Work Out for Orienteers

Week One

Monday 10 minute warm up/jog

440 in 90 seconds two times walk /jog 1 440 between each run

10 minute cool down/jog

Tuesday: Swim, bike, or row for 30 minutes

Wednesday 1 mile warm up

Short tempo mile 6 minutes and 43 seconds pace

Cool down mile

Thursday Swim, bike, or row for 30 minutes

Friday 3 miles at mid temp 7 minutes 15 seconds per mile

Saturday Rest/play stretch

Sunday Stretch, core work out: pushups, sit ups, orienteering circuits

Week two Add a 440 on Monday and drop 5 seconds of short tempo and mid tempo runs

Week three Add a 440 and drop 5 secs from week two

Week four add a 440 and drop 5 secs from week three

Week five same as week four

Week six add a 440 and drop 5 secs from week five