

TRAINING SCHEDULE For the week of 2/20-2/26

SUNDAY 2/20

MORNING

30 minute jog
30 minute meditation

EVENING

clean and jerk lifts — 3 reps/8 sets, 262 lbs.
5 sets metabolic conditioning:
¼ mile run
21 kettlebell swings
12 pull-ups
30 minutes flexibility
30 minutes sparring

MONDAY 2/21

MORNING

30 minute jog
30 minutes traditional kata (focus on Japanese forms)

EVENING

5 sets 20 foot rope climb
30 minutes gymnastic rings (work on muscle ups in particular)
high box jumps—12 reps/8 sets
crunches—50 reps/5 sets
30 minutes heavy bag
30 minutes flexibility
30 minutes target practice

TUESDAY 2/22

MORNING

30 minute jog
30 minutes yoga

EVENING

¼ mile swim
heavy dead lift—5 reps/7 sets, 620 lbs.
lighter dead lift—30 reps, 310 lbs.
30 minutes sparring

WEDNESDAY 2/23

OFF DAY

MORNING

20-mile run—last week's time was 4:50 per mile.
Need to better that time by a half a minute.

EVENING

skill training only
30 minutes target practice
30 minutes flexibility
30 minutes upper body basics
30 minutes lower body basics
30 minutes observation
30 minutes meditation
30 minutes holds and pressure points

THURSDAY 2/24

MORNING

30 minute jog
30 minutes traditional kata
(focus on Okinawan forms)

EVENING

squats—5 reps/10 sets, 525 lbs.
1 hour bouldering
30 minutes flexibility
crunches—50 reps/5 sets

30 minutes target practice
30 minutes heavy bag

FRIDAY 2/25

MORNING

30 minute jog
30 minute meditation

EVENING

clean and jerk lifts—3 reps/8 sets, 262 lbs.
5 sets metabolic conditioning:
¼ mile run
21 kettlebell swings
12 pull-ups
30 minutes flexibility
30 minutes sparring

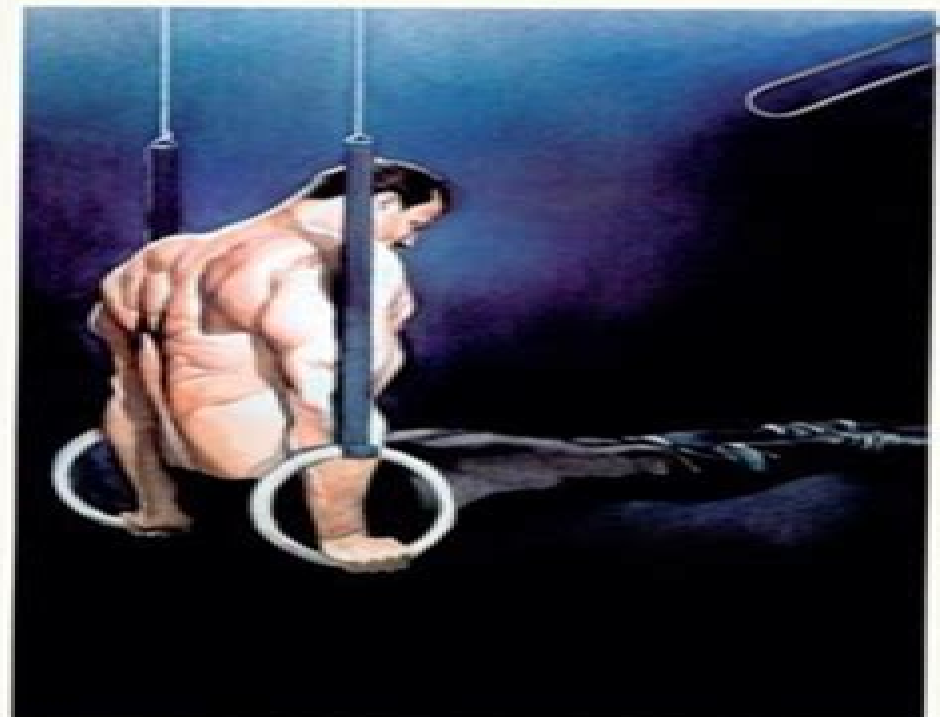
SATURDAY 2/26

MORNING

30 minute jog
30 minutes yoga

EVENING

crunches—50 reps/5 sets
squats—5 reps/10 sets, 525 lbs.
push-ups—50 reps/5 sets
30 minutes monkey bars
30 minute pommel horse
30 minutes heavy bag
¼ mile swim



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