



White Belt Sample Training Plan #2a - for all tracks

Schedule		Week 1	Week 2	Week 3
Monday	First Workout	Power - #15		Power - #6
	Second Workout	Flexibility - #19		Endurance - #2
	Comment	Make sure you are fully warmed up before a Power workout!		Make sure you are fully warmed up before a Power workout!
Tuesday	First Workout		Balance - #14	
	Second Workout		Endurance - #1	
	Comment			
Wednesday	First Workout	Balance - #14		Balance - #14
	Second Workout	Strength - #4		Strength - #17
	Comment			
Thursday	First Workout		Strength - #5	
	Second Workout		Endurance - #3 or #13	
	Comment		Go all out AFAP on the Endurance workout!	
Friday	First Workout	Speed - #16		Power - #11
	Second Workout	Endurance - #12		Endurance - #9
	Comment	Make sure you are fully warmed up before a Speed workout!		Make sure you are fully warmed up before a Power workout!
Saturday	First Workout		Speed - #7	
	Second Workout		Flexibility - #19	
	Comment		Make sure you are fully warmed up before a Speed workout!	
Sunday	First Workout	Flexibility - #20		Strength - #18
	Second Workout	Endurance - #10		Flexibility - #20
	Comment	Go all out AFAP on the Endurance workout!		

Important Notes

- 1) Always warm up properly and thoroughly before the first workout, especially prior to Strength, Endurance, Power and Speed workouts
- 2) This training plan is suitable for all tracks, simply pick the corresponding numbered workout from your track!
- 3) This training plan contains workouts that may require a running track or straight stretch for sprints and runs

Go to <http://kinseido.weebly.com/workouts> to see the detailed workout instructions!