



## Youth Land Training

### Week 17

Complete these sessions throughout the week

#### Exercise alternatives:

Exercises should only be adapted if you are physically unable to perform the written exercise through injury. If anyone needs an alternative I have missed please get in touch, do not just miss out the exercise.

Squats – Glute bridge / lateral lunges / Step ups / Reverse lunge

Press ups – Press up on knees or press up against wall

Lunges – Single leg glute bridge / Lateral lunge / Step ups

Mountain climbers – Flutter kick on back in streamline

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up

#### Jokes of the week

What did the sea say to the beach? Nothing, it just waved...

How can you tell if a vampire has Covid? By how much he is coffin...

Why did the bicycle collapse? It was two tired...





Warm up of the week:

(Complete before each session)

02:30 Skipping

00:30 Pogos

00:30 Heel flicks

00:30 Star jumps

01:00 Streamline hold on left leg eyes closed

01:00 Streamline hold on right leg eyes closed

10x Reverse lunges

10x Bushwhackers

10x Scorpions - front

10x Scorpions - back

10x Streamline squats

5 minutes foam rolling and tennis ball myofascial release or any other prescribed work e.g. if you have any pains (sore hips) complete the stretches for these.

Complete this shoulder routine:

<https://www.youtube.com/watch?v=Npo6E6rAn8U>

As we start to look to get back into the pool, we need to ensure are shoulders are healthy and robust.





## Session 1

### Cardio

10x (3 mins skipping 1 min rest)

3 minutes skipping as: 1 minute steady / 1 minute building / 1 minute fast paced (include double unders)

1 minute rest

### Core stability

2x rounds

20 Supermans

20 Dying bugs (double legs and arms)

1 minute plank

30 seconds side plank

30 seconds side plank

20 High plank shoulder taps





## Session 2

### Skipping Circuit

#### Set 1 (core)

200 Skips

60 seconds Plank

200 Skips

60 Seconds Plank up downs

200 Skips

60 Seconds high plank shoulder taps

#### Set 2 (strength)

200 Skips

20 Squats

200 Skips

20 Press ups

200 Skips

40 Dips





## Session 3

HIIT set (2 rounds)

30 seconds High knees

30 seconds Burpees

30 seconds Skiers

30 seconds High plank shoulder taps

1 minute rest

2 minute mountain climbers

2 minutes rest

Core strength

Select 6 exercises below. Complete 2 rounds of 6 working for 40 seconds resting for 20.

Crunch bridges / Supermans / Dying Bugs / Toe taps / Leg raises / Flutter kicks / Penguins / High plank shoulder taps / Plank up downs / Side plank / Plank / Crunches / Russian twists / Sit-ups / V-sits





## Session 4

Wednesday Zoom call – Prepare for land training – Animal movements and Shoulder Pilates

## Session 5

Thursday Zoom call session – Prepare for land training – HIIT circuits followed by Animal movements





## Session 6 - Cardio day

### Running:

1 hour run at A2 average heart rate. Aim for 10K.

### Cycling or Spinning:

2 hour cycle at A2 heart rate average. Aim for 30 miles.

### Skipping:

Complete each exercise for 60 seconds and rest for 15 between each exercise.

Skipping

Jumping jacks

Skipping

Mountain climbers

Skipping (double unders)

High knees

Skipping (reversed)

One leg hop (R)

Skipping

One leg hop (L)

Skipping

### Walking:

2 hour walk aim for 15,000 steps or 6 miles





## Bonus session

(Complete more than once if you would like)

AMRAP in 2 minutes

2 minutes rest

AMRAP in 4 minutes

2 minutes rest

AMRAP in 6 minutes

2 minutes rest

AMRAP in 8 minutes

2 minutes rest

AMRAP in 10 minutes

Always aim to add on your score for 2 minutes each round

Exercises: 8 Squats / 5 Pike push ups / 8 Burpees / 15 Crunches

