



## TRAINING SCHEDULE FOR ATHLETE

DAY	INTRODUCTORY PART	FORMAL PART	SPECIAL PART	ASSEMBLY & DISMISSAL
MONDAY	WARM UP AND STRECHING ROTATION FULL BODY	FITNESS	BABY HURDLES TRAINING & 80 METER DASH RUN (IMPROVE LEG EXPLOSIVE POWER, SPEED)	WARM DOWN , RECREATION GAME, YOGA
TUESDAY	WARM UP AND STRECHING FULL BODY ROTATION	GENERAL FITNESS	ENDURANCE TRAINING INTERVAL TRAINING 30 METER SPEED, 30 METER JOGGING 30 METER SPEED WALKING, 30METER SLOW WALK	WARMDOWN , RECREATION GAME, PRANAYAMA, MEDITATION
WEDNESDAY	WARM UP AND STRECHING FULL BODY ROTATION	GENERAL FITNESS	20 METER RUN, 30 METER RUN, 40 METER RUN, REACTION SPEED RUN, STANDING SITTING, KENNELING	WARMDOWN , RECREATION GAME, PRANAYAMA BREATH HOLDING
THURSDAY	WARM UP AND STRECHING FULL BODY ROTATION	GENERAL FITNESS	ABCD DRILLS, 50 METER RUN DASH- 8 SET	WARM DOWN, RECREATION GAME, PRANAYAMA
FRIDAY	WARM UP AND STRECHING FULL BODY ROTATION	GENERAL FITNESS	BALL COLLECTING TENNIS BALL & FOOTBALL, MEDICINE BALL	WARM DOWN, PRANAYAMA



			TRAINING	
SATURDAY	WARM UP AND STRECHING FULL BODY ROTATION	GENERAL FITNESS	LADDER TRAINING-30 METER DASH RUN,	WARMDOWN AND PRANAYAMA, YOGA
SUNDAY	WARM UP AND STRECHING FULL BODY ROTATION	GENERAL FITNESS	CROSS COUNTRY TRAINING 30 MINTS(IMPROVE ON SLIDE RUNNING)	WARM DOWN



