

Ballet Training Plan

2017-18 School Year

Section 1: Acquisition

- Ballet classes → 6 days / week
 - Day off is “rest day”
- Analysis/Reflection (A.E.P.) → 1st Sunday of each month
 - A. Watch and analyze videos, read repeated corrections, take advice and guidance from teachers, and get other input in regards to things to work on. (analyze)
 - E. Create a list of goals and things to work on for the coming month from the research and analysis you did earlier. (evaluate)
 - P. Research exercises, corrections, and tips that may help you and create a plan to incorporate those helpful items into your training plan for the next month. (plan)

Section 2: Conditioning

- Strengthening workout → 3 days / week
 - Longer strengthening session with exercises from A.E.P.
 - Short stretching session, Top 5*
- Stretching workout → 3 days / week
 - Longer stretching session with exercises from A.E.P.
 - Short strengthening session, Top 5*
- Cross-training and aerobic workout → 1 day / week
 - On “rest day”
 - Workout may be accompanied by a short stretch

Section 3: Physical Recovery

- Epsom salt bath → Minimum 1 day / week
- M.R.T. (rolling out) sessions →
 - 30 minutes before every ballet class, with extra after conditioning workout if needed
 - Complete, full-body session on “rest day”
- Icing (prevention and treatment) →
 - Feet → If possible, each day with 2 hrs. + of pointework
 - Injuries → If acquired and icing assigned as treatment, daily
- Physiotherapy → 1 check-up / month, More regular if injury is acquired

*Top 5 = Five stretches/strengthening exercises to do on a daily basis that apply to the A.E.P. goals for the month, current needs, and all-time top necessary exercises to do.