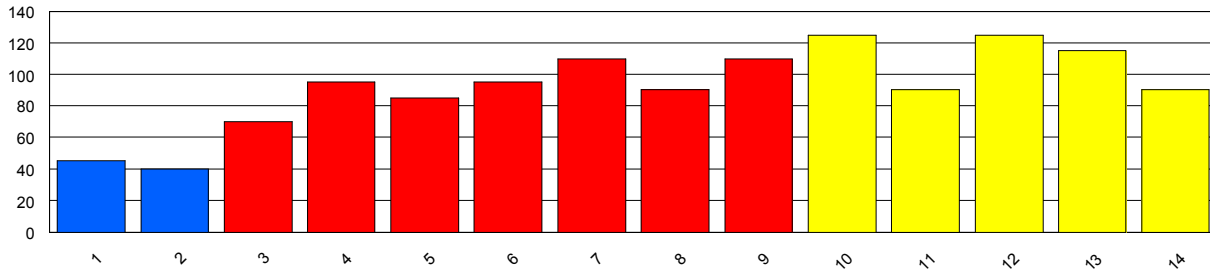


# Weight Plan for Hede Hodo

Burn Baby Burn 2  
20 Nis, 2009 - 27 Tem, 2009



| Week            | Optional |                       |      |                      |      |                       |           | Total          |
|-----------------|----------|-----------------------|------|----------------------|------|-----------------------|-----------|----------------|
|                 | Mon      | Tue                   | Wed  | Thu                  | Fri  | Sat                   | Sun       |                |
| Wk 1<br>20 Nis  | 2000m T  | 2000m T               | Rest | 2000m T              | Rest | Rest                  | 4000m T   | wk 1<br>10.000 |
| Wk 2<br>27 Nis  | Rest     | 2000m T               | Rest | 3000m T              | Rest | Rest                  | 4000m T   | wk 2<br>9.000  |
| Wk 3<br>4 May   | Rest     | 20min SLT<br>2x2'r2'  | Rest | 20min BMI            | Rest | Rest                  | 30min BMI | wk 3<br>70     |
| Wk 4<br>11 May  | Rest     | 20min SLT<br>2x2'r3'  | Rest | 25min BMI            | Rest | 20min BMI             | 30min BMI | wk 4<br>95     |
| Wk 5<br>18 May  | Rest     | 20min BMI             | Rest | 20min BMI            | Rest | 20min BMI             | 25min BMI | wk 5<br>85     |
| Wk 6<br>25 May  | Rest     | 20min SLT<br>2x2'r3'  | Rest | 25min SLT<br>2x2'r2' | Rest | 20min BMI             | 30min BMI | wk 6<br>95     |
| Wk 7<br>1 Haz   | Rest     | 25min SLT<br>3x2'r3'  | Rest | 30min SLT<br>2x2'r3' | Rest | 20min BPB<br>2x30"r4' | 35min BMI | wk 7<br>110    |
| Wk 8<br>8 Haz   | Rest     | 20min BMI             | Rest | 20min BMI            | Rest | 20min BMI             | 30min BMI | wk 8<br>90     |
| Wk 9<br>15 Haz  | Rest     | 25min SLT<br>4x2'r3'  | Rest | 30min SLT<br>2x2'r3' | Rest | 20min BPB<br>2x30"r4' | 35min BMI | wk 9<br>110    |
| Wk 10<br>22 Haz | Rest     | 30min BPB<br>2x30"r4' | Rest | 30min SLT<br>3x2'r3' | Rest | 25min BPB<br>3x30"r4' | 40min BMI | wk 10<br>125   |
| Wk 11<br>29 Haz | Rest     | 20min BMI             | Rest | 20min BMI            | Rest | 20min BMI             | 30min BMI | wk 11<br>90    |
| Wk 12<br>6 Tem  | Rest     | 30min BPB<br>4x30"r4' | Rest | 30min SLT<br>3x2'r3' | Rest | 25min BPB<br>3x30"r4' | 40min BMI | wk 12<br>125   |
| Wk 13<br>13 Tem | Rest     | 25min BPB<br>6x30"r2' | Rest | 25min SLT<br>3x2'r3' | Rest | 20min BPB<br>3x30"r4' | 45min BMI | wk 13<br>115   |
| Wk 14<br>20 Tem | Rest     | 20min BMI             | Rest | 20min BMI            | Rest | Rest                  | 50min BMI | wk 14<br>90    |

| Code | Type      | Description                   | HR Band   | SR Band | Warm-Up/Down |
|------|-----------|-------------------------------|-----------|---------|--------------|
| BPB  | BP Bumps  | BMI Burn with Shifts to MaxSS | 140 - 159 | 31 - 34 | 750 / 500    |
| SLT  | Slow Tone | Slow ¾ pressure               | 122 - 150 | 18 - 22 | 500 / 750    |
| BMI  | BMI Burn  | Very easy BMI burn            | 112 - 140 | 23 - 26 | 500 / 500    |
| E    | Easy      | Easy row for maintenance      | 112 - 140 | 23 - 26 | 500 / 500    |
| T    | Technique | Focus on Technique only       | 94 - 112  | 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.