

Physical Training Plan - 6 Week Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
One	Speed	Off	Endurance (Specific)	Off	Strength	Endurance (Basic)	Off
Two	Speed	Endurance (Specific)	Off	Strength	Endurance (Specific)	Endurance (Basic)	Off
Three	Speed	Endurance (Specific)	Off	Strength	Endurance (Specific)	Endurance (Basic)	Off
Four	Speed	Endurance (Specific)	Off	Strength	Endurance (Specific)	Endurance (Basic)	Off
Five	Speed	Strength	Endurance (Specific)	Off	Speed	Endurance (Basic)	Off
Six	Speed	Strength	Endurance (Specific)	Off	Speed	Endurance (Basic)	Off