



Age Group Squad Week 6

Hi team, we are starting to ramp things up just a bit in terms of the running and we will continue to progress with the press-ups as we discussed on the Friday Zoom Call.

I am writing this message having just finished the Friday call with you guys and I just wanted to add how much I enjoyed it. Thanks for being so engaged and for producing such a fun and interesting chat – you guys have once again amazed me with your insights and your silliness too.

Please keep up you ankle and hip mobility and continue on this journey to being the best you can be when you get back in the pool





Week 6 Warm Up

15 minutes skipping 20s on 20s off

3 x 10 Internal/External Therabands Each side

3 x 50s Cat and Cows

3 x 30s Down Dog

40 Hamstring Walkouts





Week 6 Challenge

We are continuing on with our press up progressions squad and this week is similar to last week. As we discussed on the call on Friday there isn't a time cap on this challenge however it is up to you to be sensible with your reps.

Remember also if you haven't worked on the press up workouts of the previous weeks make sure you go back and do them from the start.

The aim this week is to complete maximum reps of normal press ups until you are unable to continue and then to drop to kneeling press ups and continue reps until you cannot. Then take a 60s rest and try again. If this means you manage 1 standard press up before moving to kneeling that's ok – this is about progression.

Complete this every day even rest days!





Saturday Workout 25/4

Warm Up

1 – 8 – 1

Squat Jump

Lunge (both sides)

Mountain Climbers (both legs)

Squat thrust

Crunch

Leg raise

Remember press up challenge





Sunday Workout 26/04

Workout 1

5 rounds of 40s on 20s off

Jumping Jacks

Skaters

Calf Raises

Back Raises

Workout 2

Amrap 5 Minutes

4 Crunches

30 High Knees

4 Burpees Chest to Floor

Core Finisher

Max Time Plank Challenge

Hold a plank for the longest possible time changing from side plank – low plank – side plank every 15 seconds





Monday Workout 27/04

If you feel comfortable doing more than the instructions below then you can but this is a beginners guide to running and a progression from what we've done in the previous weeks with more jogging and less walking – Good Luck and know your limits.

10-minute brisk walk to warm up

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

40 seconds easy jog

20 seconds faster pace

2- minute walk

As long as you can at a fast pace up to 50 seconds

2- minute walk

As long as you can at a fast pace up to 50 seconds

10-minute easy walk to cool down

Yoga call with Jamie – keep an eye on the website for times





Tuesday Workout 28/04

Warm up

Tapout XT video again

Remember your press ups and hip and ankle mobility

Wednesday Workout 29/04

Zoom Call with Jamie

Thursday 30/04

Warm Up

Use the following website to figure out a 200m loop for you to run -

<https://www.plotaroute.com/routeplanner>

Make sure to change map type to satellite so you can see where you are tracking. And change autoplot to off. For example I did it in my garden and it takes me 9 loops to make 200m – you might be lucky and a loop around the block or to the end of the street and back is 200m – be creative and figure out a way.

AMRAP 30 minutes

200m Run/Jog

10 Chest to Floor burpees

10 russian twists





Friday 01/05

Rest Day!

