



Conditioning Program Week Three Overview

The third week of the conditioning program is designed to continue the progress made in previous weeks with an increase in the intensity through the addition of a new method. The new method added in this week is commonly referred to as anaerobic threshold training

Please refer the [video of the Week Three Program](#) for details on how to perform the training method correctly. The volume of training in the third week should be only moderately higher than what was used in the previous week.



Training Guidelines

The guidelines for the training week will depend on your current level of fitness. If you do not use HRV, you will need to use your resting heart rate to determine which recommendations are most appropriate for you. If you are using [BioForce HRV](#), then use a combination of your HRV score as well as your resting heart rate to select from the following two programs for the week.

Resting HR above 60 and/or HRV below 80 - Sample Training Week 3

	Day 1	Day 2	Day 3	Day 4
Week 3	Cardiac Output 60 minutes	Threshold 4x3 minutes HRI 15-16 reps	Tempo Intervals 12-15 reps	Cardiac Output 30 minutes Threshold 3x3 minutes

Resting HR below 60 and/or HRV above 80 - Sample Training Week 3

	Day 1	Day 2	Day 3	Day 4
Week 3	Cardiac Output 60 minutes HRI 20 reps	Tempo Intervals 10-12 reps Threshold 4x5 minutes	High Resistance Intervals 20-22 reps	Tempo Intervals 10-12 reps Threshold 3x5 minutes

General Program Notes

- Strength Training should be reduced to maintenance levels, generally no more than 2-3 days per week of 30-45 minutes
- Always thoroughly warm-up before beginning each workout
- Adjust volumes and intensities as necessary based on your own fitness levels, training experience and weekly schedule
- Select the most appropriate exercises based on your individual needs, goals and available equipment