



Performance Squad Land Conditioning
18th April – 24th April 2020

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Upper Body	Challenge	Energy System	Lower Body	Upper Body	Energy System	Lower Body

Warm Up Protocol

- 5-10 minutes of heart rate raising such as skipping, little jogging.
- Mobility exercises: refer to the Pre-Pool sheets for extra ideas.
- Any physio exercises, Theraband exercise or targeted stretching.

Recovery Protocol:

1. Tennis ball, Foam Roll, Theraband & Stretching for 10 minutes





Upper Body Workout 1:

2x (10x55 On , 10 Off, Plus 3 minute recovery between Rounds)

Exercises:

1. **Press Ups** (Alter position to make more manageable/Challenging)
2. **Shoulder Tap Planks**
3. **Russian Twists** (To challenge this movement you can use food cans, bottles of water, weights if you have them)
4. **Superman** (To challenge this movement you can use food cans, bottles of water, weights if you have them)
5. **Narrow Press Ups**
6. **Triceps Dips** (Use the side of the sofa, a chair or any surface which will allow you to get into the correct angle.
7. **Side Plank (Right)**
8. **Wide Press Ups**
9. **Side Plank (Left)**
10. **Back Raises** (To challenge this movement you can use food cans, bottles of water, weights if you have them)

Block 2: Continuous Work - rest at the end of all 180 reps

- 30 Russian Twists (Left & Right = 1 Rep)
- 15 Walk out Press ups
- 30 V-Sits
- 15 Fast Mountain Climbers (Left & Right = 1 Rep)
- 30 Streamline Sit Ups
- 15 Roll Ups
- 30 Swimmer Crunch
- 15 Cross Climbers (Left & Right = 1 Rep)

Strength Circuit

3x

- Squat (15 Reps)
- Crunch (15 Reps Per Leg)
- Lunge Twists (15 Reps) (Left & Right = 1 Rep)
- 2 Minutes Skipping (Moderate intensity)
- 30 Seconds Rest





Energy System Workout 2:

We have multiple options for this session:

1. If you have access to a spin bike, you can do one of the pre-prepared spinning sessions. These can be found on the main webpage.
2. Go for a 5km or 40 minute run at steady pace and feel free to spice it up with some sprints every so often.
3. Bike for 40 – 60 minutes at a moderate intensity
4. Complete a 30-40 minute HIIT circuit, example below:

4x (10x 30 on (On = High Intensity) 10 Off) + 3 Minutes Rest Between Rounds

- High Knees
- Jumping Jacks
- Cross Climbers
- Burpees
- Bicycle Crunches

5. Skipping Circuit:

Repeat Rounds x5

- 2 minutes continuous skipping
- 15 Burpees
- 15 Sumo Squats
- 2 minutes continuous skipping
- 15 Walkout Press Up
- 30 Fast Mountain Climbers





Lower Body Workout 3:

Set 1:

Number Set:

5x

- (30 Rep, 20 Rep, 30 Reps, 10 Reps, 30 Reps) + 3 minutes between Rounds
- Rnd 1: Squats, Leg Raises, Side Lunges (in total), Pistol Squats, Oblique Crunch (Right).
- Rnd 2: Lunge, V-Sits, Burpees, Calf Raise (Per Leg), Russian Twists (in total)
- Rnd 3: Squats, Swimmer Crunches, Hands to Elbow Plank (3 seconds Per Rep), Pistol Squats, Oblique Crunch (Left)
- Rnd 4: Burpees, Swimmer Sit Up, Lunges (in total), Roll Ups, Fast Mountain Climbers (Left / Right = 1 Rep)
- Rnd 5: Lunge Twist, Dolphin Plank push back and forth, Press Ups, Cross Climbers, Squat Jumps

Set 2:

Core AMRAP: 8 minutes, complete as many rounds as you can.

(Feel free to Time lapse and send it over)

15 Shoulder Tap Plank

10 Walkout Press Ups

20 Side Plank Thread the needle

Set 3:

2x (6x 50 On, 10 Off, Plus 2 minute recovery between Rounds)

Exercises:

1. Wall Sit
2. Pistol Squat
3. Single Leg Romanian Dead Lifts
4. Side Plank (Right) Thread the needle
5. Lunges
6. Side Plank (Left) Thread the needle





Full Body Workout 4:

Multiple Choice Circuit:

6x

(Choose from the exercises in the table to create your own circuit)

A+B+C+D+E+A

50 seconds On, 20 Seconds Off, Plus 1 minutes recovery between rounds

A	B	C	D	E
Squats	Mountain Climbers	Crunches	Press Ups	Superman
Lunges	Wall Sit	V-Sits	Plank Shoulder Taps	Tricep Dips
Burpees	Cross Climbers	Russian Twists	Hands to Elbow Plank	Alt Leg Raises
Hip Knees	Ice Skatters	Walkouts	Chest Fly's	Happy/Sad Cat
Tuck Jumps	Bear Crawls	Swimmer Sit ups	Wide Press ups	Superman Squeeze
Star Jumps	Jumping Jacks	Swimmer Crunch	Diamond Press Ups	Walkout Press Up
Lunge Jumps	Figure of 8	Ankle Tappers	Side Planks	Plank





Energy System Workout 5:

We have multiple options for this session:

1. If you have access to a spin bike, you can do one of the pre-prepared spinning sessions. These can be found on the main webpage.
2. Go for a 5km or 40 minute run at steady pace and feel free to spice it up with some sprints every so often.
3. Bike for 40 – 60 minutes at a moderate intensity
4. Complete a 30-40 minute HIIT circuit, example below:

4x (10x 30 on (On = High Intensity) 10 Off) + 3 Minutes Rest Between Rounds

- High Knees
- Jumping Jacks
- Cross Climbers
- Burpees
- Bicycle Crunches

5. Skipping Circuit:

Repeat Rounds x5

- 2 minutes continuous skipping
- 15 Burpees
- 15 Sumo Squats
- 2 minutes continuous skipping
- 15 Walkout Press Up
- 30 Fast Mountain Climbers





Lower Body Workout 6:

Set 1:

Superset:

4x

- Plank feet jump in and out (1:30 minutes as high Intensity)
- Lunge, Side Lunge R, Side Lunge L, Squat Jumps (6 Reps of Each)
 - Complete the exercise reps continuously, only rest once all reps of a round have been completed
 - Rest for 1:30 before completing the set again.

Set 2:

Core AMRAP: 10 minutes, complete as many rounds as you can.
(Feel free to Time lapse and send it over)

60 seconds Hands to Elbows Plank

10 Leg Raises

10 Fast Mountain Climbers

Set 3:

4x (5x50 On , 10 Off, Plus 30 seconds recovery between Rounds)

HIGH INTENSITY

Exercises:

1. Skipping
2. Set Ups Knee Drive
3. Single Leg Romanian Deadlift
4. Russian Twists (Weighted)
5. Superman Squeeze

