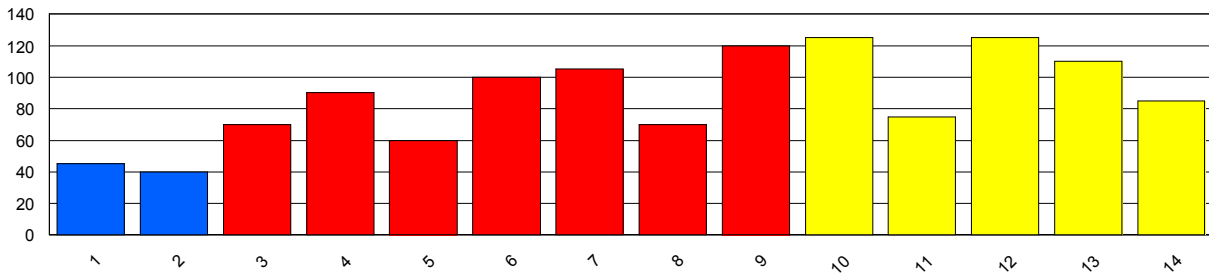


# Weight Plan for Hede Hodo

My First Training Plan  
31 Ara, 2007 - 7 Nis, 2008



Optional

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Wk 1 31 Ara	2000m T	2000m T	Rest	2000m T	Rest	Rest	4000m T	wk 1 10.000
Wk 2 7 Oca	Rest	2000m T	Rest	3000m T	Rest	Rest	4000m T	wk 2 9.000
Wk 3 14 Oca	Rest	20min BMI	Rest	20min BMI	Rest	Rest	30min BMI	wk 3 70
Wk 4 21 Oca	Rest	20min BMI	Rest	20min BMI	Rest	20min BMI	30min BMI	wk 4 90
Wk 5 28 Oca	Rest	20min BMI	Rest	20min BMI	Rest	Rest	20min BMI	wk 5 60
Wk 6 4 Şub	Rest	25min BMI	Rest	25min BMI	Rest	20min BMI	30min BMI	wk 6 100
Wk 7 11 Şub	Rest	25min BMI	Rest	25min BMI	Rest	20min BMI	35min BMI	wk 7 105
Wk 8 18 Şub	Rest	20min BMI	Rest	20min BMI	Rest	Rest	30min BMI	wk 8 70
Wk 9 25 Şub	Rest	30min BMI	Rest	30min BMI	Rest	25min BMI	35min BMI	wk 9 120
Wk 10 3 Mar	Rest	30min BMI	Rest	30min BMI	Rest	30min BMI	35min BMI	wk 10 125
Wk 11 10 Mar	Rest	20min BMI	Rest	20min BMI	Rest	Rest	35min BMI	wk 11 75
Wk 12 17 Mar	Rest	30min BMI	Rest	30min BMI	Rest	30min BMI	35min BMI	wk 12 125
Wk 13 24 Mar	Rest	25min BMI	Rest	25min BMI	Rest	20min BMI	40min BMI	wk 13 110
Wk 14 31 Mar	Rest	20min BMI	Rest	20min BMI	Rest	Rest	45min BMI	wk 14 85

Code	Type	Description	HR Band	SR Band	Warm-Up/Down
BPB	BP Bumps	BMI Burn with Shifts to MaxSS	141 - 160	31 - 34	750 / 500
SLT	Slow Tone	Slow ¼ pressure	122 - 150	18 - 22	500 / 750
BMI	BMI Burn	Very easy BMI burn	113 - 141	23 - 26	500 / 500
E	Easy	Easy row for maintenance	113 - 141	23 - 26	500 / 500
T	Technique	Focus on Technique only	94 - 113	18 - 22	0 / 0

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**Important!** Consult your doctor before using this Training Plan. Use this training plan entirely at your own risk. Refer to our full medical disclaimer in the online Training Guide.