

Training sample 4-5 times/week

① 1st week Moderate		Frequency 4-5times/week	
M	Contents	HRMax	Hours
Day 1	NW Easy-Moderate	50-70%	01:00
Day 2	Strength training		00:45
Day3	NW Easy include Speed 2' x 2 times	50-80%	01:00
Day 4	Own NW training		00:45
Day 5	NW + coordination tr.	50-60%	01:30
		Total	05:00

② 2nd week Hard		Frequency 4-5times/week	
H	Contents	HRMax	Hours
Day 1	NW Easy-Moderate	50-70%	01:00
Day 2	Strength training		00:45
Day3	NW Easy include Speed 2' x 3 times	50-85%	01:00
Day 4	Own NW training		01:00
Day 5	NW + balance tr.	50-60%	01:45
		Total	05:30

③ 3rd week Easy		Frequency 4-5times/week	
E	Contents	HRMax	Hours
Day 1	Other sport training	-	00:45
Day 2	Strength training		00:30
Day3	NW Easy include Comfortable speed 5'x1	50-75%	01:00
Day 4	Own NW training		01:00
Day 5	NW + mobility tr.	50-60%	01:15
		Total	04:30

④ 4th week Moderate		Frequency 4-5times/week	
M	Contents	HRMax	Hours
Day 1	NW Easy-Moderate	50-70%	01:00
Day 2	Strength training		00:45
Day3	NW Easy include Speed 2' x 3 times	50-80%	01:00
Day 4	Own NW training		01:00
Day 5	NW + coordination tr.	50-60%	01:30
		Total	05:15

⑤ 5th week Hard		Frequency 4-5times/week	
H	Contents	HRMax	Hours
Day 1	NW Easy-Moderate	50-70%	01:00
Day 2	Strength training		01:00
Day3	NW Easy include Speed 3' x 4 times	50-85%	01:30
Day 4	Own NW training		01:00
Day 5	NW + balance tr.	50-60%	02:00
		Total	06:30

⑥ 6th week Easy		Frequency 4-5times/week	
E	Contents	HRMax	Hours
Day 1	Other sport training	-	00:30
Day 2	Strength training		00:30
Day3	NW Easy include Speed play 1' x 3times	50-85%	00:30
Day 4	Own NW training		01:00
Day 5	NW + mobility tr.	50-60%	01:00
		Total	03:30

【Train in order ①⇒②⇒③⇒④⇒⑤⇒⑥⇒①】E = Easy week、M = Moderate week、H = Hard week

* If you feel that the intensity or amount of your training does not match your feelings, please adjust it accordingly.



Training sample 3-4 times/week

① 1st week Moderate		Frequency 3-4times/week	
M	Training contents	HRMax	Hours
Day 1	NW easy	50-60%	00:45
Day 2	Other sport training	60-70%	00:45
Day 3	Strength training		00:45
Day 4	NW + coordination tr.	50-70%	01:00
Total			03:15

② 2nd week Hard		Frequency 3-4times/week	
H	Training contents	HRMax	Hours
Day 1	Own NW training	50-70%	00:45
Day 2	Strength training		00:45
Day 3	NW + balance tr.	50-60%	01:00
Day 4	NW Easy	50-60%	01:30
Total			04:00

③ 3rd week Easy		Frequency 3-4times/week	
E	Training contents	HRMax	Hours
Day 1	Own training	-	00:30
Day 2	NW + stretching tr.	50-60%	00:45
Day 3	NW Easy-Moderate	50-70%	01:15
Day 4			
Total			02:30

④ 4th week Moderate		Frequency 3-4times/week	
M	Training contents	HRMax	Hours
Day 1	NW easy	50-60%	00:45
Day 2	Other sport training	60-70%	00:30
Day 3	Strength training		00:45
Day 4	NW + coordination tr.	50-70%	01:30
Total			03:30

⑤ 5th week Hard		Frequency 3-4times/week	
H	Training contents	HRMax	Hours
Day 1	NW + balance tr.	50-60%	01:00
Day 2	NW easy	50-60%	01:15
Day 3	Strength training		00:45
Day 4	NW Easy include Speed 2' x 2 times	50-80%	01:30
Total			04:30

⑥ 6th week Easy		Frequency 3-4times/week	
E	Training contents	HRMax	Hours
Day 1	Other sport training	-	00:30
Day 2	Strength training		00:30
Day 3	NW Easy include Speed 1' x 4 times	50-85%	01:00
Day 4	NW + stretching tr.	50-60%	00:30
Total			02:30

【Train in order ①⇒②⇒③⇒④⇒⑤⇒⑥⇒①】E = Easy week, M = Moderate week, H = Hard week

* If you feel that the intensity or amount of your training does not match your feelings, please adjust it accordingly.

