



Youth Land Training

Week 5 million

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 Skiers

1 minute Good mornings

1 minute skipping

1 minute Squat, jump and star jump

1 minute Jogging

5 minutes foam rolling and tennis ball myofascial release

Crab walks

Bushwhackers on the floor

Lunge with rotation

Bear crawls (no press)

00:30 seconds Sprint on the spot

00:30 seconds Squat jumps (high and fast)





Session 1

Aerobic set

8 Minute run at steady pace

2 minute walk

Repeat x5

HIIT set

5 sets – 1 min 30 sec between sets – 2 minute work each set – Change exercise every 40 seconds

Burpees (with twist)

Squats (in streamline)

Press up (on knees in needed)





Session 2

Aerobic set

Skipping: 3 rounds of the following

1. 20 work 40 rest (x5)
2. 30 work 30 rest (x5)
3. 40 work 20 rest (x5)

Core Circuit

AMRAP (5 mins)

1. 20 Bicycle crunches
2. 10 Plank up downs (up and down equals 1 rep)
3. 15 leg raises
4. 10 side plank dips (10 each side)

HIIT Circuit

- 4 minutes Skipping
- 3 minutes Mountain Climbers
- 2 minutes Wall sit
- 1 minute Squat Jumps





Session 3

Upper body circuit

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

Exercises:

1. Press Ups (on knees if required)
2. Press up shoulder taps
3. Walkouts with press
4. Burpees
5. Inchworms
6. Triceps Dips
7. Russian Twists
8. Press Ups
9. Side Plank Dips
10. High Knees

HIIT Session

8 minutes continuous movement using a mix of the following exercises:

1. High knees
2. Squat jumps
3. Star Jumps
4. Heel flicks
5. Squat star jump

Core circuit – 40 seconds on 20 seconds off – 3 rounds 1:30 between sets

1. Side plank dips





2. Russian Twists

3. Side plank

4. Crunches





Session 4

Your choice of Tapout XT video





Session 5

Superset:

4x at High Intensity

Star Jump, Tuck Jump (30 Reps)

Streamline Squats (15 Reps)

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.

Core AMRAP: 5 minutes

10 Leg Raises

10 Russian Twists

10 High Knees

HIIT set

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

Exercises:

1. High Knees

2. Squat

3. Pogos

4. Calf Raises

5. Back raise





Bonus session

5km run as fast as possible

On kilometre 1: 20 Burpees

On kilometre 2: 15 Press ups

On kilometre 3: 15 Crunches

On kilometre 4: 10 Lunges (each leg)

On kilometre 5: 20 Squat jumps

