



Performance Squad Land Conditioning
20th May – 26th June 2020

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Upper Body	Challenge	Energy System	Lower Body	Upper Body	Energy System	Lower Body

Warm Up Protocol

- 5-10 minutes of heart rate raising such as skipping, little jogging.
- Mobility exercises: refer to the Pre-Pool sheets for extra ideas.
- Any physio exercises, Theraband exercise or targeted stretching.

Recovery Protocol:

1. Tennis ball, Foam Roll, Theraband & Stretching for 10 minutes

Upper Body Workout 1:
(RPE Target = 16)

2x (Rep Number, Rest 15 Seconds, Plus 3 minute recovery between Rounds)

Exercises:

1. 15 Press Ups (Alter position to make more manageable/Challenging)
2. 15 Walkout Outs (Overwalks)
3. 15 Wide Press Up
4. 15 Press Ups, Down Dog Opposite Ankle Tap (10 to each side)





5. **15 Y W T I** (Use hand weights or cans of food, or theraband)
6. **30 Triceps Dips** (Use the side of the sofa, a chair or any surface which will allow you to get into the correct angle.
7. **30 Oblique Crunch (R+L=1 Rep)**
8. **15 Narrow Press Ups**
9. **30 Leg Raises**
10. **15 Roll Ups**

Block 2: Continuous Work - rest at the end of all 185 reps

- **30 Bicycle Crunch**
- **15 Plank Crunches**
- **30 Russian Twists**
- **20 Press Up Down Dog Opposite Ankle (10 Per Leg)**
- **30 Ankle Tappers**
- **15 Walk Out Press Ups**
- **30 Swimmer Crunches**
- **15 Fast Cross Climbers (Left & Right = 1 Rep)**

Strength Circuit

1 to 8, 8 to 1 (1 minute Rest Between Blocks)

4 exercises:

1. **Press Up**
2. **Squat Jumps**
3. **Swimmer Sit Ups**
4. **Lunge Twists (R+L = 1 Rep)**





Energy System Workout 2:

(RPE Target = 12)

We have multiple options for this session:

Log any outdoor Cardio on Strava!

1. If you have access to a spin bike, you can do one of the pre-prepared spinning sessions. These can be found on the main webpage.
2. Go for a 5km or 40 minute run at steady pace and feel free to spice it up with some sprints every so often.
3. Bike for 40 – 60 minutes at a moderate intensity
4. Complete a 30-40 minute HIIT circuit, example below:

4x (10x 30 on (On = High Intensity) 10 Off) + 3 Minutes Rest Between Rounds

- High Knees
- Jumping Jacks
- Cross Climbers
- Burpees
- Bicycle Crunches

5. Skipping Circuit:

Repeat Rounds x5

- 2 minutes continuous skipping
- 15 Burpees
- 15 Sumo Squats
- 2 minutes continuous skipping
- 15 Walkout Press Up
- 30 Fast Mountain Climbers





**Lower Body Workout 3:
(RPE Target = 15)**

5 EMOM – 10 AMRAP – 5 EMOM – 10 AMRAP – 5 EMOM – 10 AMRAP

*** - 3 minutes rest between each time block**

EMOM 1:

10 Squats

5 Press Ups

5 Squat Jumps

5 Jumping Jacks

AMRAP 1:

8 Lunge Twists

10 Burpees to Standing

20 Bicycle Crunches

EMOM 2:

10 Squat Pulse

15 Russian Twists

AMRAP 2:

10 Squat Jumps

40 Ankle Tappers

10 Press Ups

EMOM 3:

20 High Knees

10 Tuck Jumps

AMRAP 3:

40 Star Jumps

30 Oblique Crunches





Full Body Workout 4:

(RPE Target = 13)

Multiple Choice Circuit:

6x

(Choose from the exercises in the table to create your own circuit)

A+B+C+D+E+A

50 seconds On, 20 Seconds Off, Plus 1 minutes recovery between rounds

A	B	C	D	E
Squats	Mountain Climbers	Walkout Press Up	Press Ups	Superman
Lunges	Wall Sit	V-Sits	Plank Shoulder Taps	Tricep Dips
Burpees	Cross Climbers	Russian Twists	Hands to Elbow Plank	Alt Leg Raises
Hip Knees	Press Up Down Dog Tap	Walkouts	Y T W A*	Happy/Sad Cat
Tuck Jumps	Bear Crawls	Swimmer Sit ups	Wide Press ups	Superman Squeeze
Star Jumps	Alt Leg V Sits	Swimmer Crunch	Thigh Tap Plank	Walkout Press Up
Lunge Jumps	Squat Pulse	Ankle Tappers	Side Planks	Plank

I have tried to change some of the exercises, I'll do similar over the next few weeks

***See videos on website for example**





**Energy System Workout 5:
(RPE Target = 11)**

**We have multiple options for this session:
Log any outdoor Cardio on Strava!**

1. If you have access to a spin bike, you can do one of the pre-prepared spinning sessions. These can be found on the main webpage.
2. Go for a 5km or 40 minute run at steady pace and feel free to spice it up with some sprints every so often.
3. Bike for 40 – 60 minutes at a moderate intensity
4. Complete a 30-40 minute HIIT circuit, example below:

4x (10x 30 on (On = High Intensity) 10 Off) + 3 Minutes Rest Between Rounds

- High Knees
- Jumping Jacks
- Cross Climbers
- Burpees
- Bicycle Crunches

5. Skipping Circuit:

Repeat Rounds x5

- 2 minutes continuous skipping
- 15 Burpees
- 15 Sumo Squats
- 2 minutes continuous skipping
- 15 Walkout Press Up
- 30 Fast Mountain Climbers

**Lower Body Workout 6:
(RPE Target = 16)**

Set 1:

Superset:

4x

Walkout to Press Up





- **Plank Variation** (1:00 Minute – you can choice your plank style)
- **20 Cossack Squats** (10 to Each Side)
 - 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.

Set 2:

Core AMRAP: 12 minutes, complete as many rounds as you can.
(Feel free to Time lapse and send it over)

60 Heal Kicks

20 Alt Leg Raises

20 Ankle Tappers (R+L = 1 Rep)

20 Bicycle Crunches (10 Per Knee)

Set 3:

4x (6x 50 On, 10 Off, Plus 30 seconds recovery between Rounds)

HIGH INTENSITY

Exercises:

1. **Speed Skaters (MAX)**
2. **Burpee to Standing**
3. **Squat Jumps**
4. **Press Up, Down Dog Opposite Ankle Tap**
5. **Oblique Crunch (L)**
6. **Oblique Crunch (R)**

