

A(1)	<p>Warm up One set sprints One set jumps Full speed advances (fencing strip), jog back x5 Full speed retreats (fencing strip), jog back x5 Four laps intervals Stretch / relax</p>
A(2)	<p>Warm up Two sets sprints Two sets jumps Full speed advances and retreats (fencing strip), jogging back each time x5 10 minute break Full speed advances and retreats (fencing strip), jogging back each time x5 Four laps intervals Stretch / relax</p>
A(3)	<p>Warm up Two sets sprints Two sets jumps [Full speed advances and retreats (fencing strip) x4] x4, jogging back each time 10 minute break [Full speed advances and retreats (fencing strip) x4] x4, jogging back each time Jog Stretch / relax</p>
B(1)	<p>Warm up One set sprints One set jumps Lunges, recover forward, jog back (fencing strip) x5 Advance lunges, recover forward, jog back (fencing strip) x5 Jump lunges, recover forward, jog back (fencing strip) x5 Fleche / Sprint, jog back (fencing strip) x5 Four laps intervals Stretch / relax</p>
B(2)	<p>Warm up One set sprints One set jumps Lunges, recover forward, jog back (fencing strip) x10 Advance lunges, recover forward, jog back (fencing strip) x10 Jump lunges, recover forward, jog back (fencing strip) x10 Fleche / Sprint, jog back (fencing strip) x10 Four laps intervals Stretch / relax</p>
B(3)	<p>Warm up One set sprints One set jumps Advance, retreat, 7 meters x5 Lunges forward and then back, 7 meters x4 Advance lunges forward and then back, 7 meters x4 Jump lunges forward and then back, 7 meters x4 Fleche / sprint forward and then back, 7 meters x4 Four laps intervals Stretch / relax</p>

C(1)	<p>Warm up One set sprints One set jumps Jumps forward / back, tendency to move forwards, 1 min Jumps forward / back, tendency to move back, 1 min Jumps forward (v. low position, butt 10 inches above ground), 14m x4, jogging back Jumps back (v. low position, butt 10 inches above ground), 14m x4, jogging back [(lunge & recovery from very low position)x5]x5 [(jump lunge & recovery as above)x5]x5]</p>
C(2)	<p>Warm up One set sprints Jumps forward and back, tendency to move forward, 2 mins [(Jump forward, jump back, lunge)x5]x5 [always recover, double step back] [(Jump forward, jump back, jump lunge)x5]x5 [always recover, double step back] [(Jump forward, jump back, crossover lunge)x5]x5 [always recover, double step back] [(Jump forward, jump back, fleche)x5]x5 [always recover, double step back]</p>
C(3)	<p>Warm up One set sprints Jumps forward and back, tendency to move forward, 2 mins Jumps forward and back, tendency to move back, 2 mins [(Double step forward, jump back, lunge) x5]x5 [always recover, double step back] [(Double step forward, jump back, jump lunge) x5]x5 [always recover, double step back] [(Double step f., jump back, crossover lunge) x5]x5 [always recover, double step back] [(Double step forward, jump back, fleche) x5]x5 [always recover, double step back] [(Short Jump lunge, redouble)x5]x5 [always recover, double step back] [(Short Jump lunge, jump lunge)x5]x5 [always recover, double step back] [(Short Jump lunge, crossover lunge)x5]x5 [always recover, double step back] [(Short Jump lunge, fleche)x5]x5 [always recover, double step back]</p>
D(1)	<p>Warm up One set sprints One set jumps Jumps forward and back, tendency to move forward, 2 mins Jumps forward and back, tendency to move back, 2 mins [(3 steps back, jump back, lunge)x5]x5 [(3 steps back, jump back, advance lunge)x5]x5 [(3 steps back, jump back, jump lunge)x5]x5 [(3 steps back, jump back, crossover lunge)x5]x5 [(3 steps back, jump back, fleche)x5]x5 Shadow fencing 3x2 mins with 3 min breaks between Bouting 3x5 mins</p>
D(2)	<p>Warm up One set sprints [(3 steps back, jump back, 3 tiny steps forward, lunge)x5]x5 [(3 steps back, jump back, 3 tiny steps forward, advance lunge)x5]x5 [(3 steps back, jump back, 3 tiny steps forward, jump lunge)x5]x5 [(3 steps back, jump back, 3 tiny steps forward, crossover lunge)x5]x5 [(3 steps back, jump back, 3 tiny steps forward, fleche)x5]x5 Shadow fencing 3x4 mins with 5 min breaks between Bouting 5x5 mins</p>
D(3)	<p>Warm up One set sprints [(3 steps (tiny, fast) forward, lunge, recover, 3 tiny steps back, jump back, 3 tiny steps forward, lunge)x5]x5 [(3 steps (tiny, fast) forward, lunge, recover, 3 tiny steps back, jump back, 3 tiny steps forward, advance lunge)x5]x5 [(3 steps (tiny, fast) forward, lunge, recover, 3 tiny steps back, jump back, 3 tiny steps forward, jump lunge)x5]x5 [(3 steps (tiny, fast) forward, lunge, recover, 3 tiny steps back, jump back, 3 tiny steps forward, crossover lunge)x5]x5</p>

	<p>[(3 steps (tiny, fast) forward, lunge, recover, 3 tiny steps back, jump back, 3 tiny steps forward, fleche)x5]x5 shadow fencing 3x4 mins bouting (3 min, 1 min break, 3 min, 1 min break, 3 min, 5 min break) x4</p>
E(1)	<p>Warm up One set sprints One set jumps Footwork (general 10 mins) Shadow fencing 3x3 mins Bouting 5x5 touch, 2x15 touch Jogging (no intervals) 4 laps</p>
E(2)	<p>Warm up One set sprints Footwork (general 10 mins) Shadow fencing 1x3 mins Bouting 10x5 touch, 3x15 touch</p>
E(3)	<p>Warm up One set sprints Footwork (general 10 mins) Bouting 15x5 touch, 5x15 touch Jogging, 4 laps, no intervals</p>