

IGO Training Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Comment
Week 1	Foam roller and rowing machine intervals (15 second sprints) for 30-35 min @ 60% avg MHR Option to swap rowing for skipping	Rest day	Circuit training two sets of 20 reps: Standing squat, press up, step up, standing row with resistance band, side step, overhead press, mountain climb, side plank 30 seconds	Rest day	Foam roller and cycling intervals (15 second sprints) for 30-35 min @ 60% avg MHR	Circuit training two sets of 20 reps: Standing squat, press up, step up, standing row with resistance band, side step, overhead press, mountain climb, side plank 30 seconds	Steady run 30-40 min @ 60% avg MHR & stretch	
Week 2	Foam roller and rowing machine intervals (15 second sprints) for 30-35 min @ 60% avg MHR Option to swap rowing for skipping	Rest day	Circuit training two sets of 20 reps: Standing squat, press up, step up, standing row with resistance band, side step, overhead press, mountain climb, side plank 30 seconds	Rest day	Foam roller and cycling intervals (15 second sprints) for 30-35 min @ 60% avg MHR	Circuit training two sets of 20 reps: Standing squat, press up, step up, standing row with resistance band, side step, overhead press, mountain climb, side plank 30 seconds	Steady run 30-40 min @ 60% avg MHR, stretch	
Week 3	Foam roller and rowing machine intervals (15 second sprints) for 45 min @ 65% avg MHR Option to swap rowing for skipping	Rest day	Circuit training two sets of 25 reps: Standing squat, press up, step up, standing row with resistance band, side step, overhead press, mountain climb, side plank 35 seconds	Rest day	Foam roller and cycling intervals (15 second sprints) for 45min @ 65% avg MHR	Circuit training two sets of 25 reps: Standing squat, press up, step up, standing row with resistance band, side step, overhead press, mountain climb, side plank 35 seconds	Steady run 50 min @ 65% avg MHR, stretch	(1) Continue building strength, balance, and a strong base (2) Increase the intensity of aerobic activity (3) Maintain good posture on each exercise for strength training
Week 4	Foam roller and rowing machine intervals (15 second sprints) for 45 min @ 65% avg MHR Option to swap rowing for skipping	Rest day	Circuit training three sets of 25 reps: Standing squat, press up, step up, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds	Rest day	Foam roller and cycling intervals (15 second sprints) for 45min @ 65% avg MHR	Circuit training two sets of 25 reps: Standing squat, press up, step up, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds	Run 50 min @ 65% avg MHR, stretch	

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Week 5	Foam roller and rowing machine intervals (15 second sprints) for 30 min @ 70% avg MHR Option to swap rowing for skipping	Rest day	Circuit training three sets of 30 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds	Rest day	Foam roller and cycling intervals (15 second sprints) for 30min @ 70% avg MHR	Circuit training three sets of 30 reps: Standing squat, press up, step up, pull ups, standing row with resistance band, side step, overhead press, mountain climb, side plank	Run 50 min @ 70% avg MHR, stretch	(1) Emphasis on interval training endurance (2) Increase the % MHR and duration of aerobic activity
Week 6	Foam roller and rowing machine intervals (15 second sprints) for 30 min @ 70% avg MHR Option to swap rowing for skipping	Rest day	Circuit training three sets of 35 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds	Rest day	Foam roller and cycling intervals (15 second sprints) 30min @ 70% avg MHR	Circuit training two sets of 35 reps: Standing squat, press up's, step up, pull up 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds	Run 50 min @ 70% avg MHR, stretch	
Week 7	Foam roller and rowing machine intervals (15 second sprints) for 30 min @ 70% avg MHR Option to swap rowing for skipping	Rest day	Circuit training two sets of 35 reps: Standing squat, press up, step up, pull-ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds, burpees	Rest day	Foam roller and cycling intervals (15 second sprints) for 30 min @ 70% avg MHR	Circuit training two sets of 35 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds, burpees	Run 50 min @ 70% avg MHR, stretch	
Week 8	Foam roller and rowing machine intervals (15 second sprints) for 30 min @ 75% avg MHR Option to swap rowing for skipping	Rest day	Circuit training two sets of 40 reps: Standing squat, press up, step up, pull up 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds, burpees	Rest day	Foam roller and cycling intervals (15 second sprints) 30min @ 75% avg MHR	Circuit training two sets of 40 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds, burpees	Run 50 min @ 70% avg MHR, stretch	

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Week 9	<p>Foam roller and rowing machine intervals (15 second sprints) for 30 min @ 75% avg MHR</p> <p>Option to swap rowing for skipping</p>	Rest day	<p>Circuit training two sets of 40 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds, burpees</p>	Rest day	<p>Foam roller and cycling intervals (15 second sprints) for 30min @ 75% avg MHR</p>	<p>Circuit training two sets of 40 reps: Standing squat, press up, step up, pull-ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds, burpees</p>	Run 50 min @ 75% avg MHR, stretch	
Week 10	<p>Foam roller and rowing machine intervals (15 second sprints) for 45 min @ 65% avg MHR</p> <p>Option to swap rowing for skipping</p>	Rest day	<p>Circuit training two sets of 35 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds, burpees</p>	Rest day	<p>Foam roller and cycling intervals (15 second sprints) for 45min @ 65% avg MHR</p>	<p>Circuit training two sets of 35 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 40 seconds, burpees</p>	Run one hour @ 70% avg MHR, stretch	
Week 11	<p>Foam roller and rowing machine intervals (15 second sprints) for 45 min @ 65% avg MHR</p> <p>Option to swap rowing for skipping</p>	Rest day	<p>Circuit training two sets of 25 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 50 seconds, burpees</p>	Rest day	<p>Foam roller and cycling intervals (15 second sprints) for 45min @ 65% avg MHR</p>	<p>Circuit training two sets of 25 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 50 seconds, burpees</p>	Run one hour @ 70% avg MHR, stretch	
Week 12	<p>Foam roller and rowing machine intervals (15 second sprints) for 45 min @ 65% avg MHR</p> <p>Option to swap rowing for skipping</p>	Rest day	<p>Circuit training two sets of 20 reps: Standing squat, press up, step up, pull ups 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 50 seconds, burpees</p>	Rest day	<p>Foam roller and cycling intervals (15 second sprints) for 45min @ 75% avg MHR</p>	<p>Circuit training two sets of 20 reps: Standing squat, press up, step up, pull up 10, standing row with resistance band, side step, overhead press, mountain climb, side plank 50 seconds, burpees</p>	Run one hour @ 70% avg MHR, stretch	