



COMRA[®]
COHERENT MULTI-RADIANCE

TRAINING & PERFORMANCE
USER GUIDE [ENGLISH, REV 1.0]





COMRA[®]
COHERENT MULTI-RADIANCE

TRAINING & PERFORMANCE
USER GUIDE [ENGLISH, REV 1.0]

TABLE OF CONTENTS

FOREWORD coMra – A therapeutic approach to training & performance	3
--	----------

! BEFORE YOU START	5
General notes	6
Using coMra devices	6
Using the different frequencies	7

SECTION 1	PROTOCOLS	9
1 PREPARATION	Maximum workload, pre-workout, activation and support of metabolism	10
2 RECOVERY	Post training support, In-between multiple same day training sessions, night-time support for restful sleep	12
3 HEAVY STRESS & BURNOUT	Pre-competition anxiety, emotional burnout, weather stress symptoms from outdoor training	14
4 ENERGY BOOST	Pick-me-up in-between training sessions	16
5 MUSCLE CONDITIONING	Strength training, weight training, bodybuilding	18

SECTION 2	EXAMPLE TRAINING PLANS	23
MARATHON/ULTRA	Example 12-week training plan	24
TRIATHLON	Example 6-week training plan	25
BOXING/MARTIAL ARTS	Example weekly training plan	25
TACFIT, TABATA/HIIT	Example 4-day cycle training plan	25

FOREWORD

coMra – A therapeutic approach to training & performance

From a very young age, we learn to use our body to interact with life through play. For some, that general well-being of play time turns into an organised sport-adventure that can last a lifetime. Sport provides us with an experience that is rich in mental fortitude, physical wherewithal and emotional outlets in an environment that promotes growth and refinement.

Amateurs and professionals alike desire the best version of themselves while training to compete in their respective activity. Training and intensity demarcate those who play just for fun and those who, for example, pursue a personal record in a running race, a collegiate scholarship or a professional contract. Pushing limits is the name of that game, which means an athlete will train hard even at the cost of their health. Hence, support of the body is necessary, together with balanced amounts of rest and recovery to avoid injury.

As a therapy, coMra stands on the foundation that life itself is a natural, gentle evolution that is both non-invasive and self-sufficient, therefore we as athletes can learn to embrace more holistic methods in support of the innate human intelligence and adaptive response from training. In support of this, coMra therapy has proven itself to be a highly effective and sustainable way for sports men and women to treat acute and chronic injuries – either at home or under the care of a professional therapist.

Most chronic sport injuries are the result of a gradual weakening of a body part through repetitive movement, without judicious time for rest and recovery. With this in mind, we propose a simple way forward for such challenges; Firstly, pay attention to one's body; Secondly, adjust any biomechanical imbalances with self-directed movements (or under the guidance of a physical therapist); Thirdly, utilise coMra therapy to assist the body's innate healing process and then strengthen areas of concern.

Furthermore, coMra therapy contains protocols to increase ailing energy reserves and boost performance, for stronger training sessions and competitive events. Moreover, one can successfully address injuries before they become detrimental to a training program. The early application of coMra therapy on the area of concern with one of coMra's specific treatment protocols will speed up the recovery process, allowing for continued training whilst ensuring the body is getting the support it needs. This will allow the body to adapt and grow stronger, sustainably, in the midst of a training cycle.

To summarise: through coMra, amateurs and professional athletes have a tool that will support their endeavors by increasing energy metabolism and helping ailing joints and muscle structures to heal properly and promptly. And all this done holistically, within the means of the body's internal resources and faculties. You have at your disposal a way to remain in tip-top condition through your 'glory years' and beyond – a life time of sport enjoyment with a healthy body as the foundation.

Alexander Hevia
coMra Sports & Fitness Consultant



BEFORE YOU START

IMPORTANT

1

Under no circumstances should the laser light be allowed to come into contact with the eyes. Prolonged exposure of the eyes to laser light could cause permanent blindness, and even brief exposure could result in serious damage to the eyes.

2

If a protocol is to be done anywhere close to the eyes, the eyelids should be closed, in which case no damage can be done through the laser light accidentally shining into the eyes.

3

Care must be taken not to direct the laser towards the face or eyes of another person. Take particular care of children and animals that may wander into the room during a protocol.

4

Whenever treating any stationary point over the brain, the ultrasound on the coMra Delta Medical or Aesthetic Terminal must be turned off. In all other cases the ultrasound should be turned on. (This does not apply to the coMra Palm which does not include ultrasound.)

5

In treating the heart (4th intercostal, left of sternum) NEVER use a frequency other than 5 Hz.

6

Do not use coMra therapy on patients who have had heart transplants, who have hearts with artificial valves or who have cardiostimulators. To date there is no clinical data which proves coMra therapy to be detrimental to such patients, but not enough research has of yet been done to verify the safety of these patients.

7

Do not place any of the devices within 30 cm of any sensitive electronic equipment (laptops, hard drives, etc.). The magnetic field around the Terminal area may damage such items.

8

These protocols are designed to support recovery after training sessions, build up functional capacity (speed, strength, endurance) and help reduce the effects of overtraining. For the treatment of specific sports injuries, as well as treatment of diseases, please consult the main [coMra therapy user guide here](https://comra-therapy.com/#Treatments) (https://comra-therapy.com/#Treatments).

General notes

- 1 This guide shows protocols developed for enhancements in athletic training and performance. To treat any injury or medical condition one may encounter, the athlete should consult the main [coMra therapy user guide here](https://comra-therapy.com/#Treatments) (https://comra-therapy.com/#Treatments).

To assist the athlete, it may be helpful to note that coMra therapy acts primarily on:

 - a) the central and peripheral nervous systems,
 - b) the immuno-endocrine system,
 - c) the blood,
 - d) the lymphatic system,
 - e) the organs and other body parts directly.
- 2 The points illustrated in the protocols have primarily been selected with these considerations in mind, although additional points are sometimes included in specific protocols, where these are needed.

The protocols in this guide are given as examples of the versatility of coMra therapy, and the athlete is encouraged to familiarise oneself with the basics of coMra therapy, and then to experiment – and so build up one’s own working knowledge of coMra therapy.
- 3 Taking into account the differences in body geometry for each person, we are only able to give a general indication of treatment points on our illustrations. We are aware that locating the treatment points, for non-medical personnel, may prove to be challenging therefore we suggest using a free online resource such as the [Biodigital Human Visualization Platform](https://human.biodigital.com) (https://human.biodigital.com) to help with any confusion that may arise.
- 4 Since coMra therapy is an innovative form of medical science, we are constantly updating our knowledge base to reflect the growing body of clinical data. In response to growing demand, new protocols are also being developed, compiled and added on an ongoing basis. Consequently, to ensure that you get the optimum value from coMra therapy you should regularly check the [coMra therapy website](https://comra-therapy.com/#Treatments) (https://comra-therapy.com/#Treatments) for the latest additions and amendments to the user guide.

Using coMra devices

- 1 It is vital that the devices are placed directly onto the skin, unless stated otherwise in the protocols given in this user guide. Do not do treatments through clothing, no matter how thin the clothing may be. Clothing will distort the radiances, as well as inhibit them.
- 2 In certain circumstances where hygiene is a concern, you may place a protective cover over the Terminal area of the device. In such cases use only a very thin and totally clear transparent plastic cling wrap, stretched tight across the surface of the Terminal area, so as not to form creases or wrinkles.
- 3 When treating the hands or neck area all rings and jewellery must be removed prior to treatment, as the jewellery will distort, reflect and refract the radiances.

Using the different frequencies

- 1** | **5 Hz** is the frequency used for deep penetration – as in treating the internal organs and skeletal structure of the body, as well as treating internal tumours. **5 Hz is not used on the brain.**
- 2** | **50 Hz** is the frequency used for treating most muscle disorders, injuries and ailments that are close to the surface of the skin. Exceptions to this are given in the various protocols listed. This frequency is also used for tumours that are located directly beneath the skin.
- 3** | **1k / 1000 Hz** is the least penetrating of the frequencies, and is used mostly for treating skin disorders and very sensitive skin – as in burns, open wounds and superficial ulcers. It is also used for treating the inside of the mouth, the nose, the ears, the vagina and the anus, as well as for treating the central nervous system.
- 4** | **Variable (V)**, which varies intermittently between 5 Hz, 50 Hz and 1000 Hz, is used mostly for joints and bone fractures, and also in cases where it is desirable to treat a particular area at various depths of penetration.

SECTION 1

PROTOCOLS



IMPORTANT

1

Under no circumstances should the laser light be allowed to come into contact with the eyes. Prolonged exposure of the eyes to laser light could cause permanent blindness, and even brief exposure could result in serious damage to the eyes.

2

If a protocol is to be done anywhere close to the eyes, the eyelids should be closed, in which case no damage can be done through the laser light accidentally shining into the eyes.

3

Care must be taken not to direct the laser towards the face or eyes of another person. Take particular care of children and animals that may wander into the room during a protocol.

4

Whenever treating any stationary point over the brain, the ultrasound on the coMra Delta Medical or Aesthetic Terminal must be turned off. In all other cases the ultrasound should be turned on. (This does not apply to the coMra Palm which does not include ultrasound.)

5

In treating the heart (4th intercostal, left of sternum) NEVER use a frequency other than 5 Hz.

6

Do not use coMra therapy on patients who have had heart transplants, who have hearts with artificial valves or who have cardiostimulators. To date there is no clinical data which proves coMra therapy to be detrimental to such patients, but not enough research has of yet been done to verify the safety of these patients.

7

Do not place any of the devices within 30 cm of any sensitive electronic equipment (laptops, hard drives, etc.). The magnetic field around the Terminal area may damage such items.

8

These protocols are designed to support recovery after training sessions, build up functional capacity (speed, strength, endurance) and help reduce the effects of overtraining. For the treatment of specific sports injuries, as well as treatment of diseases, please consult the main [coMra therapy user guide here](https://comra-therapy.com/#Treatments) (https://comra-therapy.com/#Treatments).



In treating the heart area NEVER use a frequency other than 5 Hz.

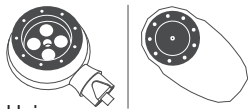
Do NOT use on patients who have had heart transplants, who have hearts with artificial valves or who have cardiostimulators.

PROTOCOL 1

PREPARATION

15 mins

Protocol time.



Using:
Delta Medical Terminal or
coMra Palm.

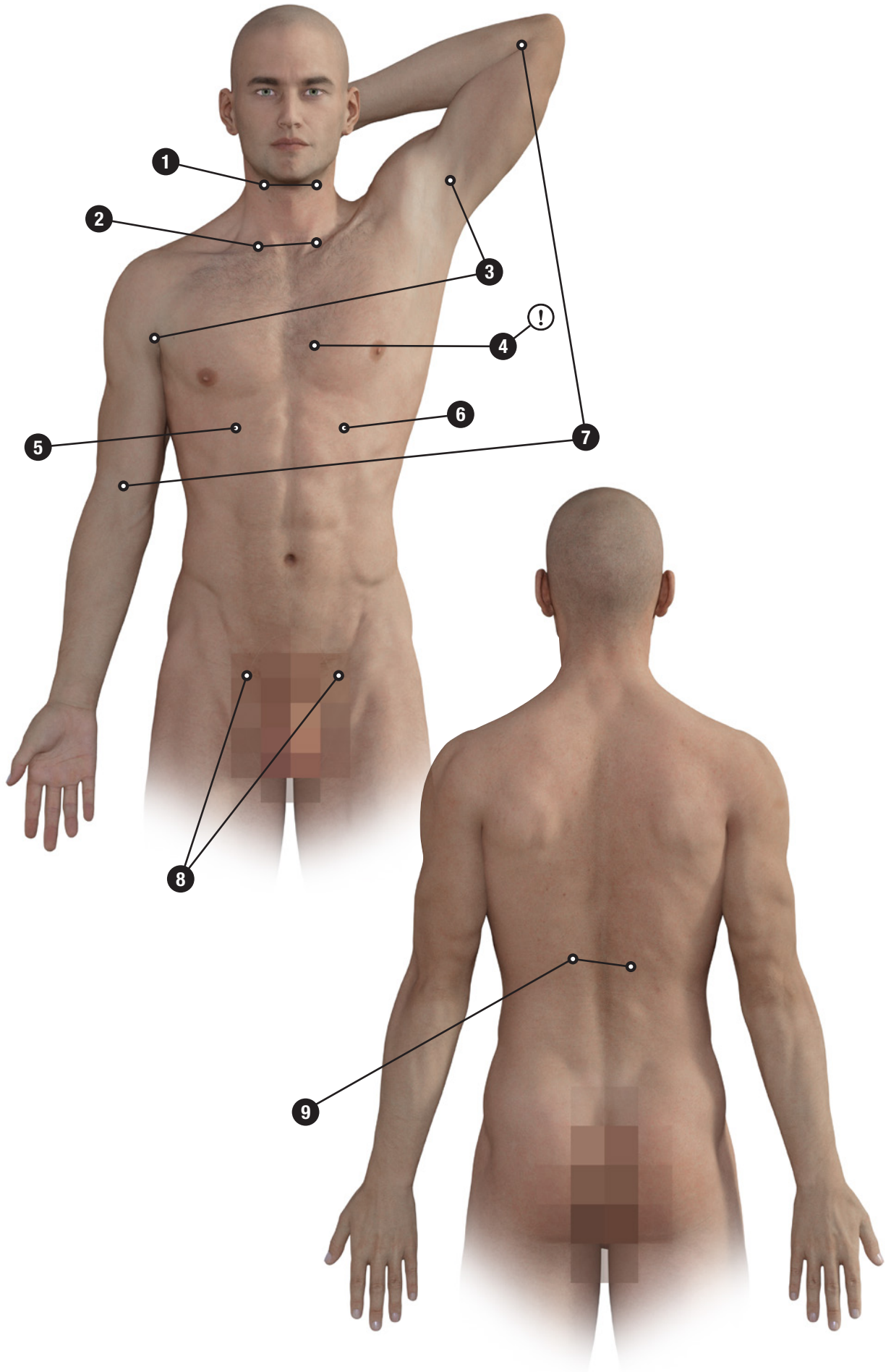
1 x daily

Done early morning or
before activity.

- **MAXIMUM WORKLOAD** – Training session, race or event, etc.
- **PRE-WORKOUT**
- **ACTIVATION AND SUPPORT OF METABOLISM**

TREATMENT POINT	⌚ MINS	⚡ HZ
1 2 points on the carotid arteries	1 per point	5
2 2 points on the subclavian arteries		
3 2 points on the axillary arteries		
4 Heart		
5 2 points on the liver		
6 2 points on the spleen		
7 2 points on the anconeal arteries		
8 2 points on the femoral arteries		
9 2 points on the kidneys		

i This protocol is great to prime the body prior to a training session or day of physical activity. It can be done early morning in preparation, or prior to activity. Should be done daily through a training cycle or when needed as an ad hoc protocol.

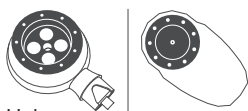


PROTOCOL 2

RECOVERY

10+ mins

Protocol time.



Using:
Delta Medical Terminal or
coMra Palm.

1-3 x daily

Best done after training
session or before bed.

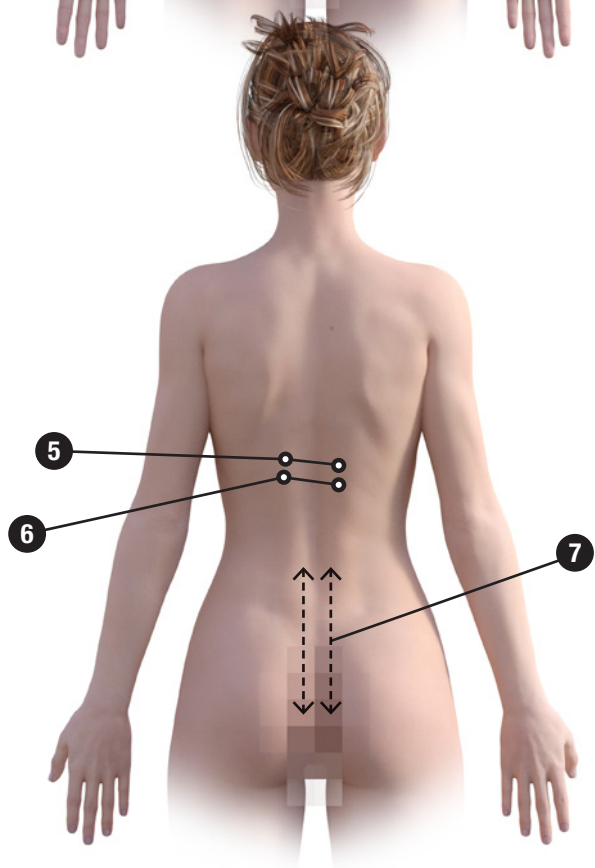
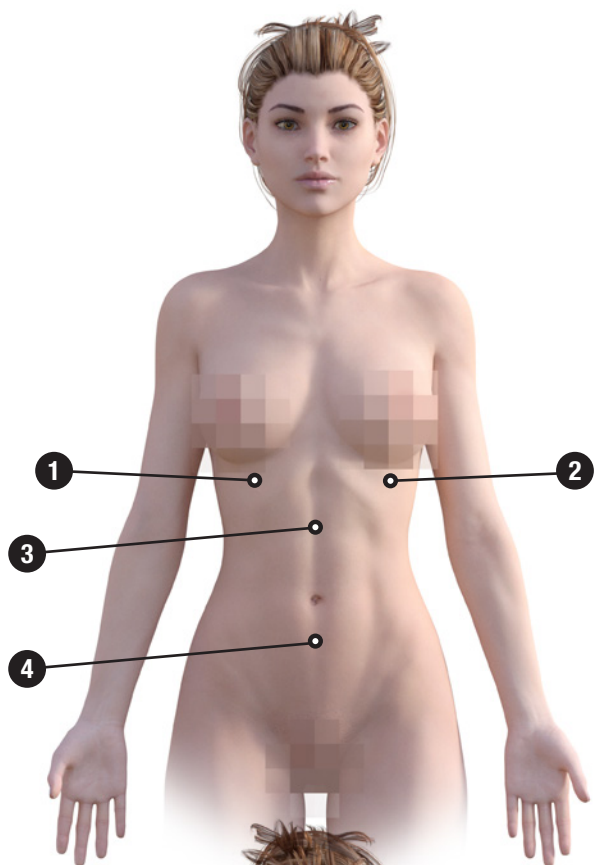
- POST TRAINING SUPPORT
- IN-BETWEEN MULTIPLE SAME DAY TRAINING SESSIONS
- NIGHT-TIME SUPPORT FOR RESTFUL SLEEP

TREATMENT POINT	⌚ MINS	⚡ HZ
1 Liver	1 per point	5
2 Spleen		
3 Solar plexus		
4 Point below the naval		
5 2 points on the adrenal glands		
6 2 points on the kidneys		
7 Scan both sides of vertebral column, lumbosacral	1 per side	1000

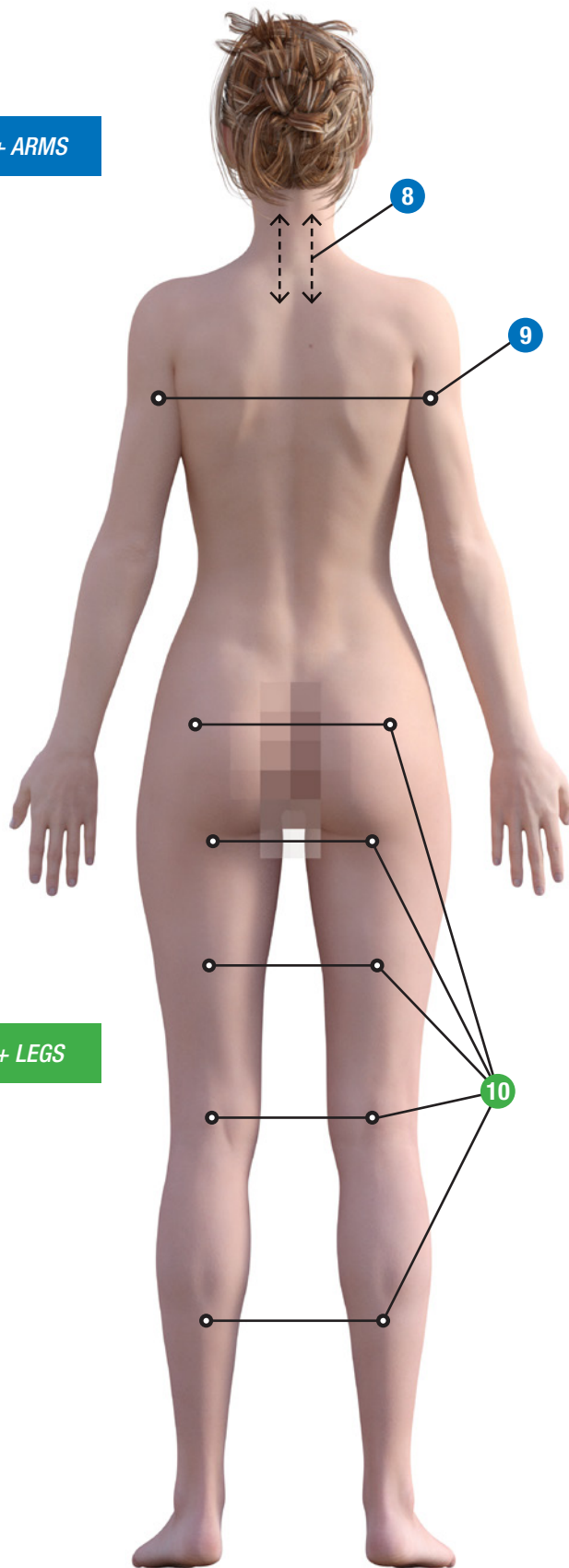
Then add points for *ARMS* and/or *LEGS* depending on your needs.
For example, runners and cyclists would add the points for *LEGS*.
For upper body training recovery, add the points for *ARMS*:

+ <i>ARMS</i>		⌚ MINS	⚡ HZ
8	Scan both sides of vertebral column, base of neck	1 per side	1000
9	2 points on the long head of triceps	1 per point	50
+ <i>LEGS</i>		⌚ MINS	⚡ HZ
10	5 points along each leg from buttock piriformis to below the calf muscle	1 per point	50

i Use depending upon your need after training, between multiple same day training sessions and/or for night-time support.



+ ARMS



+ LEGS



In treating the heart area NEVER use a frequency other than 5 Hz.

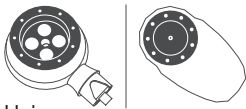
Do NOT use on patients who have had heart transplants, who have hearts with artificial valves or who have cardiostimulators.

PROTOCOL 3

HEAVY STRESS & BURNOUT

13 mins

Protocol time.



Using:
Delta Medical Terminal or
coMra Palm.



Ultrasound OFF

For points 6-8 (Not applicable to coMra Palm).

1 x daily

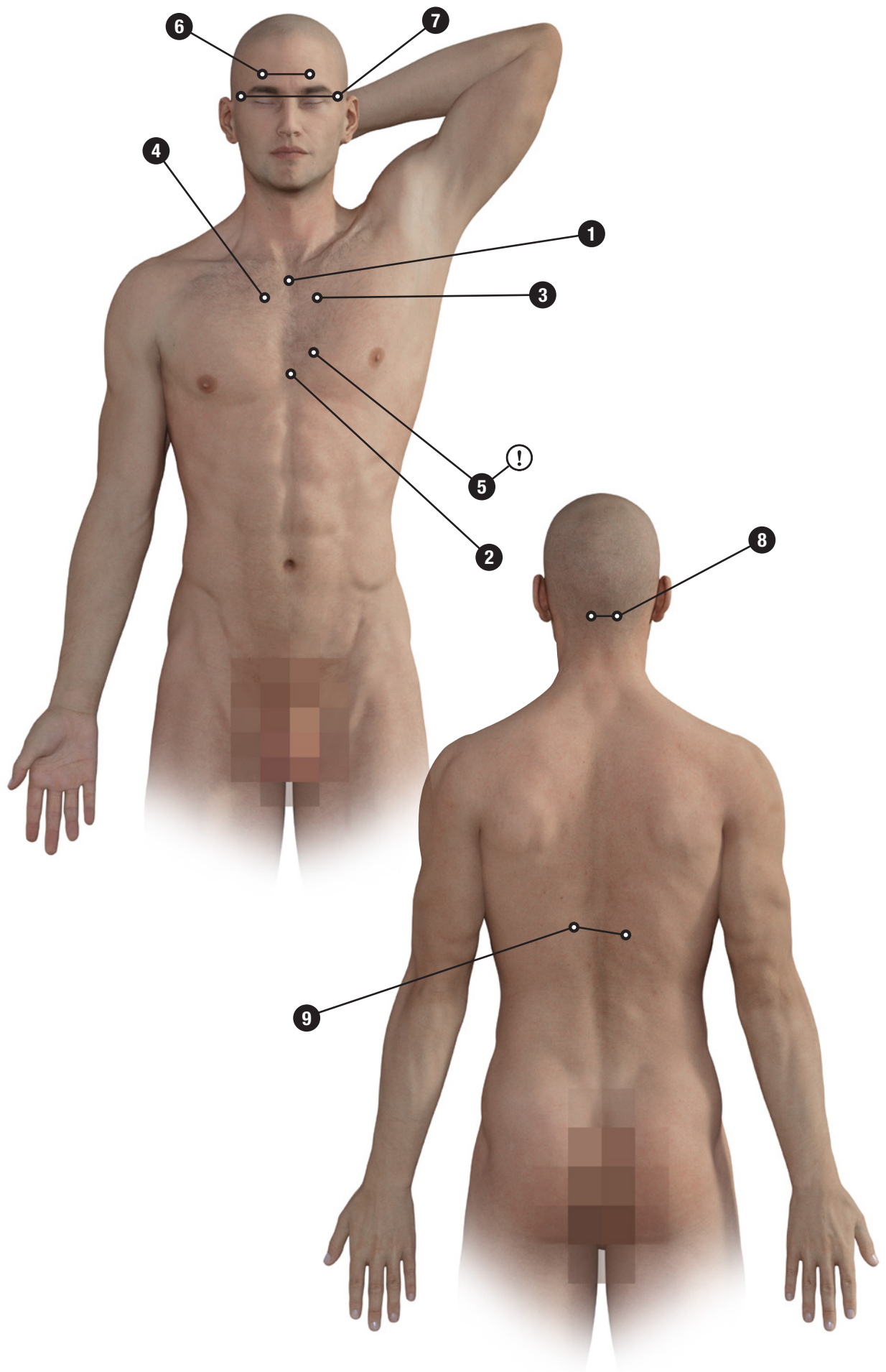
Done as and when needed.

- PRE-COMPETITION ANXIETY
- EMOTIONAL BURNOUT
- WEATHER STRESS SYMPTOMS FROM OUTDOOR TRAINING

TREATMENT POINT	⌚ MINS	⚡ HZ	
1 Top of sternum	1		
2 Bottom of sternum			
3 2 nd intercostal, left of sternum	1 per point	5	
4 2 nd intercostal, right of sternum			
5 Heart			
6 2 points on the frontals	1 per point	50	
7 2 points on the temples	1 per point		
8 2 points on the suboccipital area	1 per point		
9 2 points on the adrenal glands	1 per point	5	

i This protocol is especially useful for heat and cold related stress from outdoor activity.

It is also a great support for the prevention of debilitating pre-competition jitters when done the night prior to the event, through restful sleep and a more prepared body and mind. Moreover, for those heavy training days where after one is stressed from the physical activity, and emotionally charged, apply this protocol to achieve a more balanced emotional state of being.

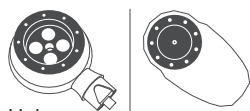


PROTOCOL 4

ENERGY BOOSTER

8-10 mins

Protocol time.



Using:
Delta Medical Terminal or
coMra Palm.

1-3 x daily

Done as and when needed.

• PICK-ME-UP IN-BETWEEN TRAINING SESSIONS

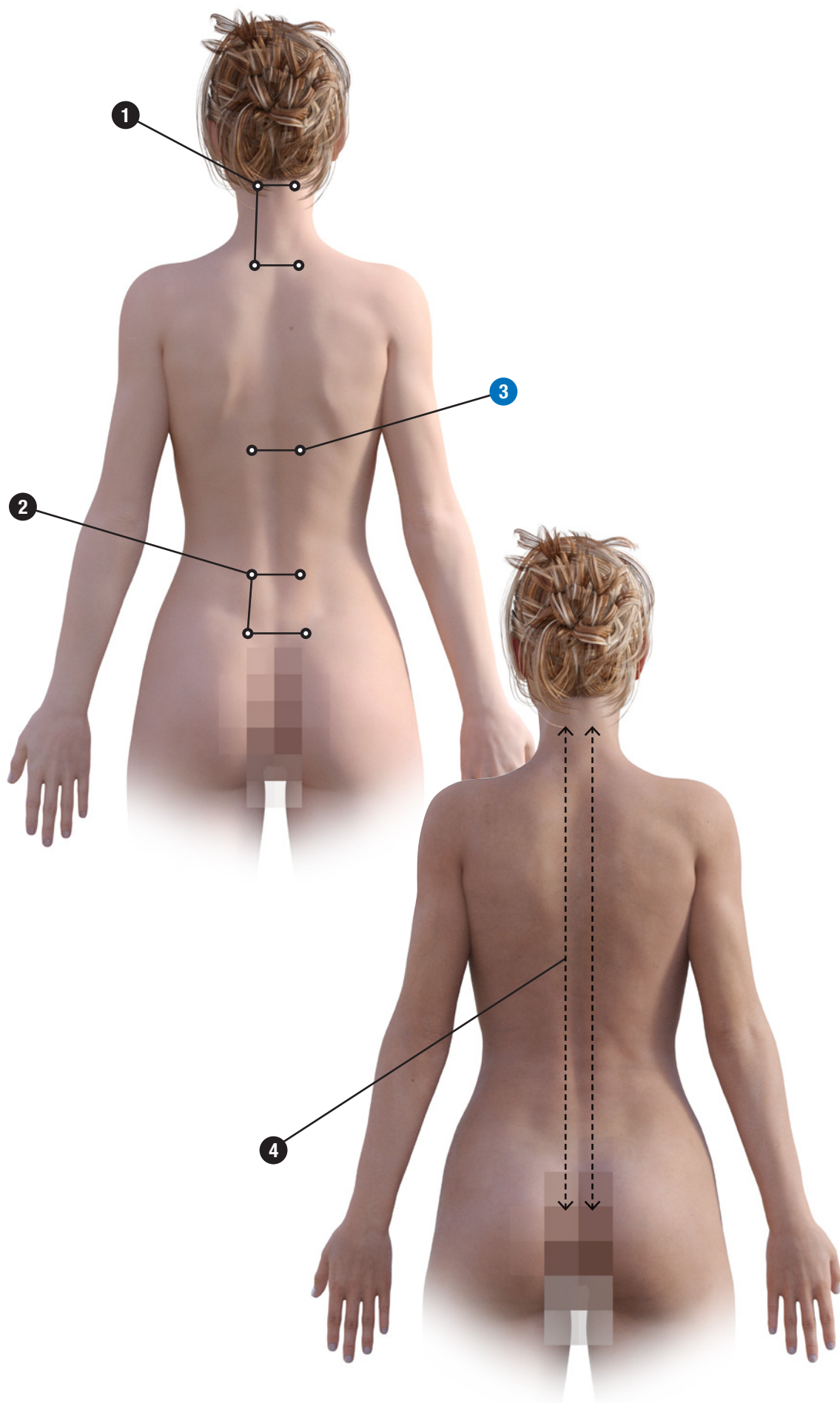
TREATMENT POINT	⌚ MINS	⚡ HZ
1 4 points on the cervical region, either side of spine	1 per point	50
2 4 points on the lumbar region, either side of spine		
3 2 points on the thoracic region, either side of the spine. (This area is hard to reach if you are alone, thus skip this part if it's too difficult.)		

Alternatively, if you have the assistance of a training partner/help, do the following protocol instead:

TREATMENT POINT	⌚ MINS	⚡ HZ
4 Scan both sides of spine	5 per side	1000

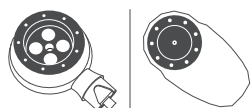
i This is a great recovery treatment when short on time and in need of reinvigoration.

If you are by yourself sit, or lay down, and use a back rest – such as a chair or couch – to hold the device against the points on your back.



PROTOCOL 5

MUSCLE CONDITIONING



Using:
Delta Medical Terminal or
coMra Palm.

1-2 x daily

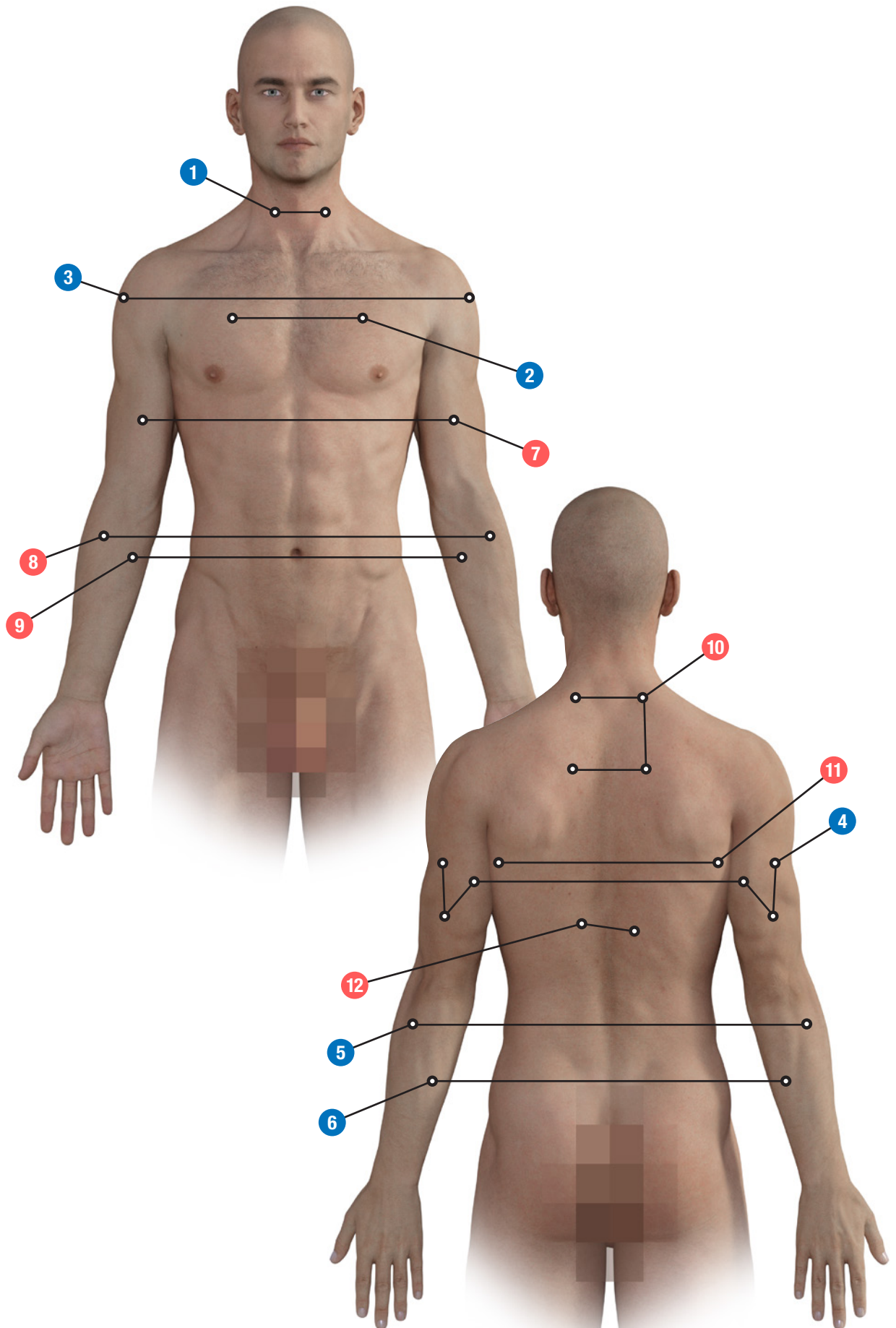
Apply on the muscle group
used in your activity.

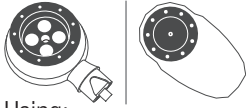
- STRENGTH TRAINING
- WEIGHT TRAINING
- BODYBUILDING

<i>PART 1 – CHEST, SHOULDER & TRICEPS</i>		⌚ MINS	⚡ HZ	16 mins
1	2 points on the sternocleidomastoids	1 per point	50	
2	2 points on the pectoralis			
3	2 points on the deltoids			
4	6 points on the triceps			
5	2 points on the extensors			
6	2 points on the flexors			

<i>PART 2 – BACK & BICEPS</i>		⌚ MINS	⚡ HZ	14 mins
7	2 points on the biceps	1 per point	50	
8	2 points on the brachioradialis			
9	2 points on the flexor carpi radialis and palmaris longus			
10	4 points on the trapezius			
11	2 points on the teres major			
12	2 points on the latissimus dorsi /adrenal glands			

Continued overleaf...





Using:
Delta Medical Terminal or
coMra Palm.

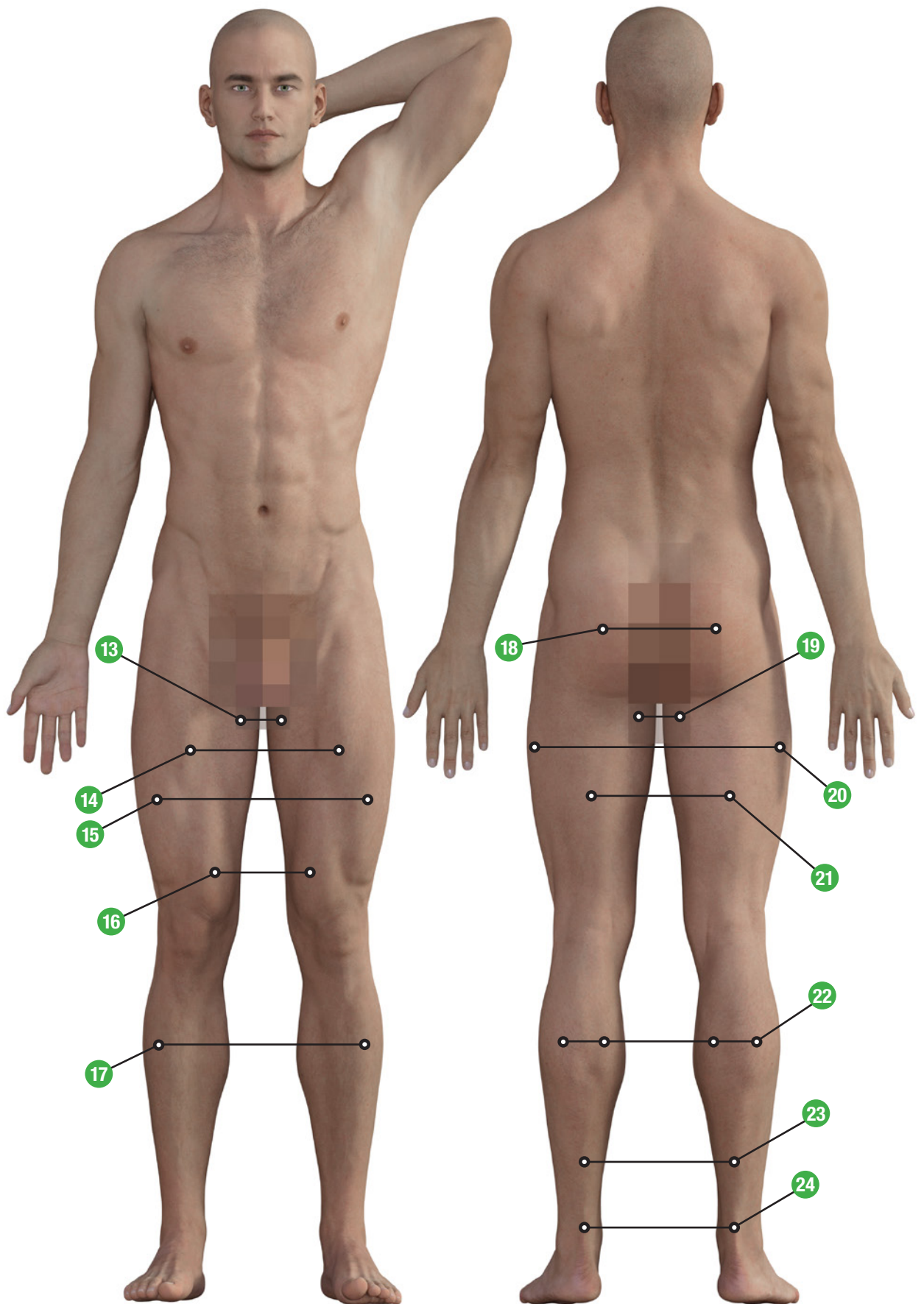
1-2 x daily

Select the main muscle
group used in your activity.

PART 3 – LEGS		⌚ MINS	📡 HZ	
13	2 points on the adductor longus and gracilis	1 per point	50	26 mins
14	2 points on the rectus femoris			
15	2 points on the vastus lateralis			
16	2 points on the vastus medialis			
17	2 points on the peroneus longus			
18	2 points on the gluteus maximus			
19	2 points on the adductor magnus			
20	2 points on the iliotibials			
21	2 points on the semitendinosus and biceps femoris			
22	4 points on the gastrocnemius			
23	2 points on the soleus			
24	2 points on the achilles			

i This protocol is split into three groups: chest, shoulders & triceps; back & biceps; and legs. Apply according to your weight training day (before and/or after training session), or to condition the muscle group/s used in your sport or activity.

This protocol can also be done ad hoc, and is particularly effective for optimised muscular work prior to a competitive event.



SECTION 2

EXAMPLE TRAINING PLANS

GENERAL NOTES

1

The training plans shown on the following pages are just examples to demonstrate how coMra can be used in conjunction with a typical training plan, and therefore should be adjusted according to your own needs and schedule.

2

Where there are multiple protocols scheduled in a day, space them out to avoid tedium and, ultimately, help you stick to the regimen. We estimate that each treatment session should be no more than about 20-30 minutes, maximum. But you may be doing up to 4-5 sessions per day depending on your state of being and the intensity of your training.

MARATHON/ULTRA MARATHON

MARATHON 12-WEEK TRAINING PLAN

P = PROTOCOL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	ACTIVE RECOVERY	SPEED TRAINING	STRENGTH TRAINING	HILL TRAINING	5 MILES (easy)	CROSS-TRAINING	10 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 1)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 2)	P1 P5 (Part 3)
WEEK 2	ACTIVE RECOVERY	SPEED TRAINING	STRENGTH TRAINING	HILL TRAINING	5 MILES (easy)	CROSS-TRAINING	12 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 2)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 1)	P1 P5 (Part 3)
WEEK 3	ACTIVE RECOVERY	SPEED TRAINING	STRENGTH TRAINING	HILL TRAINING	6 MILES (easy)	CROSS-TRAINING	13 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 1)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 2)	P1 P5 (Part 3)
WEEK 4	ACTIVE RECOVERY	SPEED TRAINING	STRENGTH TRAINING	TEMPO TRAINING	6 MILES (easy)	CROSS-TRAINING	15 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 2)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 1)	P1 P5 (Part 3)
WEEK 5	ACTIVE RECOVERY	6 MILES (easy)	STRENGTH TRAINING	6 MILES (easy)	6 MILES (easy)	CROSS-TRAINING	12 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 1)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 2)	P1 P5 (Part 3)
WEEK 6	ACTIVE RECOVERY	SPEED TRAINING	STRENGTH TRAINING	TEMPO TRAINING	6 MILES (easy)	CROSS-TRAINING	12 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 2)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 1)	P1 P5 (Part 3)
WEEK 7	ACTIVE RECOVERY	SPEED TRAINING	4 MILES (easy)	TEMPO TRAINING	6 MILES (easy)	CROSS-TRAINING	16 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P4 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 2)	P1 P5 (Part 3)
WEEK 8	ACTIVE RECOVERY	SPEED TRAINING	4 MILES (easy)	TEMPO TRAINING	6 MILES (easy)	CROSS-TRAINING	20 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P4 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 1) P3	P1 P5 (Part 3)
WEEK 9	ACTIVE RECOVERY	SPEED TRAINING	6 MILES (easy)	TEMPO TRAINING	6 MILES (easy)	REST DAY	18 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P4 P2 (+ Legs)	P1 P2 (+ Legs)	P2 (+ Legs) P3	P1 P5 (Part 3)
WEEK 10	ACTIVE RECOVERY	SPEED TRAINING	5 MILES (easy)	TEMPO TRAINING	6 MILES (easy)	REST DAY	12 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P4 P2 (+ Legs)	P1 P2 (+ Legs)	P2 (+ Legs)	P1 P5 (Part 3)
WEEK 11	ACTIVE RECOVERY	SPEED TRAINING	5 MILES (easy)	TEMPO TRAINING	6 MILES (easy)	CROSS-TRAINING	10 MILES (easy)
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P4 P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 1)	P1 P5 (Part 3)
WEEK 12	ACTIVE RECOVERY	5 MILES (easy)	CROSS-TRAINING	TEMPO TRAINING	5 MILES (easy)	REST DAY	RACE DAY
	P2 (+ Legs)	P1 P2 (+ Legs)	P1 P5 (Part 2)	P1 P4 P2 (+ Legs)	P1 P2 (+ Legs)	P2 (+ Legs) P3	P1 P3 P5 (Part 3)

TRIATHLON, BOXING/MARTIAL ARTS, HIIT

TRIATHLON 6-WEEK TRAINING PLAN													P = PROTOCOL			
	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7			
WEEK 1	SWIM 1000 YARDS (400 yards drills)		BIKE 10 MILES		SWIM 1000 YARDS (400 yards drills)		RUN 2 MILES (75% effort)		RECOVERY DAY		SWIM 1000 YDS BIKE 10 MILES		RUN 4 MILES (easy)			
	P1	P2 (+ Arms)	P1	P2 (+ Legs)	P1	P5 (Part 1)	P1	P2 (+ Legs)	P5 (Part 2)		P1	P4	P2 (+ Arms)	P1	P5 (Part 3)	
WEEK 2	SWIM 1200 YARDS (400 yards drills)		BIKE 12 MILES		SWIM 1200 YARDS (400 yards drills)		RUN 3 MILES (75% effort)		RECOVERY DAY		SWIM 1000 YDS BIKE 12 MILES		RUN 4 MILES (easy)			
	P1	P2 (+ Arms)	P1	P2 (+ Legs)	P1	P5 (Part 2)	P1	P2 (+ Legs)	P5 (Part 1)		P1	P4	P2 (+ Arms)	P1	P5 (Part 3)	
WEEK 3	SWIM 1500 YARDS (400 yards drills)		BIKE 15 MILES		SWIM 1500 YARDS (400 yards drills)		RUN 4 MILES (75% effort)		RECOVERY DAY		SWIM 1000 YDS BIKE 15 MILES		RUN 6 MILES (easy)			
	P1	P2 (+ Arms)	P1	P2 (+ Legs)	P1	P5 (Part 1)	P1	P2 (+ Legs)	P5 (Part 2)		P1	P4	P2 (+ Arms)	P1	P5 (Part 3)	
WEEK 4	SWIM 1800 YARDS (400 yards drills)		BIKE 18 MILES		SWIM 1800 YARDS (400 yards drills)		RUN 4 MILES (75% effort)		RECOVERY DAY		SWIM 1000 YDS BIKE 18 MILES		RUN 6 MILES (easy)			
	P1	P2 (+ Arms)	P1	P2 (+ Legs)	P1	P5 (Part 2)	P1	P2 (+ Legs)	P5 (Part 1)		P1	P4	P2 (+ Arms)	P1	P5 (Part 3)	
WEEK 5	SWIM 2000 YARDS (400 yards drills)		BIKE 18 MILES RUN 15 MINS		SWIM 2000 YARDS (400 yards drills)		RUN 4 MILES (75% effort)		RECOVERY DAY		SWIM 1000 YDS BIKE 20 MILES		RUN 7 MILES (easy)			
	P1	P2 (+ Arms)	P1	P4	P2 (+ Legs)	P1	P5 (Part 1)	P1	P2 (+ Legs)	P5 (Part 2)		P1	P4	P2 (+ Arms)	P1	P5 (Part 3)
WEEK 6	SWIM 1000 YARDS (400 yards drills)		BIKE 12 MILES		SWIM 1000 YARDS (400 yards drills)		RUN 10 x 60 SECS (race pace)		RECOVERY DAY		SWIM 1000 YDS BIKE 10 MILES		RACE DAY			
	P1	P2 (+ Arms)	P1	P2 (+ Legs)	P1	P5 (Part 2)	P1	P2 (+ Legs)	P5 (Part 1)		P1	P4	P2 (+ Arms)	P3	P1	P3

BOXING/MARTIAL ARTS WEEKLY TRAINING PLAN													P = PROTOCOL		
	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7		
WEEK	WORKOUT (jump rope, speed bag, heavy bag...)		WEIGHT TRAINING (chest and arms)		WORKOUT (...squat thrusts, lunge thrust, leap/hops...)		WEIGHT TRAINING (back and arms)		WORKOUT (...shoulder raise, pushups, situps)		REST DAY (OR OPTION RUN)		REST DAY		
	P1	P2 (+ Arms & Legs)	P1	P5 (Part 1)	P1	P2 (+ Arms & Legs)	P1	P5 (Part 2)	P1	P2 (+ Arms & Legs)	P5 (Part 3)		P5 (Part 1 & 2)		

TACFIT, TABATA PROTOCOL, HIIT 4-DAY TRAINING CYCLE										P = PROTOCOL		
	DAY 1		DAY 2		DAY 3			DAY 4				
CYCLE 1-7	NO INTENSITY (warm ups / mobility drills)		LOW INTENSITY (cooldowns / compensation drills)		MEDIUM INTENSITY – 65-85% of HR Max (8 sets x 20 secs x 10 secs rest)			HIGH INTENSITY – 85-100% of HR Max (8 sets x 20 secs x 10 secs rest)				
	P5 (Part 1, 2 or 3)		P2 (+ Arms & Legs)		P5 (Part 1, 2 or 3)		P2 (+ Arms & Legs)	P1	P5 (Part 1, 2 or 3)		P1	P2 (+ Arms & Legs)



Life-changing solutions by
Radiant Life Technologies



WWW.COMRA-THERAPY.COM