

Daily recordings for strength and core training

<b>Tuesday</b>	sprint 1	sprint 2	sprint 3	sprint 4	sprint 5	sprint 6	sprint 7	sprint 8
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								

<b>Thursday</b>	Low plank	High plank	Side plank	Rocks	Tuck-ups	Arches
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						

<b>Monday (Strength)</b>		set 1	set 2	set 3	Total
Push-ups	Week 1				
Pull-ups					
Table dips					
Push-ups	Week 2				
Pull-ups					
Table dips					
Push-ups	Week 3				
Pull-ups					
Table dips					
Push-ups	Week 4				
Pull-ups					
Table dips					
Push-ups	Week 5				
Pull-ups					
Table dips					
Push-ups	Week 6				
Pull-ups					
Table dips					
Push-ups	Week 7				
Pull-ups					
Table dips					
Push-ups	Week 8				
Pull-ups					
Table dips					
Push-ups	Week 9				
Pull-ups					
Table dips					
Push-ups	Week 10				
Pull-ups					
Table dips					

<b>Wednesday (Strength)</b>		set 1	set 2	set 3	Total
Air squats	Week 1				
Lunges					
Calf raises					
Air squats	Week 2				
Lunges					
Calf raises					
Air squats	Week 3				
Lunges					
Calf raises					
Air squats	Week 4				
Lunges					
Calf raises					
Air squats	Week 5				
Lunges					
Calf raises					
Air squats	Week 6				
Lunges					
Calf raises					
Air squats	Week 7				
Lunges					
Calf raises					
Air squats	Week 8				
Lunges					
Calf raises					
Air squats	Week 9				
Lunges					
Calf raises					
Air squats	Week 10				
Lunges					
Calf raises					