



Will's weekly routine

Sunday	23-Oct	(Treadmill incline 2, speed 11 for 5 min, 12 for 5 min, 13 for 5 min, 14 for 5 min.) (50 push ups, 15 decline push ups slow X 3 sets) (Shoulder press + Bicep curl with 12.5 kg 5 sets of 10) (150 mixed abs) (Leg press 130 kg with one leg 5 sets of 10 on each leg) (Deep barbell squat with 40 kg 5 sets of 10) (calf raises one one leg with body weight 5 sets of 15 on each leg)
Monday	24-Oct	50 x Hill Sprints up the Mini Tan. 200 Elevated Push Ups, 200 Tricep Dips 100 Decline 45 degree sit ups. 100 Swiss ball crunches. 5 sets of 10 cable flys with 40 kg. 5 sets of leg extensions with 130 kg. Full Body tricep dips X 15,12,8. 3 sets of 15 Tricep extensions with 40 kg. Lateral Raise 5 sets of 10 with 8.5 kg and 5 sets of 10 with 6.5 kg.
Tuesday	25-Oct	Treadmill incline 2, 5 min at speed 11, 5 min at speed 12, 5 min at speed 13, 4 min at speed 14, 1 min at speed 16. 100 push ups nose to the floor. 2 X Running around the Tan and across to Fawkner Park, approx 12 km. 45 elevated push ups, 45 tricep dips.
Wednesday	26-Oct	1 Hour of stretching on all muscles in the body. 4 x Hill Sprints up the Mini Tan. 2 laps around Albert Park Lake = 10 km
Thursday	27-Oct	1 lap around Albert Park Lake = 5 km. 15 km of Running and Sprinting and stair sprints along the Yarra River. 45 Elevated Push ups, 45 Tricep dips.
Friday	28-Oct	5 sets of Bicep Curl with 12.5 kg dumbbells. 5 sets of shoulder press with 12.5 kg dumbbells. 5 sets of lateral raises with 6.5 kg dumbbells. 5 sets of 10 Deep Barbell squats with 40 kg. 5 sets of 45 degree leg pres with 175 kg. 5 sets of leg extension with 90 kg. 10 sets of 15 one leg calf raises on each leg.
Saturday	29-Oct	Jog along the Yarra River 5 km. 4 sets of Stair sprints up and back 100 metre each. Jog once around the Tan track 4 km.
<p>Note: This was a quiet week with only 2/3 as many client training sessions as a normal week.</p>		