

Off Season Summer 2018		Start Date:	Dec 16 2018		Weeks 1 - 4	Base Fitness Phase	
					Weeks 5 - 7	Strength Phase	
					Weeks 8 - 9	Power Phase	
					Weeks 10 - 12	Power Endurance	
					Weeks 13 - 15	Performance Phase	
					Weeks 16 - 17	Rest Phase	
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rest Phase of Previous Season						
1	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec
Base Endurance	BE 1 Regeneration:Varied ARC Endurance: 1 on 1 off Endurance 50-50		BE 2 ARC 2x20 Mins Continuity 5x3 Tension		BE 3 Continuity 5x3 Endurance 50-50 Compression		
2	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
Base Endurance	BE 4 Tension Compression Weighted Pull-Ups		BE 5 ARC 2x20 Mins Endurance 50-50 Compression		BE 6 Regeneration:Varied ARC Compression Tension	REST	
3	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
Base Endurance	BE 1 Regeneration:Varied ARC Endurance: 1 on 1 off Endurance 50-50		BE 2 ARC 2x20 Mins Continuity 5x3 Tension		BE 3 Continuity 5x3 Endurance 50-50 Compression		Rest or Fun Bouldering
4	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Base Endurance	BE 4 Tension Compression Weighted Pull-Ups		BE 5 ARC 2x20 Mins Endurance 50-50 Compression		BE 6 Regeneration:Varied ARC Compression Tension		Rest or Fun Bouldering
5	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
Strength	BE 7 Fun Bouldering On-the-minute pullups Tension		BE 1 Regeneration:Varied ARC Endurance: 1 on 1 off Endurance 50-50		BE 8 Fun Bouldering Drop Intervals Compression		Rest or Fun Bouldering
6	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Strength	BE 9 ARC 2x20 Mins Drop Intervals Tension		BE 2 ARC 2x20 Mins Continuity 5x3 Tension		BE 10 ARC 2x20 Mins On-the-minute pullups Compression		Rest or Fun Bouldering
7	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
Strength	BE 3 Continuity 5x3 Endurance 50-50 Compression		BE 4 Tension Compression Weighted Pull-Ups	Rest	BE 5 ARC 2x20 Mins Endurance 50-50 Compression	Rest	Rest or Fun Bouldering