**TRAINING SCHEDULE**

She doesn’t have volleyball practices and games anymore, that is why we both should do exercises several times per week. Our weeks have to be **structured** and **organized**. Nevertheless, we can be **creative** and **flexible** concerning running / biking routes, exercise times etc.

I want her to be **efficient** and to **structure** the exercises with me together. That includes **time management** every day and especially for our runs, walks and rides the **planning of rounds**. We will look at a map where we want to run and ride in advance or after the exercise to develop a **good orientation**. I also want to show her how she feels and calculates her own pulse so that she **knows her limits**. For our runs and rides I want to do interval exercises to cover all zones. We will run and ride laps so that she can **improve her own efficiency** and **sees success.**

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| Day | Where | When | What | How |
| Monday | Pool Recreation Center Westridge | Directly after school | Swimming laps  | - prep (how many laps for each swimming stroke)- 30min swimming- 30min fun and whirlpool (good for muscles etc.) |
| Tuesday | Outside (Highlands Ranch Trails and Parks) | Before dinner | Running | - 5min warm-up walking- 5min stretching for activating muscles- 40min running - 5min walking- 10min stretching inclusive massage roll for fascia |
| Wednesday | Varied | Varied | Regeneration Day | Possibilities for small exercise: trying to walk small distances (optional with Teddy) and no car use (e.g. library, Michaels, Target)  |
| Thursday | Outside (Highlands Ranch Trails and Parks) | Before dinner | Bike ride | - prep (check helm and bike settings)- after 15min stretching for activating muscles- technical challenging passages- optional: filming difficult passages and analyzing the film @ home |
| Friday | Recreation Center | Directly after school | Fitness | - 30min machine- 30min exercises on the mat 🡪 1min exercise and 1min break (includes the ideas from her – she shows me some exercises she knows – that builds her confidence!!!) |