



Youth Land Training

Week 12 (we're getting there guys, chin up!)

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 ups against a wall

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

Mountain climbers – Flutter kick on back in streamline / toe taps

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up





Warm up of the week:

(Complete before each session)

5:00 Skipping

10x Walkouts

10x Bushwhackers

10x Scorpions

10x Lateral lunges

10x Cat cow

10x Thoracic spine rotations

10x I Y T s (<https://www.youtube.com/watch?v=Npo6E6rAn8U>)

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





Session 1

Set 1

Spin, Skip, Row or Run max effort for a 60 seconds

30 squat thrusts

Spin, Skip, Row or Run max effort for a 60 seconds

40 Dips

Spin, Skip, Row or Run max effort for a 60 seconds

50 Squats

Spin, Skip, Row or Run max effort for a 60 seconds

Set 2 (complete twice)

Superset

Crunch bridges & Leg raises

10/8 12/10 14/12 16/14 18/16

Superset

Dying bug (both arms and legs simultaneously) & Side plank

8/30 sec 10/30 sec 12/30 sec 14/30 sec 16/30 sec 18/30 sec





Session 2

Monday – It is *meant* to be a nice day on Monday so, enjoy a day off. If you feel like you want to work out do the bonus session. I would suggest going out for a short walk and do some stretching afterwards.





Session 3

Cardio (options below then complete core set)

Option A:

Go for a jog for either 55 minutes or 8KM at a steady A2 pace

Option B:

Go for a cycle for 120 minutes at A2

Option C:

Skipping circuit 40 mins – two minutes rest between rounds

(4x)

4 alt minutes as normal steady pace & double unders

3 minutes Build each min 1-3

2 minutes steady pace

1 minute Double unders

Option D:

Get a 20,000 step count as quickly as you can.





Session 4

Wednesday Zoom call session – Prepare for land training

Session 5

Thursday Zoom call session – Prepare for land training





Session 6

Round 1 (lower body – 50 on 10 off)

1. Step ups
2. Lateral lunges
3. Donkey kicks
4. Wall sits
5. Single leg glute bridge
6. Wall sits with knee raise
7. Reverse lunges
8. Glute bridge crunch
9. Streamline squats
10. in out jump squats

Round 2 (upper body and core – 40 on 20 off)

1. Flutter kicks
2. Plank in and outs (legs jump in and out)
3. Side plank
4. Dips
5. Wide press ups
6. Side plank (other side)
7. Lateral arm raise (use a tin of beans)
8. Leg raises
9. Plank





10. Narrow press ups

Bonus session

(Complete more than once if you would like)

25 burpees

100 skips

25 kneeling push ups

100 skips

25 superman's

100 skips

25 crunches

100 skips

25 crunches

100 skips

25 superman's

100 skips

25 kneeling push ups

100 skips

25 burpees

