



Age Group Squad Week 7

Hi guys, as I said on Friday we are stepping up the running this coming week – there are 3 runs this week which will all be paired with core workouts these are to be completed to the best of your ability so push yourself if you can – or simply follow the instructions on this sheet.





Week 6 Warm Up

Heart raise circuit

15 mins of

200 skips

5 split sq r5 split sq l

5 squat thrusts

Mobility circuit

4 rounds

10 internal/external theraband

10 sword draws each side

10 hamstring workouts with negative press up





Week 7 Challenge

We are continuing with our press up building. This week we are making things a bit more difficult – we are going back to kneeling press ups but with a twist.

The aim of these press ups is to really challenge yourself – each day you are to complete 10 slow kneeling press ups following this pattern – 3 seconds hold at the top, 3 seconds descend, 3 seconds push up.

Try to do the movements slow and controlled and if you need to break up the 10 kneeling press ups that's fine but please make sure and complete all 10 every day.





Saturday Workout 02/05

Warm Up

Tapout XT Cardio XT Video

<https://www.youtube.com/watch?v=cK8VaQcmlqI>





Sunday Workout 03/05

Warm Up

If you feel comfortable doing more than the instructions below then you can but this is a beginners guide to running and a progression from what we've done in the previous weeks with more jogging and less walking – Good Luck and know your limits.

10-minute brisk walk to warm up

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

40 seconds easy jog

20 seconds faster pace

2- minute walk

As long as you can at a fast pace up to 50 seconds

2- minute walk

As long as you can at a fast pace up to 50 seconds

10-minute easy walk to cool down

5-minute core finisher AMRAP

5 v-sit right, 5 v-sit left, 5 v-sit both, 10 window wipers, 20 flutter kicks





Monday Workout 04/05

Warm Up

Circuit

5x 30s on 30s off

Tuck Jump

Plank

Dynamic Lunges

V-Sit Hold

Squats

Left Side Plank

Back Raise

Right Side Plank

Yoga with Jamie – Zoom Call





Tuesday Workout 05/05

10-minute brisk walk to warm up

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

40 seconds easy jog

20 seconds faster pace

2- minute walk

As long as you can at a fast pace up to 50 seconds

2- minute walk

As long as you can at a fast pace up to 50 seconds

10-minute easy walk to cool down

Core Finisher Circuit

4 rounds 30 seconds on/ 10 seconds off

Swimmer crunch

Leg Raise

Russian Twist

Dying Bugs





Wednesday Workout 06/05

Zoom Workout with Jamie

Thursday Workout 07/05

10-minute brisk walk to warm up

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

60 seconds easy jog – keep chest strong and eyes looking forward

1 minute 30 second walk

40 seconds easy jog

20 seconds faster pace

2- minute walk

As long as you can at a fast pace up to 50 seconds

2- minute walk

As long as you can at a fast pace up to 50 seconds

10-minute easy walk to cool down

Core finisher

Max time plank – can move from high to low





Friday Workout 08/05

Rest day and squad catch up on Zoom

