

MAJOR COMPONENTS OF A **STRATEGIC** FITNESS PLAN

Supplement to the:

SPRINT 8[®]
CHALLENGE

Major Components of a Strategic Fitness Plan

Fitness Component	Types of training	Time requirement	Training frequency	Fiber type	Energy system
Flexibility	Stretching	10 minutes	3-4 x week	All fibers	Aerobic
Endurance	Cardio	Target HR for 20 minutes	2-3 x week (May be multi-tasked with anaerobic training)	Slow Type I	Aerobic
Anaerobic	SPRINT 8 Workout	20 minutes	2-3 x week	IIx	ATP-PC
Power	Plyometrics & Plyolifting	10-20 minutes	1 x week	IIa	Lactate
Strength	Weight training (Typical gym type of strength training)	30-60 minutes	3-4 x week	Slow Type I	Aerobic

Source: Ready, Set, GO! Synergy Fitness; 2004; Campbell