**2021 training schedule**

Monday/Wednesday:

8:15-8:30am cycling commute (hilly)

12:45-1:30pm lunchtime walk

5:30-6:00 pm cycling commute

6:00-7:00pm eat dinner, stretch, warm up

7:00pm-9:00pm Bouting 6x5pts, 6x15pts

9:00-9:15pm cool down

9:15-9:35pm cycling home

Tuesday/Thursday:

8:15-8:30am cycling commute (hilly)

12:45-1:30pm lunchtime walk

5:30-6:00 pm cycling commute

6:00-7:00pm eat dinner, stretch, warm up

7:00pm-7:30pm lesson

7:30-9:30pm Bouting 6x15pts

9:30-9:50pm cycling home

Friday:

8:15-8:30am cycling commute (hilly)

12:45-1:30pm lunchtime walk

5:30-6:00 pm cycling commute

6:00-6:30 pm conditioning

6:30-8:15pm state squad

8:15-8:45pm cycling home

Saturday:

sleep all morning

1:40-2:00pm cycling

2:00-4:00pm group lesson

4:00-6:00pm Bouting

6:00-6:20pm cycling

Sunday:

competitions/rest day

I fence all of the state and local events, and all of the Aus/nz national events that I can. I try to get to Asia every year for at least one competition, which will be my ‘peak’ event of the season. Typically I will taper off my training prior to a big competition- which, roughly speaking, is one I have to leave town for. In this case I would not train on Thursday-Saturday (I would normally fly Friday night), and I would start using public transport instead of bike to commute from Tuesday (so my legs are fresh). I would also make a conscious effort to sleep as much as possible in the week before the competition.

My lessons will also change before a competition. Typically my lessons are based around solving a problem I have been having during matches- getting hit a certain way or struggling to deal with a particular fencer or style. Prior to a ‘big’ competition I will have a ‘sharpening’ lesson- where I have no new content and we go over the moves I typically use (at the right time and distance so I feel confident using them). We will often also chat about the general tactics that I will use.