



Youth Land Training

Week 4

Complete these sessions throughout the week

Include: 1 run (at A2 30:00), 1 cycle (at A2 60:00), 3 walks (45:00 at A1) and 1 skipping session (20 minutes at A2) for your low level cardio on top of the below sessions.

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, don't just miss the exercise.

Squats – Glute bridge

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

Lunges – Single leg glute bridge

Mountain climbers – Flutter kick on back in streamline

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up





Warm up of the week:

(Complete before each session)

1 minute jogging

1 minute star jumps

1 minute skipping

1 minute jogging

1 minute heel flicks

5 minutes foam rolling and tennis ball myofascial release

Inchworms

Waling knees to chest

Bushwhackers

00:30 seconds pogos

00:30 seconds high knees





Session 1

Tapout XT video number 2 – see website (Tapout Plyometrics)





Session 2

100 Skips (using skipping rope double footed)

15 Streamline squats

100 Skips

15 Reverse streamline lunges

Rest 01:30

100 Skips

40 Mountain Climbers

100 Skips

20 Squat thrusts

Rest 01:30

100 Skips

01:00 Side Plank

100 Skips

01:00 Side Plank

Core 30 seconds on 15 off (2 rounds)

1. Side plank

2. Bicycle crunch

3. Side plank

4. Crunches

5. Your choice core





Session 3

Corentine (haha)

Set 1 (40 seconds on 20 off)

1. Side plank dips
2. Plank up downs
3. Side Plank
4. Plank

5 minutes skipping ((moderate intensity) One crunch for every time you stop)

Set 2 (300 reps in total)

Mix up of:

Crunches

Leg raises

Bicycle crunches (hands behind head elbow to knee. Two elbow touches = one rep)

5 minutes skipping ((moderate intensity) One crunch for every time you stop)

Set 3 (40 seconds on 20 off)

1. Swimmer sit ups
2. Side Plank (change at 00:30)
3. Single leg raises
4. Single leg plank (00:30 left foot extended 00:30 right foot extended)





Session 4

Set 1: AMRAP (as many rounds as possible in 6 minutes)

15 Streamline Squats

5 Chest to floor Burpees

5 walkout press ups

Set 2: Keep going until failure

Superset

1. Plank

2. Bicycle crunch

Set 3: Circuit – 30 seconds on (at max intensity) 10 rest. 02:20 rest after each round.

5 rounds

1. Squat jumps

2. Skipping

3. Dynamic lunges

4. Wall sits

Set 4: Keep going until failure

Superset

1. Side plank

2. Side plank (other side)





Session 5

Set 1:

Superset (x5 rounds)

1. Skipping 00:40 Fast pace
2. Step ups with leg kick (Tapout XT style) 20 in total

Set 2 AMRAP

15 Leg raises

10 Plank up downs (up and down = 1 rep)

5 Walkouts with press up

Set 3

Bring sally up with squats

Here's the song: Flower by Moby

<https://open.spotify.com/track/208EVtQtfsKBABn0h0xs8Y?si=CWuRo1rBSmWHLpyHE1FSPw>





Bonus session

400 Skips in total

After 100 skips: 20 Burpees to floor

After 150 skips: 10 Squat Jumps

After 250 skips: 15 Squat Thrusts

After 300 skips: 40 Mountain Climbers

