

Misfit Athletics Deload Week Template

Monday	Tuesday	Wednesday	Active Rest Day	Friday	Saturday	Rest Day
Lift	Warm up	Lift	Activity	Lift	Warm up	N.E.M.
Warm up	Zone 2 or Swim	Warm up	Mobility	Warm up	Zone 2 or Swim	Mobility
Conditioning	Cool down	Conditioning	Recovery	Conditioning	Cool down	Recovery
Skill or Accessory	Skill or Accessory	Skill or Accessory		Skill or Accessory	Skill or Accessory	
Cooldown		Cool down		Cool down		

