



Kinsei-Do

The Way of Balanced Strength

White Belt Sample Training Plan #5 - for all tracks

Schedule		Week 1	Week 2	Week 3
Monday	First Workout	Balance - #14	Balance - #14	Balance - #14
	Second Workout	Endurance - #2	Endurance - #3	Flexibility - #20
	Comment	Second workout is optional	Second workout is optional	Second workout is optional
Tuesday	First Workout			
	Second Workout			
	Comment			
Wednesday	First Workout	Power - #6	Power - #11	Power - #15
	Second Workout			
	Comment			
Thursday	First Workout	Endurance - #1	Endurance - #13	Endurance - #13
	Second Workout			
	Comment			
Friday	First Workout	Flexibility - #19	Flexibility - #20	Endurance - #10
	Second Workout	Strength - #18	Balance - #14	
	Comment	Second workout is optional	Second workout is optional	
Saturday	First Workout	Speed - #16	Speed - #7	Speed - #16
	Second Workout	Endurance - #12	Endurance - #9	Endurance - #12
	Comment	Second workout is optional	Second workout is optional	Second workout is optional
Sunday	First Workout	Strength - #5	Strength - #18	Strength - #17
	Second Workout	Flexibility - #19	Strength - #4	Endurance - #10
	Comment	Second workout is optional	Do both!	Second workout is optional

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!