

Performance Squad Plan

Week Beginning 20th May

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Land	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end
Pool am	Off	Aerobic low intensity	Off	Aerobic maintenance	Threshold GISM	NSA 10-12pm GISM	GISM
Pool pm	Threshold	Critical Speed/MVO ²	Anaerobic/RP training	Aerobic low intensity	GISM	GISM	GISM