

| Year | Program | Hemi     | Season    | Phase    | Focus         |
|------|---------|----------|-----------|----------|---------------|
|      | SUP     | Northern | In-Season | Phase 11 | Race / Peak 3 |

Strength this week is only for those that are not racing Chattajack or another event. Those racing should NOT do strength this week, saving their energy and nervous system for the weekend's race effort.

As this week is the culminating week of the 2023 season, next week will see a new strength program - Phase 1 of the 2024 training season.

For those not racing this week, please do week 1 from this program this week. Then, next week, you'll find the new program posted for 2024 phase 1.

Happy training and, if you are racing, good luck!

Larry



