

100 Day Challenge

All Movements should be done as perfectly as possible. It is more important to move correctly than it is to rush through the exercises.

Footwork- Should be done as a progressive exercise. i.e. start with 1 advance and 1 retreat, every additional set add an advance (2 adv/1 rtrt, 3 adv/1 rtrt, 4 adv/1 rtrt, etc...), once you get across the room simply reverse engineer the set (1 rtrt/1 adv, 2 rtrt/1 adv, 3 rtrt/1 adv, etc...)

Lunges- Remeber to start your extension before your front foot moves, should be done while lunging at a target (tennis balls hanging on strings work best), hits to target should occur at the same time as the front foot hits the ground.

Parry/Riposte- Pick at least two parries and practice them with a riposte for the listed number of repetitions. Parries should be done with a retreat. Riposte to full extention w/o extra body movement. Use a wall to help with arm slot for the extension and to make sure parry positions are not too big.

Blade Exercises- Stand En Garde with arm extended. Use fingers to perform blade movements like disenages, coupes, and doubles. Try to keep arm extended for entire time listed. You can also perform cuts to different lines and binding moves while keeping the arm extended.

Day Number	Footwork	Lunges	Parry/riposte	Blade Ex.
1	5 min	5		10 20 sec
2	5 min	5		10 20 sec
3	8 min	6		12 30 sec
4	8 min	6		12 30 sec
5	10 min	7 rest		40 sec
6	rest	7		14 rest
7	10 min	10		14 45 sec
8	10 min	10		20 45 sec
9	12 min	10		20 1 min
10	12 min	15 rest		1 min
11	15 min	15		20 1 min
12	15 min	15		30 rest
13	rest	rest		30 1.5 min
14	15 min	18		30 1.5 min
15	17 min	18 rest		1.5 min
16	17 min	20		36 2 min
17	20 min	20		36 2 min
18	20 min	20		40 rest
19	rest	25		40 2 min
20	20 min	25 rest		2.5 min
21	22 min	30		40 2.5 min
22	22 min	rest		50 2.5 min
23	22 min	30		50 3 min
24	25 min	35		60 rest
25	25 min	35 rest		3 min
26	rest	40		60 3.5 min
27	25 min	40		70 3.5 min
28	28 min	45		70 4 min
29	28 min	45		80 4 min
30	30 min	50 rest		rest
31	30 min	50		80 4.5 min

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32	rest	55	90	4.5 min
33	30 min	55	90	4.5 min
34	32 min	60	100	5 min
35	32 min	rest	rest	5 min
36	32 min	60	100	rest
37	35 min	65	100	5 min
38	35 min	65	100	5.5 min
39	rest	70	100	5.5 min
40	35 min	70	rest	5.5 min
41	37 min	75	100	6 min
42	37 min	75	100	rest
43	40 min	80	100	6 min
44	40 min	rest	100	6 min
45	rest	80	rest	6.5 min
46	40 min	85	100	6.5 min
47	42 min	85	100	6.5 min
48	42 min	90	100	rest
49	42 min	90	100	7 min
50	45 min	95	rest	7 min
51	45 min	95	100	7 min
52	rest	100	100	7.5 min
53	45 min	100	100	7.5 min
54	47 min	100	100	rest
55	47 min	100	rest	7.5 min
56	50 min	100	100	8 min
57	50 min	rest	100	8 min
58	rest	100	100	8 min
59	50 min	100	100	8.5 min
60	52 min	100	rest	rest
61	52 min	100	100	9 min
62	52 min	100	100	9 min
63	55 min	100	100	9 min
64	55 min	100	100	9.5 min
65	rest	100	rest	9.5 min
66	55 min	rest	100	rest
67	57 min	100	100	9.5 min
68	57 min	100	100	10 min
69	60 min	100	100	10 min
70	60 min	100	rest	10 min
71	rest	100	100	10 min
72	60 min	100	100	rest
73	60 min	100	100	10 min
74	60 min	100	100	10 min
75	60 min	100	rest	10 min
76	60 min	100	100	10 min
77	60 min	100	100	10 min
78	rest	100	100	rest

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79	60 min	rest	100	10 min
80	60 min	100 rest		10 min
81	60 min	100	100	10 min
82	60 min	100	100	10 min
83	60 min	100	100	10 min
84	rest	100	100	rest
85	60 min	100 rest		10 min
86	60 min	100	100	10 min
87	60 min	100	100	10 min
88	60 min	rest	100	10 min
89	60 min	100	100	10 min
90	60 min	100 rest		rest
91	rest	100	100	10 min
92	60 min	100	100	10 min
93	60 min	100	100	10 min
94	60 min	100	100	10 min
95	60 min	100 rest		10 min
96	rest	100	100	rest
97	60 min	100	100	10 min
98	60 min	100	100	10 min
99	60 min	100	100	10 min
100	60 min	100 rest		10 min

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