



Youth Land Training

Week 7

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 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)

10x Crab walks

10x Front Crucifix

10x Back Crucifix

10x Walkouts back to pike (no press)

01:00 Arm swings

01:00 Leg swings

00:30 Pogos

00:30 Jumping jacks

00:30 Heel flicks

00:30 High knees

5 minutes foam rolling and tennis ball myofascial release





Session 1

Superset 1 (2 rounds)

Push ups (on knees if required)

Squats

Reps: 12 push ups 12 squats 14 & 14 16 & 16 18 & 18 20 & 20

Core (1 round)

01:00 Plank Up downs

01:00 Shoulder taps

00:30 Crunches

00:30 Bicycle crunch

00:30 Flutter kicks

00:30 Leg raises

Superset 2 (2 rounds)

Mountain Climbers

Split squats

Reps: 20 mountain climbers 12 split squats 30 & 14 40 & 16 50 & 18 60 & 20





Session 2

Set 1

2 x (50 on 10 rest for 10 exercises)

1. Side plank (left side)
2. Bushwhackers
3. Walkouts with press
4. Side plank (right side)
5. Knee push ups
6. Single arm mountain climbers (left hand)
7. Squats
8. Single arm mountain climbers (right hand)
9. Wall sits
10. Russian twists

Superset (4 rounds) (complete 2 rounds then rest for 01:00)

1. 100 skips
2. Pike push ups





Session 3

Core circuit

5 rounds (3 rounds 30 seconds on 30 rest 2 rounds of 40 on 20 off)

1. Russian Twists / Plank up downs / Crunches / Toe touches
2. Bicycle crunch / Plank / Flutter kicks / Penguins
3. Leg raises / Scissor kicks / Crunch / Shoulder taps
4. Side plank (L) / Side plank (R) / Sit ups / Penguins
5. Plank / Bushwhackers (on floor) / Toe touches / Crunches

Strength set

2 x rounds – 02:00 rest between

1. Pistol squats (hold on to a door handle) – 10 Each leg
2. Squat jacks – 15
3. Wall sits – 45 seconds
4. Single leg glute bridges – 15 each leg
5. Split squats – 15 each leg





Session 4

Aerobic session - 5 options available

A.

Go for a steady 5km run at a moderate intensity

B.

Complete one of the spinning sessions found on the webpage

C.

Skipping circuit

500 skips

Every 50 skips complete

00:30 seconds choice core of either: Flutter kicks / leg raises / Plank / V-sits / Russian twists / Side plank

D.

HIIT session

Complete for 20 minutes continuously

18 High knees

14 Burpee into star jump

10 Leg raises

E.

Tapout XT - available on the webpage





Session 5

Thursday Zoom call session – Prepare for land training – Youth squad workout to music





Session 6

Your choice circuit

Choose 10 exercises from below and complete 2 rounds of work at 50 seconds on 10 seconds off. You must pick at least one exercise from each column.

Flutter Kicks	Squats	Single arm mountain climbers	Swimmer sit ups	Walkout with press
Press ups	Burpees with twist	Skipping	Tuck jumps	Toe touches
Lunges	Dips	Squat jump star jump	Wall sits	Alt leg raises
Squat jacks	Star jumps	V-sits	Side plank dips	Dips
Squat thrust	Plank up downs	Plank up downs	Mountain climbers	Wall sits





Bonus session

(Complete more than once if you would like – try and beat your score)

Option A:

Every minute on the minute (EMOM)

Perform the below exercises and reps at the start of every minute for 10 minutes. The remaining time within each minute is your rest.

12 Burpees

8 Toe touches

6 Squat jacks

Option B:

300 skips for time

At the start of each minute do 5 air squats

If completed in under 5 minutes finish with 5 Burpees

If completed in under 7 minutes but more than 5 finish with 10 Burpees

If completed in under 9 minutes but more than 7 finish with 15 Burpees

If completed in more than 9 minutes finish with 20 burpees

