



Kinsei-Do

The Way of Balanced Strength

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

Schedule		Week 1	Week 2	Week 3
Monday	First Workout	Endurance - #2	Endurance - #3	Strength - #18
	Second Workout	Flexibility - #19	Go all out AFAP on the Endurance workout!	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			
	Second Workout			
	Comment			
Wednesday	First Workout	Strength - #5	Strength - #4	Balance - #14
	Second Workout	Strength - #17	Endurance - #9	Endurance - #13
	Comment			
Thursday	First Workout			
	Second Workout			
	Comment			
Friday	First Workout			
	Second Workout			
	Comment			
Saturday	First Workout	Endurance - #1	Endurance - #10	Strength - #5
	Second Workout	Flexibility - #19	Endurance - #12	Endurance - #12
	Comment		Leave nothing in the tank!	
Sunday	First Workout			
	Second Workout			
	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!