

PLYMOUTH MUSKETEERS MESOCYCLE



	STARTING DATE	26 th January 2017			FINISHING DATE	16 th March 2017		
GOALS	MAIN TECHNICAL SKILLS GOALS	High Hips, High Head (Buckets & Balloons)			MAIN FITNESS GOAL	Speed Endurance		
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
FUNDAMENTALS Agility Balance Coordination	Thurs – Beginners ABC	Thurs – Beginners ABC	Thurs – Beginners ABC	Thurs – Beginners ABC	Thurs – Beginners ABC	Thurs – Beginners ABC	Thurs – Beginners ABC	Thurs- Beginners ABC
	Warm ups to include ABC exercises/ games	Warm ups to include ABC exercises/ games	Warm ups to include ABC exercises/ games	Warm ups to include ABC exercises/ games	Warm ups to include ABC exercises/ games	Warm ups to include ABC exercises/ games	Warm ups to include ABC exercises/ games	Warm ups to include ABC exercises/ games
FITNESS related activities endurance speed other sports etc	Mon – Circuits	Mon - Circuits	Mon - Circuits	Mon – Circuits	Mon - Circuits	Mon - Circuits	Mon - Circuits	Mon - Circuits
RUNNING related activities skills drills etc	Tues - Run Crownhill / Plymbridge	Tues – Run Crownhill / Plymbridge	Tues - Run Crownhill / Plymbridge	Tues – Run Crownhill / Plymbridge	Tues - Run Crownhill / Plymbridge	Tues – Run Crownhill / Plymbridge	Tues - Run Crownhill / Plymbridge	Tues – Run Crownhill / Plymbridge
	Thurs – Weston Mill	Thurs– Central Park A	Thurs – Timed Run	Thurs – Barne Barton A	Thurs- Devonport	Thurs – Saltash B	Thurs – St. Budeaux Bypass	Thurs – Ernesettle B
	Sat - Track/Park Run	Sat - Track/Park Run	Sat - Track/Park Run	Sat - Track/Park Run	Sat - Track/Park Run	Sat - Track/Park Run	Sat - Track/Park Run	Sat - Track/Park Run
TRAINING LOAD High (H) Medium (M) Low (L)								

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