



TRAINING PLAN

MAGGIO 2019

VALERIO RAHIM (COACH SPARTAN SGX – ITALY)



GIORNO 1	GIORNO 2	GIORNO 3	GIORNO 4	GIORNO 5
<ul style="list-style-type: none"> • Joint Mobility 5-10 min. <p>Time Circuit 40"/20" x3</p> <ul style="list-style-type: none"> • Twist Crunch • Sit Up • Hyperextension • Plank To Bench • Side Plank sx • Side Plank dx <p>Time Circuit 40"/20" x4</p> <ul style="list-style-type: none"> • Push up • Squat • Lunges • Burpees • Table Top • Stretching 	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • Corsa di riscaldamento 10'-15' • Ape walk 40"/20" x3 • Bear Crawl 40"/20" x3 • Crab walk 40"/20" x3 • 30' corsa collinare a ritmo medio • Stretching 	<ul style="list-style-type: none"> • RIPOSO 	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. <p>20' Corsa 65/75% fc max</p> <p>Amrap 15'</p> <ul style="list-style-type: none"> • 10 burpee • 10 squat • 10 push up • 10 Hyperextension • 20' Corsa 65/75% fc max • Stretching 	<ul style="list-style-type: none"> • RIPOSO

GIORNO 6	GIORNO 7	GIORNO 8	GIORNO 9	GIORNO 10
<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • 20 Skip • 20 lunges • 20 Calciate dietro • 20 Slanci in avanti • Allunghi 100 mt x 5 <p>Ripetute x 10-20</p> <ul style="list-style-type: none"> • 200 mt veloci • 200 mt recupero attivo • Stretching 	<ul style="list-style-type: none"> • RIPOSO 	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • Lento Lungo • 1h/1h30' • Stretching 	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • Time Circuit 40''/20'' x3 • Twist Crunch • Sit Up • Hyperextention • Plank To Bench • Side Plank sx • Side Plank dx • Time Circuit 40''/20'' x4 • Push up • Squat • Lunges • Burpee • Table Top • Stretching 	<ul style="list-style-type: none"> • RIPOSO

<p align="center">GIORNO 11</p> <p>Joint Mobility 5-10 min.</p> <ul style="list-style-type: none"> • 20 Skip • 20 Lunges • 20 Calciate dietro • 20 Slanci in avanti • Allunghi 100 mt x 5 <p>Ripetute x 10-20</p> <ul style="list-style-type: none"> • 200 mt veloci • 200 mt recupero attivo • Stretching 	<p align="center">GIORNO 12</p> <ul style="list-style-type: none"> • LEGGI UN LIBRO 	<p align="center">GIORNO 13</p> <ul style="list-style-type: none"> • Joint Mobility 5-10 min. • 5 ' Corsa 65/75% fc max • 20 Sit up • 20 Hyperextention • 5 ' Corsa 65/75% fc max • 20 Squat • 20 Lunges • 5 ' Corsa 65/75% fc max • 20 Push up • 20 Burpees • Ripeti x 3 	<p align="center">GIORNO 14</p> <ul style="list-style-type: none"> • RIPOSO 	<p align="center">GIORNO 15</p> <ul style="list-style-type: none"> • Joint Mobility 5-10 min. • 400 mt corsa 65/75% fc max • 20 push up <p><i>Ripeti x 4</i></p> <ul style="list-style-type: none"> • 400 mt corsa 65/75% fc max • 20 jump squat <p><i>Ripeti x 4</i></p> <ul style="list-style-type: none"> • 400 mt corsa 65/75% fc max • 20 Burpee <p><i>Ripeti x 4</i></p> <ul style="list-style-type: none"> • Stretching
<p align="center">GIORNO 16</p> <ul style="list-style-type: none"> • RIPOSO 	<p align="center">GIORNO 17</p> <ul style="list-style-type: none"> • Joint Mobility 5-10 min. • Lento Lungo 1h/1h30' • Stretching 	<p align="center">GIORNO 18</p> <ul style="list-style-type: none"> • Leggi un libro 	<p align="center">GIORNO 19</p> <ul style="list-style-type: none"> • Joint Mobility 5-10 min. • 20 Skip • 20 Lunges • 20 Calciate dietro • 20 Slanci in avanti • Allunghi 100 mt x 5 <p>Ripetute x 10-20</p> <ul style="list-style-type: none"> • 300 mt veloci • 300 mt recupero attivo • Stretching 	<p align="center">GIORNO 20</p> <ul style="list-style-type: none"> • FAI UNA NUOVA ESPERIENZA

GIORNO 21	GIORNO 22	GIORNO 23	GIORNO 24	GIORNO 25
<ul style="list-style-type: none"> • Joint Mobility 5-10 min. <p>Time Circuit 50"/10" x3</p> <ul style="list-style-type: none"> • Twist Crunch • Sit Up • Hyperextension • Plank To Bench • Side Plank sx • Side Plank dx <p>Time Circuit 60"/0" x4</p> <ul style="list-style-type: none"> • Push up • Squat • Lunges • Burpee • Table Top • Stretching 	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • Corsa di riscaldamento 10'-15' • Ape walk 40"/20" x3 • Bear Crawl 40"/20" x3 • Crab walk 40"/20" x3 <p>30' corsa collinare a ritmo medio</p> <ul style="list-style-type: none"> • Stretching 	<ul style="list-style-type: none"> • YOGA 	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • 20' Corsa 65/75% fc max <p>Amrap 20'</p> <ul style="list-style-type: none"> • 10 burpee • 10 squat • 10 push up • 10 Hyperextension • 20' Corsa 65/75% fc max • Stretching 	<ul style="list-style-type: none"> • RIPOSO

GIORNO 26	GIORNO 27	GIORNO 28	GIORNO 29	GIORNO 30	GIORNO 31
<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • 5 ' Corsa 65/75% fc max • 20 Sit up • 20 Hyperextention • 5 ' Corsa 65/75% fc max • 20 Squat • 20 Lunges • 5 ' Corsa 65/75% fc max • 20 Push up • 20 Burpee • Ripeti x 3-4 	<p style="text-align: center;">RIPOSO</p>	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. <p>Emom 20 '</p> <ul style="list-style-type: none"> • 20 push up • 30 squat • 10 Burpee • 30 Lunges <p>20 Table Top Ripeti x 4</p>	<p style="text-align: center;">LEGGI UN LIBRO</p>	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • 20 Skip • 20 Lunges • 20 Calciate dietro • 20 Slanci in avanti • Allunghi 100 mt x 5 <p>Ripetute x 10-20</p> <ul style="list-style-type: none"> • 400 mt veloci • 200 mt recupero attivo • Stretching 	<ul style="list-style-type: none"> • Joint Mobility 5-10 min. • Lento Lungo • 1h/1h30' • Stretching