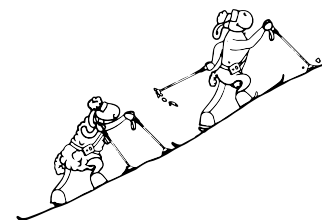


ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 3

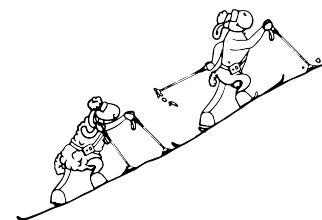


| | | MON | TUES | WEDS | THURS | FRI | SAT | SUN |
|----|---------------|--|---|---|---|---|--|---|
| AM | TRAINING TYPE | RECOVERY | RECOVERY | RECOVERY | RECOVERY | RECOVERY | ENDURANCE | AUSDAUER |
| | CATEGORY | RECOVERY DAY | REST MORNING | REST MORNING | REST MORNING | REST MORNING | „10-MINUTEN INTERVALL 2“ | “LONGER LEISURE TOUR“ |
| | CONTENT | Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training. | Make sure you drink sufficient fluids and eat well. | Make sure you drink sufficient fluids and eat well. | Make sure you drink sufficient fluids and eat well. | Make sure you drink sufficient fluids and eat well. | Make sure you drink sufficient fluids and eat well. | Go on a MOUNTAIN TOUR, BIKE TOUR or even a SKI TOUR . Try to enjoy this mountain experience to the full. You should feel slightly underchallenged at all times, but increase your range of ability. 120 mins. would be ideal. |
| | INFORMATION | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: ●●●●○ Duration (mins.): 30 Training area: Strength endurance - Intervall |
| PM | TRAINING TYPE | RECOVERY | STRENGTH | FLEXIBILITY | STRENGTH | MESSAGE | RECOVERY | FLEXIBILITY |
| | CATEGORY | REST AFTERNOON | “STRENGTHEN YOUR CORE“ | “OPEN DOORS“ | “IMPROVE YOUR PUSH-OFF“ | “HAVE A MESSAGE“ | REST AFTERNOON | “OPEN DOORS“ |
| | CONTENT | Make sure you drink sufficient fluids and eat well. | TRAINING SESSION 3 Focus on carrying out the movements accurately and correctly. Control and stability of your rump improves force transmission. | TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures. | TRAINING SESSION 4 Focus on carrying out the movements accurately and correctly. Here, you can use the stability you developed in the “stabilize mechanical axis” session. | Ideally you can/should have a massage on this day. | Make sure you drink sufficient fluids and eat well. | TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures. |
| | INFORMATION | Intensity: - Duration (mins.): - Training area: Rest | Intensity: ●●●○○ Duration (mins.): 45 - 60 Training area: General strengthening | Intensity: ●○○○○ Duration (mins.): 30 Training area: Flexibility | Intensity: ●●●●○ Duration (mins.): 60 Training area: General strengthening | Intensity: ●○○○○ Duration (mins.): 30 Training area: Passive recovery | Intensity: - Duration (mins.): - Training area: Rest | Intensity: ●○○○○ Duration (mins.): 30 Training area: Flexibility |

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 4



| | | MON | TUES | WEDS | THURS | FRI | SAT | SUN |
|----|---------------|--|---|---|--|---|--|---|
| AM | TRAINING TYPE | RECOVERY | RECOVERY | RECOVERY | RECOVERY | RECOVERY | ENDURANCE | AUSDAUER |
| | CATEGORY | RECOVERY DAY | REST MORNING | REST MORNING | REST MORNING | REST MORNING | „10-MINUTEN INTERVALL 2“ | „LONGER LEISURE TOUR“ |
| | CONTENT | Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training. | Make sure you drink sufficient fluids and eat well. | Make sure you drink sufficient fluids and eat well. | Make sure you drink sufficient fluids and eat well. | Make sure you drink sufficient fluids and eat well. | Make sure you drink sufficient fluids and eat well. | Go on a MOUNTAIN TOUR , BIKE TOUR or even a SKI TOUR . Try to enjoy this mountain experience to the full. You should feel slightly underchallenged at all times, but increase your range of ability. 120 mins. would be ideal. |
| | INFORMATION | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | Intensity: - Duration (mins.): - Training area: Rest | ●●●●○ 30 Strength endurance - Intervall |
| PM | TRAINING TYPE | RECOVERY | STRENGTH | FLEXIBILITY | ENDURANCE | STRENGTH | RECOVERY | FLEXIBILITY |
| | CATEGORY | REST AFTERNOON | „IMPROVE YOUR PUSH-OFF“ | „OPEN DOORS“ | „10 MINUTE INTERVAL 1“ | „STRENGTHEN YOUR CORE“ | REST AFTERNOON | „OPEN DOORS“ |
| | CONTENT | Make sure you drink sufficient fluids and eat well. | TRAINING SESSION 4 Focus on carrying out the movements accurately and correctly. Here, you can use the stability you developed in the "stabilize mechanical axis" session. | TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures. | 10 mins gentle jog and/or general warmup. Then alternate: • 1 minute KNEE BENDS • 1 minute rest • 1 minute GLUTE BRIDGES • 1 minute rest Repeat this set for 5 ROUNDS. | TRAINING SESSION 3 Focus on carrying out the movements accurately and correctly. Control and stability of your rump improves force transmission. | Make sure you drink sufficient fluids and eat well. | TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures. |
| | INFORMATION | Intensity: - Duration (mins.): - Training area: Rest | ●●●●○ 60 General strengthening | ●○○○○ max. 30 Flexibility | ●●●○○ 30 Strength endurance - Intervall | ●●●○○ 45 - 60 General strengthening | - - Rest | ●○○○○ 30 Flexibility |

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery