



Age Group Squad Week 10

A slight change to the workout routine this week we will swap out the Monday Yoga with a group workout session and add yoga into a different day. The feedback I've received so far is that we are motivated by group exercise than doing solo stuff so lets try this out.

Please keep the running going as much as you can and keep an eye out for this weeks Challenge – it's a fun one!





Week 10 Warm Up

Please complete this before every session even before runs

30 seconds Skip

10 second Right foot skip

10 second left foot skip

10 seconds jumping jack skip

30s rest

Repeat 8 times

Make sure you are completing some level of mobility including thoracic movements and shoulder strengthening. Spend about 5 minutes daily on this.

Also REMEMBER the ankle and hip mobility exercises





Saturday Workout 23/05

Warm Up

Les Mills GRIT workout

https://www.youtube.com/watch?v=ZMO_XC9w7Lw

Sunday Workout 24/05

Warm Up

Circuit 1

1 – 8 – 1

Down Ups/Squat Jumps/Jumping Jacks

Circuit 2

3-minute AMRAP

6 High Knees/2 Tuck Jumps/2 Burpees/2 Press Ups

Circuit 3

Core Circuit

30s on/10s off

5 rounds

Swimmer crunches

Russian Twists

Single Leg Alt V-Ups

Side Plank 15s each side





Monday Workout 25/05

Zoom call with Jamie

Tuesday Workout 26/05

Today is to be a run and a yoga session

Try and go for a good distance and be moving for at least 30 mins on the run

The yoga is the following link

<https://www.youtube.com/watch?v=nmtGNYldSrg>

Wednesday Workout 19/05

Zoom Call with Jamie





Thursday Workout 20/05

Warm Up

This one is a **FOR TIME** workout – as with last week its choose your own adventure but this week I'd like some results! Well done to those who let me know their times!

Starter 1km run

100 Squats

50 Crunches

40 Jumping Jack Burpees Chest to Floor

4 Minutes Plank (combination of different positions are allowed as longs as it all adds up to 4 minutes)

Finisher 1km run

Friday

REST DAY!

