

**“Fire Fit” (rest/recuperation, maintenance program)
Post-Season Fitness Module - Workout Template (18 weeks)**

Fitness Component	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Cardiovascular:							
• <u>Moderate Intensity</u>	Cross training activity lasting 30 - 45 minutes		Cross training activity lasting 30 - 45 minutes		Cross training activity lasting 30 - 45 minutes	* Optional Rest or fun activity	* Rest
• <u>High Intensity</u>	As appropriate		As appropriate		As appropriate		
Muscular Training:							
• Muscle Strength/ Muscle Endurance		Light - moderate weights, 1-3 sets, 8-20 reps or to failure	Optional calisthenics	Light - moderate weights, 1-3 sets, 8-20 reps or to failure	Optional calisthenics	* Optional Strength/ Muscle Endurance Training	* Rest
Flexibility:	5-10 minutes	5-10	5-10 minutes	5-10 minutes	5-10 minutes	* Optional	Rest

first 2 weeks should be spent allowing the body to rest and recover before transitioning into the post-season program