



DEVELOPMENT SQUAD – Week 18

Key:

ES = each side EP = each position opp= opposite EL = each leg
Skipping = with or without rope (pretend holding it) ED = each direction

This week!

A reminder for the next month of land training we are moving into more dynamic & complex movements building on the work from the first 15 weeks.

Our zoom calls return to our regular 2x Mobility 1x Games for this week so the sessions below won't include mobility specific sessions.

Daily Warm Up – before every session below.

Stretch Band Shoulder Overs

4x Cat - Camels

4x EP Plank walkout – seal – downdog

4x EL Spiderman with Arm Rotation

10x Jumping Jacks

10x High Knees

5x Squats

10x Scap Press Ups - Press up position, squeeze shoulder blades together, then push them apart keeping core stable & lower back flat

20x Mountain Climbers alt 5x Slow/ 5x Fast

Daily Cooldown stretches (After every session below!)

3x EP Cow – Cat Lunge (Cow- a lunge with hands on the floor pushing hips towards floor look forwards, then Cat- push hips up straightening both legs aiming to feel stretch in front leg)

Ankle stretches 1/ start in tabletop position (it's harder that's why!) turn your feet out as far as you can (like in Breaststroke) and CAREFULLY/ SLOWLY sit back until you feel the stretch.

3x ES Streamline Childs Pose – reaching to both sides

4x ES Reverse Scorpion – try to keep leg straight and touch your hand

Reminder to take a day off! However, I would like to leave some flexibility in the program so the day off can be fitted in around child care etc. Some people may want Sundays as the day off, others Tuesdays for example. Over the coming weeks try and keep it consistent which day it is (where possible).





Session 1 – Plyo + Strength

Plyo Primer – no extra rest

- 3x 10x EP Prone ITW Pulses – I is arms by side for pulses, keep shoulder blades back
3x ES Hop + Stick – Hop from Left leg to right leg, land + hold your balance on one leg for the count of 3 & vice versa. As it gets easier, hop further.

+60s rest

Circuit – 30s on 15s off (change side each round if necessary)

- 4x Reverse Lunge w/ rotation – hold hands out in front and rotate over front leg
Press Ups
Donkey Kicks – In table top, push heel to the ceiling, keep knee bent, hips square
Toe taps
Burpees (no press up, streamline jump)

Core – 10 reps ES/EP

- 3x Plank Supermans – Lift opp arm & leg
Plank Shoulder Taps
Side Plank Reach Unders – Reach under arm as far as possible, then up to the ceiling
Swimmer Crunches

Session 2 – Movement + Core

- 4x 30s on 15s off

Spiderman Crawl

Leg Raises

High Crab – Low Crab

Frog crawl (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands off the floor)

Scissor Kicks

Skipping





Session 3 – Plyo + Strength

Plyo Primer – no extra rest

- 3x Press Ups 3x Negative, 2x Fast, 1x “Hop” – Try and push your hands off the ground slightly if you can, if that’s easy try and bring your feet off too.
3x ED ES Split Squat Hops – In a split squat position, hop/jump side to side.

+60s rest

Circuit – 30s on 15s off (change side each round if necessary)

- 4x Step Ups – Bring other knee up to 90° after stepping up
Plank Jacks – Jump feet together and apart whilst in high plank
Streamline Squats – Try to keep chest up, hands pointing to ceiling
Blackbirds (Butterfly) – On front keeping shoulders back, perform butterfly arm movement over surface and trace arm movement back to start position
Sit Ups

Core – 10 reps ES/EP

- 3x Leg Raises
Flutter Kicks
Side Plank Dip + Crunch
Back Raises

Session 4 – Movement + Core

4x 30s on 15s off

Bear Crawl

Penguins

Prone IYWT’s

High Crab Reach Over – Slow & controlled push hips high as you reach your right arm over your head towards left hand then repeat on the other side

Frog crawl (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands off the floor)

Scissor Kicks

Jumping Jacks

