

Your Training Program

Fitness



	Preparation			Building				Peaking				Rest
Week	1	2	3	4	5	6	7	8	9	10	11	12
Work load												
Desc	Prepare the body for more vigorous exercise in the Building phase			Prepare the body for more vigorous exercise in the Peaking phase				Maximise the training potential and fitness gains				Recovery
Number of sessions per week												
Circuit	2	2	2	3	2	2	3	4	3	4	3	1
Cardio sessions	1	2	1	2	3	2	2	2	3	2	3	2
Rest days	4	3	4	2	2	3	2	1	1	1	1	4



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Your Training Program

Phase 1



Day	Week 1	Week 2	Week 3
Mon	Circuit A	Circuit B	Circuit A
Tues	Rest	Rest	Rest
Wed	Swim Bike or Row A	Swim Bike or Row A	Swim Bike or Row A
Thur	Rest	Rest	Rest
Fri	Circuit B	Circuit A	Circuit B
Sat	Rest	Rest	Rest
Sun	Rest	Swim Bike or Row A	Rest

	Preparation		
Week	1	2	3
Work load			
Desc	Prepare the body for more vigorous exercise in the Building phase		
Circuit	2	2	2
Cardio sessions	1	2	1
Rest days	4	3	4



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Your Training Program

Phase 2



Day	Week 4	Week 5	Week 6	Week 7
Mon	Circuit C	Swim Bike or Row B	Rest	Circuit C
Tues	Swim Bike or Row B	Rest	Circuit E	Swim Bike or Run C
Wed	Rest	Circuit C	Swim Bike or Run C	Rest
Thur	Circuit D	Swim Bike or Row C	Rest	Circuit D
Fri	Swim Bike or Row C	Rest	Circuit C	Swim Bike or Row B
Sat	Rest	Circuit D	Swim Bike or Row B	Rest
Sun	Circuit E	Swim Bike or Row B	Rest	Circuit E

	Building			
Week	4	5	6	7
Work load				
Desc				
	Prepare the body for more vigorous exercise in the Peaking phase			
Circuit	3	2	2	3
Cardio sessions	2	3	2	2
Rest days	2	2	3	2



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Your Training Program

Phase 3



Day	Week 8	Week 9	Week 10	Week 11
Mon	Circuit F	Swim Bike or Row D	Circuit G	Swim Bike or Row D
Tues	Swim Bike or Row D	Circuit H	Swim Bike or Row D	Circuit F
Wed	Circuit A	Swim Bike or Row E	Circuit H	Swim Bike or Row E
Thur	Swim Bike or Row E	Circuit B	Swim Bike or Row E	Circuit G
Fri	Circuit G	Swim Bike or Row D	Circuit A	Swim Bike or Row D
Sat	Rest	Rest	Rest	Rest
Sun	Circuit E	Circuit F	Circuit E	Circuit H

Peaking			
8	9	10	11
Maximise the training potential and fitness gains			
4	3	4	3
2	3	2	3
1	1	1	1



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Your Training Program

Phase 4



Day	Week 12
Mon	Swim / bike at moderate pace for 1 hour, or row moderate pace for 20 mins
Tues	Rest
Wed	Select circuit
Thur	Rest
Fri	Swim / bike at moderate pace for 1 hour, or row moderate pace for 20 mins
Sat	Rest
Sun	Rest

	Rest
Week	12
Work load	
Desc	Recovery
Circuit	1
Cardio sessions	2
Rest days	4



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