



### **Week 14 Land Training – Regeneration Week**

Hi guys, we are going to be doing things a little differently this week – this week is going to be a somewhat lower level of workouts. We will still have 4 zoom calls as usual and 3 of them will be physical activity.

I have been thoroughly impressed by your efforts in the past 13 weeks and as the workload has increased over the more recent weeks you have all impressed me with how you have managed the work. Therefore, we will be having a regeneration week – a slightly lower amount of work which will lead into a new and changed programme of exercise. While we may still be a bit away from getting back in the water, I feel it is time to start adjusting to a slightly different work schedule and rather than jumping straight we will reduce our workload for a week first.

In order to prepare for our new land training it is important for you to get a hold of a pair of skipping ropes as we will be basing a number of activities around this.

This weeks zoom calls will be 1 mobility session and 2 group exercise sessions. Although I am not prescribing anything for the non zoom days please make the most of the time and do some like activity such as:

Walking

Cycling

Stretching

A previous yoga video

Theraband work

Rolling or Tennis Ball

Well done squad, you have earned a chance to do some recovery and come back stronger than before.

Thanks

Jamie

