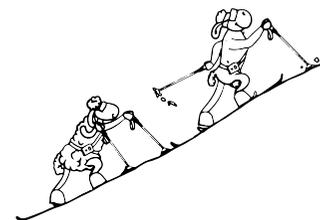


# ORTOVOX NAKED SHEEP | TRAINING PLAN

## WEEK 7

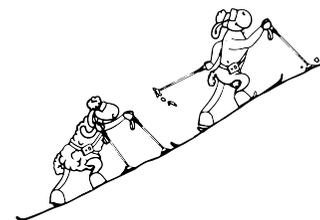


|                      |                  | MON  | TUES  | WEDS  | THURS   | FRI  | SAT  | SUN   |
|----------------------|------------------|--|---|---|---|--|--|---|
| <b>TRAINING TYPE</b> |                  | RECOVERY   | RECOVERY  | RECOVERY  | RECOVERY  | RECOVERY   | ENDURANCE  | ENDURANCE   |
| <b>AM</b>            | <b>CATEGORY</b>  | RECOVERY DAY   | REST MORNING  | REST MORNING  | REST MORNING  | RECOVERY DAY                                       | „INTENSE MOUNTAIN TOUR“  | „WALK“  |
|                      | <b>CONTENT</b>   | Almost passive.<br>Monday is your REST DAY!<br>Most people have stress at work and little time for training. | Make sure you drink sufficient fluids and eat well.   | Make sure you drink sufficient fluids and eat well.   | Make sure you drink sufficient fluids and eat well.   | Almost passive.                                    | Go on a mountain tour and test your abilities.<br><br>Try to keep the tempo high during steeper sections and take it easier during flatter sections or when going downhill.<br><br>Changing speeds is key! | Go on a 30 – 45 min. walk in the woods.<br><br>Don't think about your training while walking. Try to relax and recover.<br><br>This is active recovery!   |
| <b>INFORMATION</b>   | Intensity        | -  | -   | -   | -   | -  | ● ● ● ● ○  | ● ○ ○ ○ ○   |
|                      | Duration (mins.) | -  | -   | -   | -   | -  | > 120  | 30 - 45   |
|                      | Training area    | Rest   | Rest  | Rest  | Rest  | Rest   | Intensification  | Recovery  |
| <b>TRAINING TYPE</b> |                  | RECOVERY   | STRENGTH  | FLEXIBILITY   | ENDURANCE   | MASSAGE  | RECOVERY   | FLEXIBILITY   |
| <b>PM</b>            | <b>CATEGORY</b>  | REST AFTERNOON   | „FEEL THE POWER“  | „STAY FLEXIBLE“   | „16 MINUTE INTERVAL“  | „HAVE A MASSAGE“                                   | REST AFTERNOON   | „OPEN DOORS“  |
|                      | <b>CONTENT</b>   | Make sure you drink sufficient fluids and eat well.  | <b>TRAINING SESSION 6</b><br>Focus on carrying out the movements accurately and correctly.<br><br>It's going to get more dynamic and the one-legged exercises will challenge you. | <b>TRAINING SESSION 5</b><br>This session complements the "Open doors" training session. The focus is on hip flexibility.<br><br>You are welcome to swap or combine exercises from both sessions. | 10 mins gentle jog and/or general warmup.<br><br>Then alternate:<br>• 4 minutes quick walk uphill with sticks<br>• 3 minutes slow walk downhill or rest<br><br>Repeat this set for 4 ROUNDS and keep your speed constant. | Ideally you can/should have a massage on this day. | Make sure you drink sufficient fluids and eat well.  | <b>TRAINING SESSION 1</b><br>You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.<br><br>Work constantly on your flexibility and important structures. |
| <b>INFORMATION</b>   | Intensity        | -  | ● ● ● ● ●   | ● ○ ○ ○ ○   | ● ● ● ● ○   | ● ○ ○ ○ ○  | -  | ● ○ ○ ○ ○   |
|                      | Duration (mins.) | -  | 60  | max. 30   | 35  | 30   | -  | max. 30   |
|                      | Training area    | Rest   | General strengthening   | Flexibility   | Intense interval  | Passive recovery                                   | Rest   | Flexibility   |

■ Strength   
 ■ Endurance   
 ■ Flexibility   
 ■ Massage   
 ■ Recovery

# ORTOVOX NAKED SHEEP | TRAINING PLAN

## WEEK 8



|                      |                    | MON  | TUES  | WEDS  | THURS   | FRI  | SAT   | SUN   |
|----------------------|--------------------|--|---|---|---|--|---|---|
| <b>TRAINING TYPE</b> |                    | RECOVERY   | RECOVERY  | RECOVERY  | RECOVERY  | RECOVERY   | ENDURANCE   | ENDURANCE   |
| <b>AM</b>            | <b>CATEGORY</b>    | RECOVERY DAY   | REST MORNING  | REST MORNING  | REST MORNING  | REST MORNING   | „16 MINUTE INTERVAL“  | „INTENSE MOUNTAIN TOUR“   |
|                      | <b>CONTENT</b>     | Almost passive.<br>Monday is your REST DAY!<br>Most people have stress at work and little time for training. | Make sure you drink sufficient fluids and eat well.   | Make sure you drink sufficient fluids and eat well.   | Make sure you drink sufficient fluids and eat well.   | Make sure you drink sufficient fluids and eat well.        | 10 mins gentle jog and/or general warmup.<br><br>Then alternate:<br>• 4 minutes quick walk uphill with sticks<br>• 3 minutes slow walk downhill or rest<br><br>Repeat this set for 4 ROUNDS and keep your speed constant. | Go on a mountain tour and test your abilities.<br><br>Try to keep the tempo high during steeper sections and take it easier during flatter sections or when going downhill.<br><br>Changing speeds is key!                            |
|                      | <b>INFORMATION</b> | Intensity: -<br>Duration (mins.): -<br>Training area: Rest   | Intensity: -<br>Duration (mins.): -<br>Training area: Rest  | Intensity: -<br>Duration (mins.): -<br>Training area: Rest  | Intensity: -<br>Duration (mins.): -<br>Training area: Rest  | Intensity: -<br>Duration (mins.): -<br>Training area: Rest | Intensity: ●●●●○<br>Duration (mins.): 35<br>Training area: Intense interval   | Intensity: ●●●●○<br>Duration (mins.): > 120<br>Training area: Intensification   |
| <b>TRAINING TYPE</b> |                    | RECOVERY   | ENDURANCE   | FLEXIBILITY   | STRENGTH  | RECOVERY   | RECOVERY  | FLEXIBILITY   |
| <b>PM</b>            | <b>CATEGORY</b>    | REST AFTERNOON   | „30 SECOND INTERVAL“  | „STAY FLEXIBLE“   | „FEEL THE POWER“  | REST AFTERNOON   | REST AFTERNOON  | „OPEN DOORS“  |
|                      | <b>CONTENT</b>     | Make sure you drink sufficient fluids and eat well.  | 10 mins gentle jog and/or general warmup.<br><br>Then alternate:<br>• 30 seconds two-legged JUMPS onto a platform<br>• 30 seconds rest<br><br>5 TIMES in a row then 5 minutes rest and repeat this set 3 times. | <b>TRAINING SESSION 5</b><br>This session complements the "Open doors" training session. The focus is on hip flexibility.<br><br>You are welcome to swap or combine exercises from both sessions. | <b>TRAINING SESSION 6</b><br>Focus on carrying out the movements accurately and correctly.<br><br>It's going to get more dynamic and the one-legged exercises will challenge you. | Make sure you drink sufficient fluids and eat well.        | Make sure you drink sufficient fluids and eat well.   | <b>TRAINING SESSION 1</b><br>You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.<br><br>Work constantly on your flexibility and important structures. |
|                      | <b>INFORMATION</b> | Intensity: -<br>Duration (mins.): -<br>Training area: Rest   | Intensity: ●●●●●<br>Duration (mins.): 25<br>Training area: Intense strength endurance interval  | Intensity: ●○○○○<br>Duration (mins.): max. 30<br>Training area: Flexibility   | Intensity: ●●●●●<br>Duration (mins.): 60<br>Training area: General strengthening  | Intensity: -<br>Duration (mins.): -<br>Training area: Rest | Intensity: -<br>Duration (mins.): -<br>Training area: Rest  | Intensity: ●○○○○<br>Duration (mins.): 30<br>Training area: Flexibility  |

■ Strength   
 ■ Endurance   
 ■ Flexibility   
 ■ Massage   
 ■ Recovery