



Youth Land Training

Week 15

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





Jokes of the week:

Just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap

I am reading a book about anti-gravity. It's impossible to put down.

Warm up of the week:

(Complete before each session)

50 arm circles (25 above head/25 out to the side)

10 Crucifix front

10 Crucifix back

20 Cat cow

10 Thoracic spine rotations

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

10 Crab walks

10 Spiderman crawls

10 Streamline reverse lunges

10 Streamline Squats

30 sec high knees

30 sec heel flicks

1 minute skipping





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:

EMOM 5 minutes (2 rounds with 1 minute rest between)

Round 1:

10 Crunches

6 Burpees (chest to floor)

10 Mountain climbers

Round 2:

8 Leg raises

6 Squat jumps

10 Dynamic lunges

Set 2:

RFT (rounds for time as fast as you can)

8 Rounds of the following:

10 Burpee star jumps or Squat jumps

10 Bridge crunches or Single leg bridges

40 Skips or 40 Mountain climbers





Session 2

Set 1

Superset: 3 rounds alternate with superset below

Leg raises 16

Plank 60 seconds

Superset: 2 rounds in between the above superset

Mountain climbers 40

Crunches 30

Set 2

Superset: 3 rounds alternate with superset below

Squats 8

Side plank (both sides 30 sec each)

Superset: 2 rounds in between the above superset

Burpees 12

V-sits 20





Session 3

Option A:

Go for a jog for either 60 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

(3x)

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.

Core set (to be completed post cardio)

All in plank position

1. 20 Plank up downs
2. 20 leg lifts (lifting legs off floor)
3. 60 sec plank with hips rotation
4. 60 sec side plank (each side)





Session 4

Wednesday Zoom call session – Prepare for land training (Pilates)

Session 5

Thursday Zoom call session – Prepare for land training (Circuits)





Session 6

Skipping:

40 minutes skipping – Steady intensity

On minute 5 complete 20 Dips

On minute 10 complete 20 kneeling press ups

On minute 15 complete 10 squats

On minute 20 complete 20 Plank up downs

On minute 25 complete 40 Russian twists

On minute 30 complete 30 Crunch bridges

On minute 35 complete 10 Tuck jumps

On minute 40 complete 30 Calf raises

Core

Complete the following core Pilates session:

https://www.youtube.com/watch?v=_cRu1v5e4Wg





Bonus session

(Complete more than once if you would like)

For time:

100 Squats

75 Burpees

50 Crunches

25 Press ups

250 Skips

25 Dips

50 Leg raises

75 Mountain climbers

100 Lunges (total)

