

Daily Workouts

Week 5

60day

	SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH		Total Body Resistance Training 50 min		Total Body Resistance Training 50 min		Endurance Workout 50 min	
CARDIO	Low Intensity Cardio 55 min				High Intensity Cardio 30 min		
RECOVERY			Active Recovery 15 min				Active Recovery 15 min

WORKOUTS

SUNDAY – Low Intensity Cardio

ZONE	TIME	TOTAL DISTANCE
1	25:00	
2	20:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Squat	3	12	
Lunge with Overhead Plate	3	12 (each side)	
Barbell Deadlift	3	12	
Close Grip Dumbbell Bench Press	3	12	
Dumbbell Bench Fly	3	12	
Reverse Fly	3	30 sec	

WORKOUTS

TUESDAY – Circuit Training (In-Club Event) & Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Squat with Extended Plate	3	12	
Bodyweight Lunge	3	12 (each side)	
Glute Bridge	3	12	
French Press	3	12	
Dumbbell Reverse Fly	3	12	
Oblique Side Bend	3	30 sec (each side)	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:30	6	
4	1:30		

FRIDAY – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Kettlebell Squat	3	15	
	Overhead Triceps Extension		15	
	Diamond Push Up		15	
B	Reverse Lunge + Dumbbells	3	18 (each side)	
	Hammer Raise		15	
	Plate Steering Wheel		15 (each side)	

SATURDAY – Circuit Training (In-Club) & Active Recovery