 <sup>th</sup> Dec	NAME OF TAXABLE PARTY.	Friday 29 <sup>th</sup> Dec	Saturday 30 <sup>th</sup> Dec	THE RESERVED	Sunday 31st Dec
Rest Day!	Erg Pyramid U15/16:			Short n Sharpl	A 0 4 6 0 5 6 6	
Tales a basale	5min easy tech		Mystery	5min easy 5x		Mystery
Take a break, you've earned it!	4min @20, 3min @22, 2min @24, 1min@26,		Session!	30sec @28, 30sec off	SUMMARIE	Session!
, sa re came an	2min @24, 3min@22, 4min @20. 5min easy.		Subscribe to	5min easy 5x		Subscribe to
Took Christmas Day off and don't need a	U17/18: 5min easy tech	Je Mary	receive today's workout in your	30sec @30, 30sec off		receive today's workout in your
break? Our special X-mas workout is still	5min @22, 4min @24, 3min @26, 2min @28,		InboxI	5min easy		InboxI
available online!	3min @26, 4min @24, 5min @22. 5 min easy			Total: 25mins		
Monday 1 <sup>st</sup> Jan		Tuesday 2 <sup>nd</sup> Jan	Wednesday 3 <sup>rd</sup> Jan		Thursday 4 <sup>th</sup> Jan	Friday 5 <sup>th</sup> Jan
Welcome to 2018!		Erg Session U2			Erg Session U2	
Recovery Day +		U15/16: 5min easy, 10mins @20,	Mystery		U15/16:	Mystery
Goal Setting	THE STATE OF THE S	5mins @22, 5mins@24, 5min easy warm down.	Session!		15min @18, 15min @20, 5 min easy tech	Session!
What do you want		30min total	Subscribe to		focus. Total: 30min	Subscribe to
to achieve this year?	2x1	U17/18:	receive today's		U17/18:	receive today's
Make 2018 YOUR	Za	5min easy, 10min @20, 10min @22, 10min @24, 5min easy warm down.	workout in your Inboxl		20min @18, 15min @20, 10min @22.	workout in your Inboxl
Yearl		40min total			Total: 45min	

