



Development Squad – Week 3

Key:

ES = each side EP = each position opp= opposite EL = each leg
Skipping = with or without rope (pretend holding it)

This week!

I am continuing to recommend Joe Wicks Daily Workout at 9am, he varies the moves which is good for hand eye coordination as well as challenging your body awareness!

I'll lead some mobility work over Zoom (Hopefully Monday/ Thursday)

Challenge taken from @MrJaggsPE: With a tennis ball (stress ball, or similar ball your parents are happy for you to throw against a wall – ask PERMISSION) practice for 5mins on each side!

Level 1 – In a split squat position (side onto the wall, inside of front leg facing the wall) throw against the wall & catch with two hands

Level 2 – In a split squat position with back leg raised throw against the wall & catch with two hands

Level 3 – In a split squat position on one leg throw against the wall & catch with two hands

Daily Warm Up (before every session below!)

3x (Plank walkout + 10 Mountain Climbers)

3x EP Cat Camels (Happy Cat/ Angry Cat)

4x Tabletop position Thoracic twist (elbow to ceiling then to elbow)

8x ES Monster Walks (wrap theraband around ankles/ calves – half squat & side step staying in a half squat only moving your leg)

4x Downdogs - Seal

Bear Crawl 360° in one direction and then the reverse direction - keeping knees close to the ground and squeezing core!

Daily Cooldown stretches (After every session below!)

5x EL Plank walkout + Spiderman with opp arm lift

Ankle stretches 1/ start in tabletop position (it's harder that's why!) turn your feet out as far as you can (like in Breaststroke) and CAREFULLY/ SLOWLY sit back until you feel the stretch.

2/ Draw the alphabet with your big toe! Remember to do it with each foot.

Along with any other stretches for the muscles worked during the session

4x Tabletop position Thoracic twist with straight (reach to ceiling then reach under your other arm)

10x Seated Hip Rotations (see Hip & Ankle Health Basics)

Reminder DAY 7 is a day off! However, I would like to leave some flexibility in the program so the day off can be fitted in around child care etc. Some people may want Sundays as the day off, others Tuesdays for example. Over the coming weeks try and keep it consistent which day it is (where possible).





Day 1 – Strength [Focusing on controlled good technique/quality reps]

3 Rounds of 9 exercises with 15s between exercises where possible:

8x EL Single Leg Glute Bridges

10x Push Ups (Best Quality: Like Butterfly full press ups with proper form switching to knees when you can't keep elbows tucked back straight - body in straight line from knees to shoulders, squeezing stomach & glutes)

10x Toe Taps (lie on back legs straight in the air...)

30s Wall Sit

10x Band pulls/ rows (standing with band around a fixed/ sturdy pole or seated with band around feet – keep shoulders down & back, pull to hips, controlled action in both directions)

In high Plank spell EAST LOTHIAN – draw with each letter on the ground with your finger, alternating hand for each letter.

8x Track start jumps (Start in your track start as if you were going to dive in, jump straight up, into streamline, squeezing legs together. Don't rush, set yourself properly between reps and then explode up!)

8x Tri (Bench) - Dips

8x Back Raises in streamline – keep feet on the floor.

Day 2 – Energy Systems [Aerobic work, getting your heart rate up]

Circuit: 3 rounds of the following...

5mins Skipping – Gently 60s // alternate feet 60s // Right leg only 30s // Left leg only 30s // Gently 60s // alternate high knees (Running) 60s //

30s Rest

2x (8x Frog Crawl (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands back up)

Bear Crawl the distance your 8x Frogs took you) slow & controlled!

30s Rest





Day 3 – Mobility (Coach Led)

Day 4 - Strength [Focusing on controlled good technique/quality reps]

3 Rounds of 8 exercises with 15s between exercises where possible:

5x ES Split Squat (start from the floor, back knee on towel/ pillow, front leg toes pointing forwards, knee in line with ankle)

10x Knee Tucks (Lying on your back bring your knees up and then straighten legs keeping feet off the floor)

3x 3s Band Pull Holds (Hold for 3s when hands by hips, squeezing shoulders down & back)

5x EL Single leg balance + water bottle in opp hand (RDLs - Lift knee up to 90, reach bottle to the ceiling, bend at the hip, keeping back straight, shoulders back, touch the floor with your bottle then reach to the ceiling bringing your knee up)

5x ES Birddogs (Opp to a deadbug, extend arm then opp leg, keeping back flat by squeezing core)

10x Prone WIYTs (lying on front, arms outstretched thumbs up to ceiling, all whilst squeezing shoulders back & together lift arms to form a I then Y shape...)

30s Wall Sit

30s Scissor Flutter Kicks in Streamline

4x Press Ups (Best Quality as before but chest to floor with hand release ie let go at the bottom)

Day 5 – Energy Systems [Contrast today, challenging movement & change of speed]

Circuit: 4x (10s rest between exercises, 60s between rounds - animal movements slow & controlled)

10x each direction Plank crawl sideways

30s High Knees

30s Flutter Kicks

5x ES Side Monkeys – starting in squat reach to the side with your hands and kick your legs up and over returning to a low squat <https://www.youtube.com/watch?v=mu5RzS0hjzw>

30s Heel Kicks

30s Mountain Climbers

Day 6 - Mobility (Coach Led)

