



Youth Squad Land Training

Week 3

Warm up of the week – Complete before each session

1. Foam roll quads – as needed
2. Foam roll back – as needed
3. Foam roll hamstrings – as needed
4. Bushwhackers – 2 sets of 10 reps
5. Cat Cow – 2 sets of 10 reps (up and down)
6. YTWL – 20 reps
7. Inchworms – 10 reps
8. Crab walks – 2 sets of 10 reps
9. Dying bug – 2 sets of 10 reps
10. Skipping – 5 x 01:00 Steady pace

Extras:

- Add a Tapout XT if you fancy





Youth Land Training

Week 3

Session 1:

4 Exercise circuit – 4 rounds

- Plank to push ups – 00:30
- Side plank - 00:30
- Side plank - 00:30
- Leg raises – 00:30

Superset – 10 rounds

- Skipping – 00:40
- Walkouts with press up – 00:20

3 Exercise circuit – 4 rounds

- Burpee with star jump – 10 reps
- Squat – 10 reps
- Press up – 8 reps
- Crunch – 10 reps

Walk – 60:00 minutes

Isometric streamline hold – 10 minutes





Youth Land Training

Week 3

Session 2:

3 exercise circuit – 3 rounds

- Streamline Reverse lunges
- Streamline Squats
- Swimmer sit-ups

Superset – 3 rounds

- Plank – 01:00
- Bushwhackers (on the floor) – 01:00

4 exercise circuit – 4 rounds

- Plank (press up position) shoulder touches – 20 reps
- Press ups – 10 reps
- Plank up downs – 20 reps (up and down = 1 rep)
- Incline press ups – 10 reps

40 minutes – 03:00 run 02:00 minute walk

Isometric streamline hold – 10 minutes





Youth Land Training

Week 3

Session 3:

3 exercise circuit – 4 rounds

- Air squats – 10 reps
- Decline push ups – 10 reps
- Burpees – 12 reps

3 exercise circuit – 4 rounds

- Dynamic lunges – 10 reps (each leg)
- Jump squats – 10 reps
- Lunge jumps – 10 reps (each side)

3 exercise circuit – 4 rounds

- Press ups – 10 reps
- Squat thrusts – 20 reps (total)
- Streamline reverse lunge – 8 reps (each leg)

Superset – 4 rounds -

- Streamline step ups – 10 reps (each leg)
- Squat jumps – 10 reps

Plank – 03:00

Plank reaches – 00:30

Plank up downs – 00:30

Cycle – 60:00

Isometric streamline hold – 10 minutes





Youth Land Training

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Session 4:

3 exercise circuit – 4 rounds

- Burpee star jump – 15 reps
- High knees – 00:30
- Streamline squats – 10 reps

Superset – 5 rounds

- Donkey kicks – 10 reps (each leg)
- Single leg glute bridge – 10 reps (each leg)

3 exercise circuit – 4 rounds

- Superman hold – 00:45
- Side Plank dips – 00:30 (each side 01:00 total)
- Side Plank hold – 00:15 (each side)

Superset – 15 rounds

- 01:00 minute skipping into 15 Burpee with twist – continuous, no rest

Walk – 60:00 minutes

Isometric streamline hold – 10 minutes





Youth Land Training

Week 3

Session 5:

Superset – 5 rounds

- Side plank dips - 00:30
- Streamline crunches - 00:30

4 exercise circuit – 4 rounds

- Press ups - 10
- Dips - 15
- Sit ups - 30
- Plank - 01:30

Squats – 20

Side Lunge – 10 (each leg)

Reverse Lunge – 10 (each leg)

Single Leg Glute Bridge – 10 (each leg)

Step Ups – 10 (each leg)

Mountain climbers – 80 reps

Squat thrusts – 40 reps

Donkey kicks – 20 (each side)

High knees – 01:00

Skipping – 20:00 continuous

Isometric streamline hold – 10 minutes

