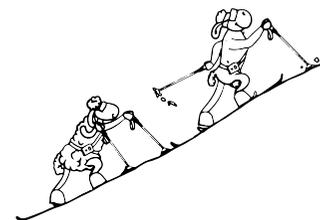


ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 9

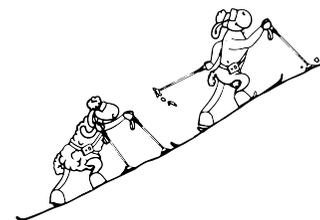


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
TRAINING TYPE		RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	ENDURANCE
AM	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	REST MORNING	„16 MINUTE INTERVAL“	„INTENSE MOUNTAIN TOUR“
	CONTENT	Almost passive. Monday is your REST DAY! Most people have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

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 10



		MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM	TRAINING TYPE	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	TEST
	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	„WALK“	„FINAL TEST“
	CONTENT	<p>Almost passive.</p> <p>Monday is your REST DAY!</p> <p>Most people have stress at work and little time for training.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Almost passive.</p>	<p>Go on a 30 – 45 min. walk in the woods.</p> <p>Don't think about your training while walking. Try to relax and recover.</p> <p>This is active recovery!</p>	<p>As at the start of our 10-week training blog, you should record a few details today.</p> <p>Compare the results with the details from your initial test.</p>
	INFORMATION	<p>Intensity -</p> <p>Duration (mins.) -</p> <p>Training area Rest</p>	<p>Intensity -</p> <p>Duration (mins.) -</p> <p>Training area Rest</p>	<p>Intensity -</p> <p>Duration (mins.) -</p> <p>Training area Rest</p>	<p>Intensity -</p> <p>Duration (mins.) -</p> <p>Training area Rest</p>	<p>Intensity -</p> <p>Duration (mins.) -</p> <p>Training area Rest</p>	<p>Intensity ● ○ ○ ○ ○</p> <p>Duration (mins.) 30 - 45</p> <p>Training area Recovery</p>	<p>Intensity ● ● ○ ○ ○</p> <p>Duration (mins.) 30</p> <p>Training area Final test</p>
PM	TRAINING TYPE	RECOVERY	FLEXIBILITY	FLEXIBILITY	ENDURANCE	MASSAGE	FLEXIBILITY	RECOVERY
	CATEGORY	REST AFTERNOON	„OPEN DOORS“	„STAY FLEXIBLE“	„GENTLE SESSION“	„HAVE A MASSAGE“	„STAY FLEXIBLE“	REST AFTERNOON
	CONTENT	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>TRAINING SESSION 1</p> <p>You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.</p> <p>Work constantly on your flexibility and important structures.</p>	<p>TRAINING SESSION 5</p> <p>This session complements the „Open doors“ training session. The focus is on hip flexibility.</p> <p>You are welcome to swap or combine exercises from both sessions.</p>	<p>10 mins gentle jog / walk.</p> <p>Then 30 mins. alternating tempo: Adapt your tempo to the terrain and change your speed arrhythmically.</p> <p>Five-minute walk to relieve tension.</p>	<p>Ideally you can/should have a massage on this day.</p>	<p>TRAINING SESSION 5</p> <p>This session complements the „Open doors“ training session. The focus is on hip flexibility.</p> <p>You are welcome to swap or combine exercises from both sessions.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>
	INFORMATION	<p>Intensity -</p> <p>Duration (mins.) -</p> <p>Training area Rest</p>	<p>Intensity ● ○ ○ ○ ○</p> <p>Duration (mins.) 30</p> <p>Training area Flexibility</p>	<p>Intensity ● ○ ○ ○ ○</p> <p>Duration (mins.) max. 30</p> <p>Training area Flexibility</p>	<p>Intensity ● ● ○ ○ ○</p> <p>Duration (mins.) 45</p> <p>Training area Fartlek training</p>	<p>Intensity ● ○ ○ ○ ○</p> <p>Duration (mins.) 30</p> <p>Training area Passive recovery</p>	<p>Intensity ● ○ ○ ○ ○</p> <p>Duration (mins.) max. 30</p> <p>Training area Flexibility</p>	<p>Intensity -</p> <p>Duration (mins.) -</p> <p>Training area Rest</p>

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery