

MBOODYMENT TRAINING CYCLE

Fitness Training Camp

WEEK 1

MUSCULAR ENDURANCE

BUILD A FOUNDATION

WEEK 2

FUNCTIONAL MOVEMENTS

DEVELOP BALANCE, STABILITY & COORDINATION

WEEK 3

INTERVAL TRAINING

INCREASE HEART RATE

WEEK 4

METABOLIC CONDITIONING

GOING HARD, FAST & LONG

CAMPS→

(5 week cycle)

A camp is a five week cycle, four weeks of training followed by one off-week of recovery time.

MFTC9: January 5 - January 31

MFTC10: February 9 - March 7

MFTC11: March 16 - April 11

MFTC12: April 20 - May 16

MFTC13: May 25 - June 20

MFTC14: June 29 - July 25

MFTC15: August 3 - August 29

MFTC16: September 7 - October 3

MFTC17: October 12 - November 7

MFTC18: November 16 - December 12

MFTC19: December 21 - January 16