



**Performance Squad Land Conditioning  
Holiday Week**

**If you still intend to do some land training during this week off, I would still recommend the below format for your week. We have 15 weeks' worth of content for you to choose from, have a look over these sessions and choose your favourite sessions.**

**You are allowed the week off so please don't feel pressure to undertake these sessions.**

**See you all next week,**

**Bruce**

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

