

My Program

by you

Name: Max Weinburg

Block Dates: 16.

Block #: MW1/2

Goals: Lose 8kgs, Sleep thru, No back pain.

My DTI: 128 beats minute [118-128 ZONE]

Date	Type	Intensity	Time	Session Notes
MON	Walk	DTI	20	Sub DTI warm Up for 5 mins 15 @ DTI Strength Set
TUES				
WEDS	Timetrial Test	DTI	?	TTT1 Course designed – Start & Finish clear. Push as hard as DTI limit will allow. Finishing time:
THURS				
FRI	Walk	DTI	20	Sub DTI warm Up for 5 mins 15 @ DTI Stretch Set
SAT	Walk	DTI	45	Sub DTI warm Up for 5 mins 40 @ DTI
SUN				
MON	Walk	DTI	20	Sub DTI warm Up for 5 mins 15 @ DTI Strength Set
TUES				Avoid all simple processed sugars – Two week Test.
WEDS	Timetrial Test	DTI	?	TTT2 Same course & DTI Finishing time:
THURS				

FRI	Walk	DTI	30	Sub DTI warm Up for 5 mins 25 @ DTI Stretch Set
SAT	Walk	DTI	50	Sub DTI warm Up for 10 mins 40 @ DTI
SUN				
MON	Walk	DTI	25	Sub DTI warm Up for 5 mins 15 @ DTI Strength Set & Stretch Set
TUES				Avoid all simple processed sugars – Two week Test.
WEDS	Timetrial Test	DTI	?	TTT3 Same course & DTI Finishing time:
THURS				
FRI	Walk	DTI	30	Sub DTI warm Up for 5 mins 25 @ DTI Stretch Set
SAT	Walk	DTI	60	Sub DTI warm Up for 10 mins 50 @ DTI
SUN				
MON	Walk	DTI	30	Sub DTI warm Up for 5 mins 25 @ DTI Strength Set & Stretch Set
TUES				Avoid all simple processed sugars – Two week Test.
WEDS	Timetrial Test	DTI	?	TTT4 Same course & DTI Finishing time:
THURS				
FRI	Walk	DTI	30	Sub DTI warm Up for 5 mins 25 @ DTI Stretch Set & Stretch Set
SAT	Walk	DTI	60	Sub DTI warm Up for 10 mins

				50 @ DTI
SUN				First block complete – NEXT!