	White Plan									
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	HIIT CORE	HIIT SPEED
	Week		Q1		Q2			Q3	after CT Runs	after CT Runs
			Phase I: Weeks		C	C arrive M/ 1		5 min W + 6x1min CT w		
		5 min W + 10x1	1-4 5 min W + 10x1 min CT w	5 min W + 10x1	5 min W + 7x2min CT w 1	5 min W + 7x2min CT w 1	5 min W +	30 sec W +		
		min CT w 1 min	1 min W	min CT w 1 min	min W	min W	6x1min CT w	8x30 sec CT w	Week 1 20	
		W recovers + 5	recovers + 5	W recovers + 5	recoveries + 4	recoveries + 4	30 sec W +	1 min W + 4	Week 1 – 20 seconds up, 10	Week 1 - 15
May 20 May		min W+ 2 Circuits of	min W + 2	min W + 2	min W + 2 Circuits of	min W + 2	8x30 sec CT w 1 min W + 4	min W + 2 Circuits of	seconds down	seconds Up, 15 seconds Off -
May 20- May 26		training drills	Circuits of training drills	Circuits of training drills	training drills	Circuits of training drills	min W	training drills	– 2 Sets	1:30 duration
			Phase I: Weeks	training armo	a daning a nio	training armo		5 min W +		nee daraden
			1-4 5 min W +		5 min W +	5 min W +		6x1min CT w		
			10x1 min CT w	5 min W + 10x1	7x2min CT w 1	7x2min CT w 1	5 min W +	30 sec W +		
			1 min W recovers + 5	min CT w 1 min W recovers + 5	min W recoveries + 4	min W recoveries + 4	6x1min CT w 30 sec W +	8x30 sec CT w 1 min W + 4	Week 1 – 20	Week 1 - 15
			min W + 2	min W + 2	min W + 2	min W + 2	8x30 sec CT w	min W + 2	seconds up, 10	seconds Up, 15
			Circuits of	Circuits of	Circuits of	Circuits of	1 min W + 4	Circuits of	seconds down	seconds Off -
May 27- June 2		CT or OFF	training drills	training drills	training drills	training drills	min W	training drills	– 2 Sets	1:30 duration
June 3- June 9			Phase I: Weeks		E min M/ I	E min W/		5 min W +		
		5 min W + 10x1	1-4 5 min W + 10x1 min CT w	5 min W + 10x1	5 min W + 7x2min CT w 1	5 min W + 7x2min CT w 1	5 min W +	6x1min CT w 30 sec W +		
		min CT w 1 min	1 min W	min CT w 1 min	min W	min W	6x1min CT w	8x30 sec CT w	West 1 20	
		W recovers + 5	recovers + 5	W recovers + 5	recoveries + 4	recoveries + 4	30 sec W +	1 min W + 4	Week 1 – 20 seconds up, 10	Week 1 - 15
		min W+ 2 Circuits of	min W + 2 Circuits of	min W + 2 Circuits of	min W + 2 Circuits of	min W + 2 Circuits of	8x30 sec CT w 1 min W + 4	min W + 2 Circuits of	seconds down	seconds Up, 15 seconds Off -
		training drills	training drills	training drills	training drills	training drills	min W	training drills	– 2 Sets	1:30 duration
			Phase I: Weeks		<u> </u>			5 min W +	1	
			1-4 5 min W +		5 min W +	5 min W +		6x1min CT w		
			10x1 min CT w	5 min W + 10x1	7x2min CT w 1	7x2min CT w 1	5 min W +	30 sec W +		
			1 min W recovers + 5	min CT w 1 min W recovers + 5	min W recoveries + 4	min W recoveries + 4	6x1min CT w 30 sec W +	8x30 sec CT w 1 min W + 4	Week 1 – 20	Week 1 - 15
			min W + 2	min W + 2	min W + 2	min W + 2	8x30 sec CT w	min W + 2	seconds up, 10	seconds Up, 15
June 10- June			Circuits of	Circuits of	Circuits of	Circuits of	1 min W + 4	Circuits of	seconds down	seconds Off -
16		CT or OFF	training drills	training drills	training drills	training drills	min W	training drills	– 2 Sets	1:30 duration
			Phase I: Weeks 1-4 5 min W +		5 min W +	5 min W +		5 min W + 6x1min CT w		
		5 min W + 10x1	10x1 min CT w	5 min W + 10x1	7x2min CT w 1	7x2min CT w 1	5 min W +	30 sec W +		
		min CT w 1 min	1 min W	min CT w 1 min	min W	min W	6x1min CT w	8x30 sec CT w	Week 1 20	
		W recovers + 5	recovers + 5	W recovers + 5	recoveries + 4	recoveries + 4	30 sec W +	1 min W + 4	Week 1 – 20 seconds up, 10	Week 1 - 15
June 17-June		min W+ 2 Circuits of	min W + 2 Circuits of	min W + 2 Circuits of	min W + 2 Circuits of	min W + 2 Circuits of	8x30 sec CT w 1 min W + 4	min W + 2 Circuits of	seconds down	seconds Up, 15 seconds Off -
23		training drills	training drills	training drills	training drills	training drills	min W	training drills	– 2 Sets	1:30 duration
		-	Phase I: Weeks	-				5 min W +		
			1-4 5 min W +		5 min W +	5 min W +		6x1min CT w		
			10x1 min CT w	5 min W + 10x1 min CT w 1 min	7x2min CT w 1	7x2min CT w 1 min W	5 min W + 6x1min CT w	30 sec W +		
			1 min W recovers + 5	W recovers + 5	min W recoveries + 4	recoveries + 4	30 sec W +	8x30 sec CT w 1 min W + 4	Week 1 – 20	Week 1 - 15
			min W + 2	min W + 2	min W + 2	min W + 2	8x30 sec CT w	min W + 2	seconds up, 10	seconds Up, 15
June 24-June 30			Circuits of	Circuits of	Circuits of	Circuits of	1 min W + 4	Circuits of	seconds down	seconds Off -
		1 CT or OFF	training drills	training drills	training drills	training drills	min W	training drills	– 2 Sets	1:30 duration
			Phase I: Weeks 1-4 5 min W +		5 min W +	5 min W +		5 min W + 6x1min CT w		
		5 min W + 10x1	10x1 min CT w	5 min W + 10x1	7x2min CT w 1	7x2min CT w 1	5 min W +	30 sec W +		
		min CT w 1 min	1 min W	min CT w 1 min	min W	min W	6x1min CT w	8x30 sec CT w	2. Week 2 - 20	
		W recovers + 5 min W+ 2	recovers + 5 min W + 2	W recovers + 5 min W + 2	recoveries + 4 min W + 2	recoveries + 4 min W + 2	30 sec W + 8x30 sec CT w	1 min W + 4 min W + 2	seconds up, 10	Week 2 - 15 seconds Up, 15
		Circuits of	Circuits of	Circuits of	Circuits of	Circuits of	1 min W + 4	Circuits of	seconds down	seconds Off -
July 1-July 7	:	2 training drills	training drills	training drills	training drills	training drills	min W	training drills	– 2 Sets	1:30 duration
			Phase I: Weeks					5 min W +		
		5 min W + 10x1	1-4 5 min W + 10x1 min CT w	$5 \min W \pm 10 v1$	5 min W +	5 min W + 7x2min CT w 1	5 min W +	6x1min CT w 30 sec W +		
		W recovers + 5	1 min W	min CT w 1 min	min W	min W	6x1min CT w	8x30 sec CT w		
		min W+ 2	recovers + 5	W recovers + 5	recoveries + 4	recoveries + 4	30 sec W +	1 min W + 4	3. Week 3 - 20	Week 3 - 15
		Circuits of	min W + 2	min W + 2	min W + 2	min W + 2	8x30 sec CT w	min W + 2	seconds up, 10 seconds down	seconds Up, 15
July 8-July 14	:	training drills or 3 OFF	Circuits of training drills	Circuits of training drills	Circuits of training drills	Circuits of training drills	1 min W + 4 min W	Circuits of training drills	– 2 Sets	seconds Off - 1:30 duration
			Phase I: Weeks					5 min W +		
			1-4 5 min W +		5 min W +	5 min W +		6x1min CT w		
		5 min W + 10x1	10x1 min CT w	5 min W + 10x1	7x2min CT w 1	7x2min CT w 1	5 min W +	30 sec W +		
		min CT w 1 min W recovers + 5	1 min W recovers + 5	min CT w 1 min W recovers + 5	min W recoveries + 4	min W recoveries + 4	6x1min CT w 30 sec W +	8x30 sec CT w 1 min W + 4	4. Week 4 - 30	Week 4 - 20
		min W+ 2	min W + 2	min W + 2	min W + 2	min W + 2	8x30 sec CT w	min W + 2	seconds up, 15	seconds Up, 10
		Circuits of	Circuits of	Circuits of	Circuits of	Circuits of	1 min W + 4	Circuits of	seconds down	seconds Off -
July 15-July 21		4 training drills	training drills	training drills	training drills	training drills	min W	training drills	– 2 Sets	1:30 duration
			Phase II:	2 min CT + 2	amin CT + 3	2min CT + 2	3 min CT + 3	2 min CT + 2		
		5 min W + 10x1	Weeks 5-8 3 min CT + 3 min	3 min CT + 3 min W +	3min CT + 3 min W +	3min CT + 3 min W +	min W + 3min	3 min CT + 3 min W + 3min		
		min CT w 1 min	W + 10x2min	10x2min CT w	6x3min	6x3min	W + 30x1min	W + 30x1min		
		W recovers + 5	CT w 1 min W	1 min W	CTw2min W	CTw2min W	CT w 30sec W	CT w 30sec W	5. Week 5 - 30	
		min W+ 2 Circuits of	recoveries + 4	recoveries + 4	recoveries + 4 min W + 3	recoveries + 4	recoveries + 4 min W + 3	recoveries + 4	seconds up, 15	Week 5 - 20 seconds Up, 10
		Circuits of training drills or	min W + 3 Circuits of	min W + 3 Circuits of	Circuits of	min W + 3 Circuits of	Circuits of	min W + 3 Circuits of	seconds down	seconds Up, 10 seconds Off -
July 22-July 28		5 OFF	training drills	training drills	training drills	training drills	training drills	training drills	– 2 Sets	1:30 duration