



**Kinsei-Do**

The Way of Balanced Strength

### White Belt Sample Training Plan #3a - for all tracks

Schedule		Week 1	Week 2	Week 3
Monday	First Workout	Endurance - #2		Strength - #18
	Second Workout	Flexibility - #19		Flexibility - #20
	Comment	Go all out AFAP on the Endurance workout, the second workout is optional (doesn't replace a proper Cool Down!)		
Tuesday	First Workout		Endurance - #3	
	Second Workout		Go all out AFAP on the Endurance workout!	
	Comment			
Wednesday	First Workout	Strength - #17		Balance - #14
	Second Workout	Make sure to give it all you got in the 30 second action slots		Endurance - #13
	Comment			
Thursday	First Workout		Strength - #4	
	Second Workout		Endurance - #9	
	Comment			
Friday	First Workout	Endurance - #1		Strength - #5
	Second Workout			Endurance - #12
	Comment			
Saturday	First Workout		Endurance - #10	
	Second Workout		Endurance - #12	
	Comment		Leave nothing in the tank!	
Sunday	First Workout	Strength - #5		Strength - #17
	Second Workout	Flexibility - #19		Endurance - #9
	Comment			

#### Important Notes

- 1) Always warm up properly and thoroughly before the first workout
- 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!