



## Youth Land Training

### Week 6

Complete these sessions throughout the week

Include: 1 run (at A2 30:00), 1 cycle (at A2 60:00), 3 walks (45:00 at A1) and 1 skipping session (20 minutes at A2) for your low level cardio on top of the below sessions.

#### 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)

1 minute Star Jumps

1 minute Bushwhackers on Floor

1 minute Arm and leg swings

1 minute Jumping Jacks

1 minute Heel Flicks

5 minutes foam rolling and tennis ball myofascial release

Walkouts press back up into streamline squat (repeat x10)

00:30 seconds High Knees

00:30 seconds Pogos

00:30 Double unders with jump ropes





## Session 1

### Aerobic set

9 Minute run at steady pace

1 minute walk

Repeat x5

### HIIT set

5 sets – 1 min 30 sec between sets – 2 minute work each set – Change exercise every 40 seconds

Lunges

Crunches

Calf Raise (slow and squeeze at top)

### Core

3 rounds – 1:00 rest

40 Seconds Plank

30 Seconds Side plank dips

20 Seconds Bicycle crunch





## Session 2

Aerobic set (x2 rounds 2:30 between sets)

100 Skips

20 Burpees

0:30 rest

100 Skips

10 Squat Jumps

0:30 rest

100 Skips

20 Step Ups

0:30 rest

100 Skips

Squats

0:30 rest

Core Circuit (Spell your name using the letters below - 40 seconds each / 20 seconds rest / 2 rounds)

A P (Bicycle Crunch)	B Q (Penguins)	C R (Leg raise)	D S (V-Sits)	E T (Plank up downs)
F U (Flutter kicks)	G V (Plank single legs)	H W (Side Plank Dips)	I X (Russian Twists)	J Y (Swimmer sit ups)
K Z (PLANK)	L (Side Plank)	M (Crunches)	N (Press up shoulder taps)	O (Sit ups)





## Session 3

### Aerobic session

For time do:

500 rep's combination of:

Squats

Step ups

Glute Bridge

Lunges

Then:

500 Skips

Then:

2 KM run

Core circuit – 40 seconds on 20 seconds off – 3 rounds 1:30 between sets

1. Plank

2. Flutter Kicks

3. Side plank dips

4. Leg Raises





## Session 4

Thursday Zoom call session – Prepare for land training





## Session 5

30 minute Yoga video of your choice

Core AMRAP: 5 minutes

40 Flutter kicks

10 Crunches

10 Leg Raises

HIIT set

4x (5x50 On, 10 Off, Plus 30 seconds recovery between Rounds)

Exercises:

1. Side arm raises (Use a tin of beans or something)
2. Walk outs with press
3. Press up shoulder taps
4. Press ups (adjust if necessary)
5. Dips





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

Session A:

AMRAP in 20 minutes

200 Skips

8 Burpees

6 Crunches

4 Pike Press ups

2 Squats

Session B:

AMRAP For 20 minutes

400m Run

30 Burpees

20 Press ups

400m Run

