

## ELITE PLAN SAMPLE

## Day 3 - Wednesday

## VO2 Max Intervals

Training Load: **Very High** · Est. Burn: 1,200 kcal

## Warm-up (20 mins)

- 15 mins progressive run (start @ 5:30 → end @ 4:45 min/km)
- Dynamic Mobility Routine B (Hip focus)
- 4 x 100m Strides @ mile pace

## MAIN WORKOUT: VO2 Max Intervals

Structure	6 x 1000m Intervals
Pace	3:45 min/km (Zone 5)
Recovery	2:30 mins active jog between reps

*Coach Note: First two reps controlled; last two require max focus. Maintain form as fatigue sets in.*

## Cool-down

- 15 mins Easy jog (Zone 1)
- 5 mins Static stretching

Target: 3,400 kcal

Macros: 510g Carbs | 170g Protein | 75g Fats

## Meal Timing & FDC Data

### Pre-Workout (2 hours prior)

White Rice (200g, FDC:169756) + Chicken Breast (100g, FDC:171477). Low fiber for rapid fueling. ( 450 kcal)

### Intra-Workout

Energy Gel w/ Caffeine after Rep #3. Sip isotonic drink.

### Post-Workout (Immediate)

Chocolate Milk (500ml, FDC:170877) + 1 Large Banana (FDC:173944). Optimized for glycogen resynthesis. ( 500 kcal)

### Dinner (Refuel)

Sweet Potato (300g, FDC:169296) + Lean Beef 95% (150g, FDC:174032) + Mixed Greens. ( 850 kcal)

## Hydration Strategy

- **Morning:** 500ml water + pinch salt.
- **Training:** 150ml every 15 mins.
- **Target:** 800mg sodium via electrolytes.

## Advanced Recovery

- **Protocol:** Compression boots (NormaTec) for 30 mins.
- **Supplement:** Casein protein (30g) before bed.
- **Sleep:** 9 hours mandatory.