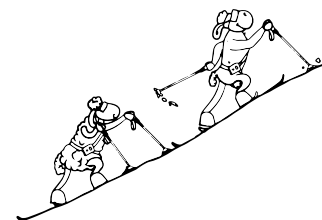


ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 5 | RECOVERY WEEK

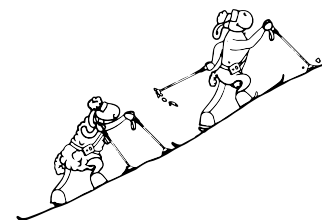


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM	TRAINING TYPE	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	RECOVERY
	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	„WALK“	RECOVERY DAY
	CONTENT	<p>Almost passive.</p> <p>Monday is your REST DAY!</p> <p>Most people have stress at work and little time for training.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Almost passive.</p>	<p>Go on a 30 – 45 min. walk in the woods.</p> <p>Don't think about your training while walking. Try to relax and recover.</p> <p>This is active recovery!</p>	<p>Almost passive.</p> <p>Enjoy your FREE SUNDAY. You are doing an excellent training!</p>
	INFORMATION	<p>Intensity: -</p> <p>Duration (mins.): -</p> <p>Training area: Rest</p>	<p>Intensity: -</p> <p>Duration (mins.): -</p> <p>Training area: Rest</p>	<p>Intensity: -</p> <p>Duration (mins.): -</p> <p>Training area: Rest</p>	<p>Intensity: -</p> <p>Duration (mins.): -</p> <p>Training area: Rest</p>	<p>Intensity: -</p> <p>Duration (mins.): -</p> <p>Training area: Rest</p>	<p>Intensity: ● ○ ○ ○ ○</p> <p>Duration (mins.): 30 - 45</p> <p>Training area: Recovery</p>	<p>Intensity: -</p> <p>Duration (mins.): -</p> <p>Training area: Rest</p>
PM	TRAINING TYPE	RECOVERY	FLEXIBILITY	FLEXIBILITY	ENDURANCE	MASSAGE	FLEXIBILITY	RECOVERY
	CATEGORY	REST AFTERNOON	„OPEN DOORS“	„STAY FLEXIBLE“	„GENTLE SESSION“	„HAVE A MASSAGE“	„STAY FLEXIBLE“	REST AFTERNOON
	CONTENT	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>TRAINING SESSION 1</p> <p>You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.</p> <p>Work constantly on your flexibility and important structures.</p>	<p>TRAINING SESSION 5</p> <p>This session complements the „Open doors“ training session. The focus is on hip flexibility.</p> <p>You are welcome to swap or combine exercises from both sessions.</p>	<p>10 mins gentle jog / walk.</p> <p>Then 30 mins. alternating tempo: Adapt your tempo to the terrain and change your speed arrhythmically.</p> <p>Five-minute walk to relieve tension.</p>	<p>Ideally you can/should have a massage on this day.</p>	<p>TRAINING SESSION 5</p> <p>This session complements the „Open doors“ training session. The focus is on hip flexibility.</p> <p>You are welcome to swap or combine exercises from both sessions.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>
	INFORMATION	<p>Intensity: -</p> <p>Duration (mins.): -</p> <p>Training area: Rest</p>	<p>Intensity: ● ○ ○ ○ ○</p> <p>Duration (mins.): max. 30</p> <p>Training area: Flexibility</p>	<p>Intensity: ● ○ ○ ○ ○</p> <p>Duration (mins.): max. 30</p> <p>Training area: Flexibility</p>	<p>Intensity: ● ● ○ ○ ○</p> <p>Duration (mins.): 45</p> <p>Training area: Fartlek training</p>	<p>Intensity: ● ○ ○ ○ ○</p> <p>Duration (mins.): 30</p> <p>Training area: Passive recovery</p>	<p>Intensity: ● ○ ○ ○ ○</p> <p>Duration (mins.): max. 30</p> <p>Training area: Flexibility</p>	<p>Intensity: -</p> <p>Duration (mins.): -</p> <p>Training area: Rest</p>

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 6



		MON	TUES	WEDS	THURS	FRI	SAT	SUN
TRAINING TYPE		RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	ENDURANCE
AM	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	REST MORNING	„10-MINUTEN INTERVALL 2“	„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.	10 mins gentle jog and/or general warmup. Then alternate: • 1 minute WALK UPHILL or RUN on flat ground • 1 minute slow walk or rest Repeat this set for 10 ROUNDS.	Go on a MOUNTAIN OR BIKE TOUR . No rush and no stress, enjoy it! You should feel slightly underchallenged at all times. 90 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.): 30 Training area: Strength endurance - Intervall	Intensity: - Duration (mins.): 90 - 120 Training area: Basic endurance
TRAINING TYPE		RECOVERY	STRENGTH	ENDURANCE	ENDURANCE	RECOVERY	STRENGTH	FLEXIBILITY
PM	CATEGORY	REST AFTERNOON	„IMPROVE YOUR PUSH-OFF“	„10 MINUTE INTERVAL 1“	„16 MINUTE INTERVAL“	REST AFTERNOON	„STRENGTHEN YOUR CORE“	„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.	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.	10 mins gentle jog and/or general warmup. Then alternate: • 4 minutes quick walk uphill with sticks • 3 minutes slow walk downhill or rest Repeat this set for 4 ROUNDS and keep your speed constant.	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.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ●●●●○ Duration (mins.): 60 Training area: General strengthening	Intensity: ●●●○ Duration (mins.): 30 Training area: Strength endurance - Intervall	Intensity: ●●●●○ Duration (mins.): 35 Training area: Intense interval	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ●●●○ Duration (mins.): 45 - 60 Training area: General strengthening	Intensity: ●○○○ Duration (mins.): 30 Training area: Flexibility

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery