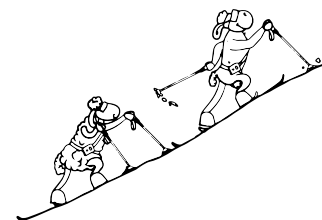


ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 1

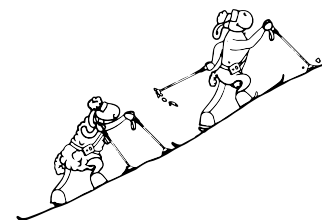


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM	TRAINING TYPE	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	STRENGTH	ENDURANCE
	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	"STABILIZE MECHANICAL AXIS"	"LEISURE TOUR"
	CONTENT	Almost passive. Monday is rest day; most people have stress at work and little time for training.	Watch food and drink intake.	Watch food and drink intake.	Watch food and drink intake.	Almost passive.	TRAINING SESSION 1 Focus on carrying out the movements accurately and correctly. INFORMATION: PDF and video no. 2	Go on a MOUNTAIN OR BIKE TOUR , no rush and no stress, enjoy it! You should feel slightly underchallenged at all times; the tour is long; 90-120 mins. would be ideal.
	INFORMATION	Pulse (bpm) intensity: - Duration (mins): - Training area: Rest	Pulse (bpm) intensity: - Duration (mins): - Training area: Rest	Pulse (bpm) intensity: - Duration (mins): - Training area: Rest	Pulse (bpm) intensity: - Duration (mins): - Training area: Rest	Pulse (bpm) intensity: - Duration (mins): - Training area: Rest	Pulse (bpm) intensity: .3/5 Duration (mins): 60 Training area: General strengthening	Pulse (bpm) intensity: .2/5 Duration (mins): 90 Training area: Basic endurance
PM	TRAINING TYPE	TEST	ENDURANCE	FLEXIBILITY	RECOVERY	MASSAGE	RECOVERY	RECOVERY
	CATEGORY	"INITIAL TEST"	"10 MINUTE INTERVAL 1"	"OPEN DOORS"	REST AFTERNOON	"HAVE A MASSAGE"	REST AFTERNOON	REST AFTERNOON
	CONTENT	Before starting our 10-week training blog, you can start by recording a few details today. Watch our first intro video. INFORMATION: PDF and video no. 1	10 mins gentle jog and/or general warmup. Alternate: 1 min. knee bends, 1 min. glute bridges, always rest for 1 min. between sets, 10 x INFORMATION: PDF and video no. 3	TRAINING SESSION 2 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. INFORMATION: PDF and video no. 4	Watch food and drink intake.	Ideally you can/should have a massage on this day.	Watch food and drink intake.	Watch food and drink intake.
	INFORMATION	Pulse (bpm) intensity: .2/5 Duration (mins): 30 Training area: Initial test	Pulse (bpm) intensity: .3/5 Duration (mins): 30 Training area: Strength endurance - Intervall	Pulse (bpm) intensity: .1/5 Duration (mins): 30 Training area: Flexibility	Pulse (bpm) intensity: - Duration (mins): - Training area: Rest	Pulse (bpm) intensity: .1/5 Duration (mins): 30 Training area: Passive recovery	Pulse (bpm) intensity: - Duration (mins): - Training area: Rest	Pulse (bpm) intensity: - Duration (mins): - Training area: Rest

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 2

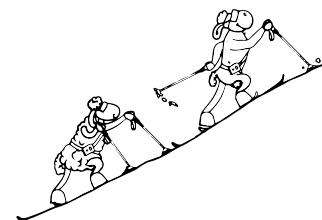


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
TRAINING TYPE		RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	ENDURANCE
AM	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	"10 MINUTE INTERVAL 1"	"LEISURE TOUR"
	CONTENT	Almost passive. Monday is rest day; most people have stress at work and little time for training.	Watch food and drink intake.	Watch food and drink intake.	Watch food and drink intake.	Almost passive.	10 mins gentle jog and/or general warmup. Alternate: 1 min. knee bends, 1 min. glute bridges, always rest for 1 min. between sets, 10 x INFORMATION: PDF and video no. 3	Go on a MOUNTAIN OR BIKE TOUR , no rush and no stress, enjoy it! You should feel slightly underchallenged at all times; the tour is long; 90-120 mins. would be ideal.
INFORMATION	Pulse (bpm) intensity	-	-	-	-	-	.3/5	.2/5
	Duration (mins)	-	-	-	-	-	30	90
	Training area	Rest	Rest	Rest	Rest	Rest	Strength endurance - Intervall	Basic endurance
TRAINING TYPE		RECOVERY	STRENGTH	FLEXIBILITY	RECOVERY	STRENGTH	RECOVERY	FLEXIBILITY
PM	CATEGORY	REST AFTERNOON	"STABILIZE MECHANICAL AXIS"	"OPEN DOORS"	REST AFTERNOON	"STABILIZE MECHANICAL AXIS"	REST AFTERNOON	"OPEN DOORS"
	CONTENT	Watch food and drink intake.	TRAINING SESSION 1 Focus on carrying out the movements accurately and correctly. INFORMATION: PDF and video no. 2	TRAINING SESSION 2 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. INFORMATION: PDF and video no. 4	Watch food and drink intake.	TRAINING SESSION 1 Focus on carrying out the movements accurately and correctly. INFORMATION: PDF and video no. 2	Watch food and drink intake.	TRAINING SESSION 2 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. INFORMATION: PDF and video no. 4
INFORMATION	Pulse (bpm) intensity	-	.3/5	.1/5	-	.3/5	-	.1/5
	Duration (mins)	-	60	30	-	60	-	30
	Training area	Rest	General strengthening	Flexibility	Rest	General strengthening	Rest	Flexibility

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 3

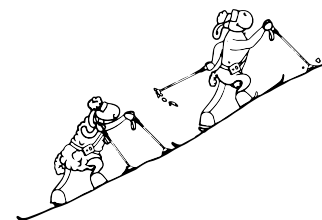


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM	TRAINING TYPE	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	AUSDAUER
	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	REST MORNING	„10-MINUTEN INTERVALL 2“	“LONGER LEISURE TOUR“
	CONTENT	Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Go on a MOUNTAIN TOUR, BIKE TOUR or even a SKI TOUR . Try to enjoy this mountain experience to the full. You should feel slightly underchallenged at all times, but increase your range of ability. 120 mins. would be ideal.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ●●●●○ Duration (mins.): 30 Training area: Strength endurance - Intervall
PM	TRAINING TYPE	RECOVERY	STRENGTH	FLEXIBILITY	STRENGTH	MESSAGE	RECOVERY	FLEXIBILITY
	CATEGORY	REST AFTERNOON	“STRENGTHEN YOUR CORE“	“OPEN DOORS“	“IMPROVE YOUR PUSH-OFF“	“HAVE A MESSAGE“	REST AFTERNOON	“OPEN DOORS“
	CONTENT	Make sure you drink sufficient fluids and eat well.	TRAINING SESSION 3 Focus on carrying out the movements accurately and correctly. Control and stability of your rump improves force transmission.	TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures.	TRAINING SESSION 4 Focus on carrying out the movements accurately and correctly. Here, you can use the stability you developed in the “stabilize mechanical axis” session.	Ideally you can/should have a massage on this day.	Make sure you drink sufficient fluids and eat well.	TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ●●●○○ Duration (mins.): 45 - 60 Training area: General strengthening	Intensity: ●○○○○ Duration (mins.): 30 Training area: Flexibility	Intensity: ●●●●○ Duration (mins.): 60 Training area: General strengthening	Intensity: ●○○○○ Duration (mins.): 30 Training area: Passive recovery	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ●○○○○ Duration (mins.): 30 Training area: Flexibility

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 4

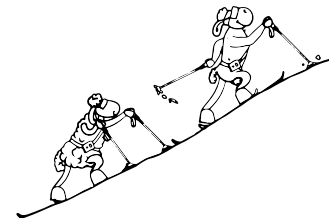


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
TRAINING TYPE		RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	AUSDAUER
AM	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	REST MORNING	„10-MINUTEN INTERVALL 2“	„LONGER LEISURE TOUR“
	CONTENT	Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	10 mins gentle jog and/or general warmup. Then alternate: • 1 minute WALK UPHILL or RUN on flat ground • 1 minute slow walk or rest Repeat this set for 10 ROUNDS.	Go on a MOUNTAIN TOUR , BIKE TOUR or even a SKI TOUR . Try to enjoy this mountain experience to the full. You should feel slightly underchallenged at all times, but increase your range of ability. 120 mins. would be ideal.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	●●●●○ 30 Strength endurance - Intervall
TRAINING TYPE		RECOVERY	STRENGTH	FLEXIBILITY	ENDURANCE	STRENGTH	RECOVERY	FLEXIBILITY
PM	CATEGORY	REST AFTERNOON	„IMPROVE YOUR PUSH-OFF“	„OPEN DOORS“	„10 MINUTE INTERVAL 1“	„STRENGTHEN YOUR CORE“	REST AFTERNOON	„OPEN DOORS“
	CONTENT	Make sure you drink sufficient fluids and eat well.	TRAINING SESSION 4 Focus on carrying out the movements accurately and correctly. Here, you can use the stability you developed in the "stabilize mechanical axis" session.	TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures.	10 mins gentle jog and/or general warmup. Then alternate: • 1 minute KNEE BENDS • 1 minute rest • 1 minute GLUTE BRIDGES • 1 minute rest Repeat this set for 5 ROUNDS.	TRAINING SESSION 3 Focus on carrying out the movements accurately and correctly. Control and stability of your rump improves force transmission.	Make sure you drink sufficient fluids and eat well.	TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	●●●●○ 60 General strengthening	●○○○○ max. 30 Flexibility	●●●○○ 30 Strength endurance - Intervall	●●●○○ 45 - 60 General strengthening	Intensity: - Duration (mins.): - Training area: Rest	●○○○○ 30 Flexibility

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 5 | RECOVERY WEEK

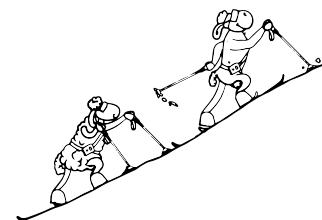


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM	TRAINING TYPE	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	RECOVERY
	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	„WALK“	RECOVERY DAY
	CONTENT	<p>Almost passive.</p> <p>Monday is your REST DAY!</p> <p>Most people have stress at work and little time for training.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Almost passive.</p>	<p>Go on a 30 – 45 min. walk in the woods.</p> <p>Don't think about your training while walking. Try to relax and recover.</p> <p>This is active recovery!</p>	<p>Almost passive.</p> <p>Enjoy your FREE SUNDAY. You are doing an excellent training!</p>
	INFORMATION	Intensity	-	-	-	-	-	● ○ ○ ○ ○
	Duration (mins.)	-	-	-	-	-	30 - 45	-
	Training area	Rest	Rest	Rest	Rest	Rest	Recovery	Rest
PM	TRAINING TYPE	RECOVERY	FLEXIBILITY	FLEXIBILITY	ENDURANCE	MASSAGE	FLEXIBILITY	RECOVERY
	CATEGORY	REST AFTERNOON	„OPEN DOORS“	„STAY FLEXIBLE“	„GENTLE SESSION“	„HAVE A MASSAGE“	„STAY FLEXIBLE“	REST AFTERNOON
	CONTENT	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>TRAINING SESSION 1</p> <p>You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.</p> <p>Work constantly on your flexibility and important structures.</p>	<p>TRAINING SESSION 5</p> <p>This session complements the „Open doors“ training session. The focus is on hip flexibility.</p> <p>You are welcome to swap or combine exercises from both sessions.</p>	<p>10 mins gentle jog / walk.</p> <p>Then 30 mins. alternating tempo: Adapt your tempo to the terrain and change your speed arrhythmically.</p> <p>Five-minute walk to relieve tension.</p>	<p>Ideally you can/should have a massage on this day.</p>	<p>TRAINING SESSION 5</p> <p>This session complements the „Open doors“ training session. The focus is on hip flexibility.</p> <p>You are welcome to swap or combine exercises from both sessions.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>
	INFORMATION	Intensity	-	● ○ ○ ○ ○	● ○ ○ ○ ○	● ● ○ ○ ○	● ○ ○ ○ ○	● ○ ○ ○ ○
	Duration (mins.)	-	max. 30	max. 30	45	30	max. 30	-
	Training area	Rest	Flexibility	Flexibility	Fartlek training	Passive recovery	Flexibility	Rest

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 6

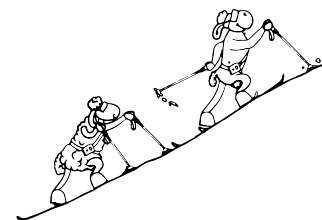


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM	TRAINING TYPE	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	ENDURANCE
	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	REST MORNING	„10-MINUTEN INTERVALL 2“	„LEISURE TOUR“
	CONTENT	<p>Almost passive.</p> <p>Monday is your REST DAY!</p> <p>Most people have stress at work and little time for training.</p>	<p>REST MORNING</p> <p>Make sure you drink sufficient fluids and eat well.</p>	<p>REST MORNING</p> <p>Make sure you drink sufficient fluids and eat well.</p>	<p>REST MORNING</p> <p>Make sure you drink sufficient fluids and eat well.</p>	<p>REST MORNING</p> <p>Make sure you drink sufficient fluids and eat well.</p>	<p>10 mins gentle jog and/or general warmup.</p> <p>Then alternate:</p> <ul style="list-style-type: none"> • 1 minute WALK UPHILL or RUN on flat ground • 1 minute slow walk or rest <p>Repeat this set for 10 ROUNDS.</p>	<p>Go on a MOUNTAIN OR BIKE TOUR.</p> <p>No rush and no stress, enjoy it!</p> <p>You should feel slightly underchallenged at all times.</p> <p>90 mins. would be ideal.</p>
	INFORMATION	Intensity	-	-	-	-	-	●●●●○
	Duration (mins.)	-	-	-	-	-	30	90 - 120
	Training area	Rest	Rest	Rest	Rest	Rest	Strength endurance - Intervall	Basic endurance
PM	TRAINING TYPE	RECOVERY	STRENGTH	ENDURANCE	ENDURANCE	RECOVERY	STRENGTH	FLEXIBILITY
	CATEGORY	REST AFTERNOON	„IMPROVE YOUR PUSH-OFF“	„10 MINUTE INTERVAL 1“	„16 MINUTE INTERVAL“	REST AFTERNOON	„STRENGTHEN YOUR CORE“	„OPEN DOORS“
	CONTENT	<p>REST AFTERNOON</p> <p>Make sure you drink sufficient fluids and eat well.</p>	<p>TRAINING SESSION 4</p> <p>Focus on carrying out the movements accurately and correctly.</p> <p>Here, you can use the stability you developed in the "stabilize mechanical axis" session.</p>	<p>10 mins gentle jog and/or general warmup.</p> <p>Then alternate:</p> <ul style="list-style-type: none"> • 1 minute KNEE BENDS • 1 minute rest • 1 minute GLUTE BRIDGES • 1 minute rest <p>Repeat this set for 5 ROUNDS.</p>	<p>10 mins gentle jog and/or general warmup.</p> <p>Then alternate:</p> <ul style="list-style-type: none"> • 4 minutes quick walk uphill with sticks • 3 minutes slow walk downhill or rest <p>Repeat this set for 4 ROUNDS and keep your speed constant.</p>	<p>REST AFTERNOON</p> <p>Make sure you drink sufficient fluids and eat well.</p>	<p>TRAINING SESSION 3</p> <p>Focus on carrying out the movements accurately and correctly.</p> <p>Control and stability of your rump improves force transmission.</p>	<p>TRAINING SESSION 1</p> <p>You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.</p> <p>Work constantly on your flexibility and important structures.</p>
	INFORMATION	Intensity	-	●●●●○	●●●○○	●●●●○	-	●●●○○
	Duration (mins.)	-	60	30	35	-	45 - 60	30
	Training area	Rest	General strengthening	Strength endurance - Intervall	Intense interval	Rest	General strengthening	Flexibility

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 7

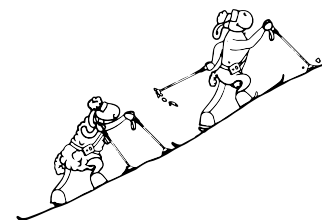


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
TRAINING TYPE		RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	ENDURANCE
AM	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	„INTENSE MOUNTAIN TOUR“	„WALK“
	CONTENT	Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Almost passive.	Go on a mountain tour and test your abilities. Try to keep the tempo high during steeper sections and take it easier during flatter sections or when going downhill. Changing speeds is key!	Go on a 30 – 45 min. walk in the woods. Don't think about your training while walking. Try to relax and recover. This is active recovery!
INFORMATION	Intensity	-	-	-	-	-	● ● ● ● ○	● ○ ○ ○ ○
	Duration (mins.)	-	-	-	-	-	> 120	30 - 45
	Training area	Rest	Rest	Rest	Rest	Rest	Intensification	Recovery
TRAINING TYPE		RECOVERY	STRENGTH	FLEXIBILITY	ENDURANCE	MASSAGE	RECOVERY	FLEXIBILITY
PM	CATEGORY	REST AFTERNOON	„FEEL THE POWER“	„STAY FLEXIBLE“	„16 MINUTE INTERVAL“	„HAVE A MASSAGE“	REST AFTERNOON	„OPEN DOORS“
	CONTENT	Make sure you drink sufficient fluids and eat well.	TRAINING SESSION 6 Focus on carrying out the movements accurately and correctly. It's going to get more dynamic and the one-legged exercises will challenge you.	TRAINING SESSION 5 This session complements the "Open doors" training session. The focus is on hip flexibility. You are welcome to swap or combine exercises from both sessions.	10 mins gentle jog and/or general warmup. Then alternate: • 4 minutes quick walk uphill with sticks • 3 minutes slow walk downhill or rest Repeat this set for 4 ROUNDS and keep your speed constant.	Ideally you can/should have a massage on this day.	Make sure you drink sufficient fluids and eat well.	TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures.
INFORMATION	Intensity	-	● ● ● ● ●	● ○ ○ ○ ○	● ● ● ● ○	● ○ ○ ○ ○	-	● ○ ○ ○ ○
	Duration (mins.)	-	60	max. 30	35	30	-	max. 30
	Training area	Rest	General strengthening	Flexibility	Intense interval	Passive recovery	Rest	Flexibility

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 8

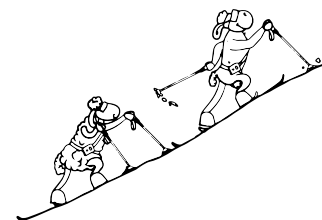


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
TRAINING TYPE		RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	ENDURANCE
AM	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	REST MORNING	„16 MINUTE INTERVAL“	„INTENSE MOUNTAIN TOUR“
	CONTENT	Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	10 mins gentle jog and/or general warmup. Then alternate: • 4 minutes quick walk uphill with sticks • 3 minutes slow walk downhill or rest Repeat this set for 4 ROUNDS and keep your speed constant.	Go on a mountain tour and test your abilities. Try to keep the tempo high during steeper sections and take it easier during flatter sections or when going downhill. Changing speeds is key!
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ●●●●○ Duration (mins.): 35 Training area: Intense interval	Intensity: ●●●●○ Duration (mins.): > 120 Training area: Intensification
TRAINING TYPE		RECOVERY	ENDURANCE	FLEXIBILITY	STRENGTH	RECOVERY	RECOVERY	FLEXIBILITY
PM	CATEGORY	REST AFTERNOON	„30 SECOND INTERVAL“	„STAY FLEXIBLE“	„FEEL THE POWER“	REST AFTERNOON	REST AFTERNOON	„OPEN DOORS“
	CONTENT	Make sure you drink sufficient fluids and eat well.	10 mins gentle jog and/or general warmup. Then alternate: • 30 seconds two-legged JUMPS onto a platform • 30 seconds rest 5 TIMES in a row then 5 minutes rest and repeat this set 3 times.	TRAINING SESSION 5 This session complements the "Open doors" training session. The focus is on hip flexibility. You are welcome to swap or combine exercises from both sessions.	TRAINING SESSION 6 Focus on carrying out the movements accurately and correctly. It's going to get more dynamic and the one-legged exercises will challenge you.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ●●●●● Duration (mins.): 25 Training area: Intense strength endurance interval	Intensity: ●○○○○ Duration (mins.): max. 30 Training area: Flexibility	Intensity: ●●●●● Duration (mins.): 60 Training area: General strengthening	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ●○○○○ Duration (mins.): 30 Training area: Flexibility

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 9

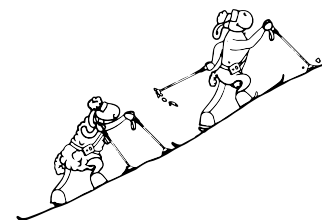


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
TRAINING TYPE		RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	ENDURANCE
AM	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	REST MORNING	„16 MINUTE INTERVAL“	„INTENSE MOUNTAIN TOUR“
	CONTENT	<p>Almost passive.</p> <p>Monday is your REST DAY!</p> <p>Most people have stress at work and little time for training.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>10 mins gentle jog and/or general warmup.</p> <p>Then alternate:</p> <ul style="list-style-type: none"> • 4 minutes quick walk uphill with sticks • 3 minutes slow walk downhill or rest <p>Repeat this set for 4 ROUNDS and keep your speed constant.</p>	<p>Go on a mountain tour and test your abilities.</p> <p>Try to keep the tempo high during steeper sections and take it easier during flatter sections or when going downhill.</p> <p>Changing speeds is key!</p>
	INFORMATION	Intensity	-	-	-	-	-	● ● ● ● ○
	Duration (mins.)	-	-	-	-	-	35	> 120
	Training area	Rest	Rest	Rest	Rest	Rest	Intense interval	Intensification
TRAINING TYPE		RECOVERY	ENDURANCE	STRENGTH	ENDURANCE	FLEXIBILITY	RECOVERY	FLEXIBILITY
PM	CATEGORY	REST AFTERNOON	„30 SECOND INTERVAL“	„FEEL THE POWER“	„10 MINUTE INTERVAL 1“	„STAY FLEXIBLE“	REST AFTERNOON	„OPEN DOORS“
	CONTENT	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>10 mins gentle jog and/or general warmup.</p> <p>Then alternate:</p> <ul style="list-style-type: none"> • 30 seconds two-legged JUMPS onto a platform • 30 seconds rest <p>5 TIMES in a row then 5 minutes rest and repeat this set 3 times.</p>	<p>TRAINING SESSION 6</p> <p>Focus on carrying out the movements accurately and correctly.</p> <p>It's going to get more dynamic and the one-legged exercises will challenge you.</p>	<p>10 mins gentle jog and/or general warmup.</p> <p>Then alternate:</p> <ul style="list-style-type: none"> • 1 minute KNEE BENDS • 1 minute rest • 1 minute GLUTE BRIDGES • 1 minute rest <p>Repeat this set for 5 ROUNDS.</p>	<p>TRAINING SESSION 5</p> <p>This session complements the "Open doors" training session. The focus is on hip flexibility.</p> <p>You are welcome to swap or combine exercises from both sessions.</p>	<p>Make sure you drink sufficient fluids and eat well.</p>	<p>TRAINING SESSION 1</p> <p>You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.</p> <p>Work constantly on your flexibility and important structures.</p>
	INFORMATION	Intensity	-	● ● ● ● ●	● ● ● ● ●	● ● ● ○ ○	● ○ ○ ○ ○	-
	Duration (mins.)	-	25	60	30	max. 30	-	max. 30
	Training area	Rest	Intense strength endurance interval	General strengthening	Strength endurance - Intervall	Flexibility	Rest	Flexibility

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery

ORTOVOX NAKED SHEEP | TRAINING PLAN

WEEK 10



		MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM	TRAINING TYPE	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	TEST
	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	„WALK“	„FINAL TEST“
	CONTENT	Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Almost passive.	Go on a 30 – 45 min. walk in the woods. Don't think about your training while walking. Try to relax and recover. This is active recovery!	As at the start of our 10-week training blog, you should record a few details today. Compare the results with the details from your initial test.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ● ○ ○ ○ ○ Duration (mins.): 30 - 45 Training area: Recovery	Intensity: ● ● ○ ○ ○ Duration (mins.): 30 Training area: Final test
PM	TRAINING TYPE	RECOVERY	FLEXIBILITY	FLEXIBILITY	ENDURANCE	MASSAGE	FLEXIBILITY	RECOVERY
	CATEGORY	REST AFTERNOON	„OPEN DOORS“	„STAY FLEXIBLE“	„GENTLE SESSION“	„HAVE A MASSAGE“	„STAY FLEXIBLE“	REST AFTERNOON
	CONTENT	Make sure you drink sufficient fluids and eat well.	TRAINING SESSION 1 You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures.	TRAINING SESSION 5 This session complements the „Open doors“ training session. The focus is on hip flexibility. You are welcome to swap or combine exercises from both sessions.	10 mins gentle jog / walk. Then 30 mins. alternating tempo: Adapt your tempo to the terrain and change your speed arrhythmically. Five-minute walk to relieve tension.	Ideally you can/should have a massage on this day.	TRAINING SESSION 5 This session complements the „Open doors“ training session. The focus is on hip flexibility. You are welcome to swap or combine exercises from both sessions.	Make sure you drink sufficient fluids and eat well.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: ● ○ ○ ○ ○ Duration (mins.): 30 Training area: Flexibility	Intensity: ● ○ ○ ○ ○ Duration (mins.): max. 30 Training area: Flexibility	Intensity: ● ● ○ ○ ○ Duration (mins.): 45 Training area: Fartlek training	Intensity: ● ○ ○ ○ ○ Duration (mins.): 30 Training area: Passive recovery	Intensity: ● ○ ○ ○ ○ Duration (mins.): max. 30 Training area: Flexibility	Intensity: - Duration (mins.): - Training area: Rest

■ Strength
 ■ Endurance
 ■ Flexibility
 ■ Massage
 ■ Recovery