



**Kinsei-Do**

The Way of Balanced Strength

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

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

### 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!