*Micro Cycle Training Plan (week plan): Name -*

|  |  |  |  |
| --- | --- | --- | --- |
| **Training period** | Home training – stay fit / stay happy / stay motivated | Week Begins |  |
| **Training intensity focus for the week:** | Endurance / land based / mixed / X training |
| **Specific objectives for the week:** | Get your routine in place -  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |  |  |  |  |  |  |  |
| **Activity / emphasis** |  |   |  |  |  |  |  |
| **Sub set / activity** |  |  |  |  |  |  |  |
| **Total Time** |  |  |  |  |  |  |  |
| **PM** |  |  |  |  |  |  |  |
| **Activity / emphasis** |  |  |  |  |  |  |  |
| **Sub Set / activity** |  |  |   |  |  |  |  |
| **Total Time** |  |  |  |  |  |  |  |

**Total workouts per week =**