

Season One 2019		Start Date:	Jan 6 2019	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	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	Base Endurance	BE 1 Regeneration:Varied ARC Endurance: 1 on 1 off Endurance 50-50		BE 2 ARC 2x20 Mins Continuity 5x3 Tension	Sport Wellington Training	BE 3 Continuity 5x3 Endurance 50-50 Compression	Sport Wellington Training	
2	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	Base Endurance	BE 4 Tension Compression Weighted Pull-Ups		BE 5 ARC 2x20 Mins Endurance 50-50 Compression	Core Training	BE 6 Regeneration:Varied ARC Compression Tension	REST	
3	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-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	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	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	Sport Wellington Training	Rest or Fun Bouldering
5	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	Strength	Strength 1 Regeneration:Varied ARC Max Hangs Small Holds		Strength 2 Endurance: 1 on -1 off Max Hangs + Small holds Varied Grips	Sport Wellington Training	Strength 3 Regeneration:Varied ARC Pyramids Max Hangs	Sport Wellington Training	Rest or Fun Bouldering
6	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	Strength	Strength 4 Endurance: 50-50 Strength Intervals Small Holds		Strength 5 Endurance: 1 on -1 off Style Triad Max Hangs	Sport Wellington Training	Strength 6 Continuity 5x3 Pyramids Compression	Sport Wellington Training	Rest or Fun Bouldering
7	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	Strength	Strength 1 Regeneration:Varied ARC Max Hangs Small Holds	Roller Work	Strength 2 Endurance: 1 on -1 off Max Hangs + Small holds Varied Grips	Rest	Strength 3 Regeneration:Varied ARC Pyramids Max Hangs	Rest	Rest or Fun Bouldering
8	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	Power	Power 1 ARC 20 mins Boulder Campus Weighted Pull-Ups		Power 2 Continuity 5x3 Boulder Campus On The Minute Pull Ups	Sport Wellington Training	Power 3 ARC 20 mins Boulder Campus Compression		Rest or Fun Bouldering
9	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	Power	Power 1 ARC 20 mins Boulder Campus Weighted Pull-Ups		Power 2 Continuity 5x3 Boulder Campus On The Minute Pull Ups		Power 3 ARC 20 mins Boulder Campus Compression		Rest or Fun Bouldering
10	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	Power Endurance	PE 1 Continuity 5x3 Boulder Intervals 7:3's @ 50%	Rest	PE 2 ARC 20 Mins Capacity Power	Sport Wellington Training	PE 3 ARC 20 Mins Boulder Intervals Broken Quarters	Sport Wellington Training	Rest or Fun Bouldering
11	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	Power Endurance	PE 1 Continuity 5x3 Boulder Intervals 7:3's @ 50%	REST	PE 2 ARC 20 Mins Capacity Power		PE 3 ARC 20 Mins Boulder Intervals Broken Quarters	Sport Wellington Training	Rest or Fun Bouldering
12	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	Performance	Performance 1 Continuity 5x3 Pyramids Projecting		Performance 2 ARC 20 Mins Projecting Compression	Sport Wellington Training	Performance 3 Endurance: 1 on 1 off Strength Intervals Projecting	Sport Wellington Training	Projecting
13	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	Performance	Performance 4 ARC 20 Mins Projecting Tension	Core/Prehab	Performance 5 ARC 20 Mins Projecting Compression		Performance 6 ARC 20 Mins Projecting Tension	Sport Wellington Training	Projecting
14	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	Performance	Performance 1 Continuity 5x3 Pyramids Projecting	Roller Work	Performance 2 ARC 20 Mins Projecting Compression	Rest	Performance 3 Endurance: 1 on 1 off Strength Intervals Projecting	Rest	Nationals Bouldering