

Rogue Preseason Workout

****DO 2 SESSIONS PER WEEK****

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT	PLYOS
1	8-Apr-07	9-Apr-07	10-Apr-07	11-Apr-07	12-Apr-07	13-Apr-07	14-Apr-07	
	1 x 800m slow			1-3 miles				Plyos 1
	2 shuttles							Plyos 1
2	15-Apr-07	16-Apr-07	17-Apr-07	18-Apr-07	19-Apr-07	20-Apr-07	21-Apr-07	
	1 x 800m slow			1-3 miles				Plyos 1
	1 x 200m slow							Plyos 1
3	22-Apr-07	23-Apr-07	24-Apr-07	25-Apr-07	26-Apr-07	27-Apr-07	28-Apr-07	
	1 x 600m slow			2-3 miles				Plyos 1
	3 shuttles							Plyos 1
4	29-Apr-07	30-Apr-07	1-May-07	2-May-07	3-May-07	4-May-07	5-May-07	
	2-3 miles			1 x 800 m slow				Plyos 1
	1 x 800m slow			1 x 400 m slow				Plyos 1
5	6-May-07	7-May-07	8-May-07	9-May-07	10-May-07	11-May-07	12-May-07	
	1-2 miles			2-5 miles				Plyos 2
	1x800m slow							Plyos 2
6	13-May-07	14-May-07	15-May-07	16-May-07	17-May-07	18-May-07	19-May-07	
	2x400m fast			1 mile				Plyos 2
	3 shuttles			2 x 400m medium				Plyos 2
7	20-May-07	21-May-07	22-May-07	23-May-07	24-May-07	25-May-07	26-May-07	
	1 x 400m medium			2 x 800m fast				Plyos 2
	3x200m fast			2 x 400m medium				Plyos 2
8	27-May-07	28-May-07	29-May-07	30-May-07	31-May-07	1-Jun-07	2-Jun-07	
	2 shuttles			1 x 800m slow				
	3 shuttles			1 x 800m medium				Plyos 2
9	3-Jun-07	4-Jun-07	5-Jun-07	6-Jun-07	7-Jun-07	8-Jun-07	9-Jun-07	
	3 x 400m medium			1 x 400m fast				Plyos 2
				3 x 200m fast				
9	3-Jun-07	4-Jun-07	5-Jun-07	6-Jun-07	7-Jun-07	8-Jun-07	9-Jun-07	
	2 x 800m medium			3 shuttles				Plyos 2
	3 x 400m medium			5 x 200m fast				Plyos 2
			2 x 100m medium					
			1 x 400m slow					

Taken from: <http://ultfris.blogspot.com/2005/06/training-for-ultimate-part-1-of-3.html>