

Aerobic Training Program

Ideal for sports with high aerobic content, including:

- Cycling – long distance
- Power Walking
- Rowing
- Sailing
- Cross Country Skiing
- Swimming – long distance
- Track – long distance
- Triathlon

PRE SEASON TRAINING

Interval Training - 1 Day
Aerobic Training - 3 Days
Endurance Training - 0 Days

IN SEASON TRAINING

Interval Training - 0 Days
Aerobic Training - 3 Days
Endurance Training - 1 Day

OFF SEASON TRAINING

Interval Training - 1 Day
Aerobic Training - 2 Days
Endurance Training - 1 Day