



Age Group Squad Week 8

Hi guys, the running continues this week and as you may have seen from team app that we are encouraging our swimmers to sign up to Strava and record all of there runs for the Scottish Swimming Fish Out of Water Challenge. I'd like to see you guys recording your runs on the app and we there should be teams set up for your home club, Scottish swimming and ELST so make sure and follow the instructions. I am going to sign up too!

Make sure to sign up for the ELST quiz – it's a chance to see some swimmers from other squads and we are planning to make it a bit of fun!





Week 8 Warm Up

Heart Raise Circuit

20 mins of

150 Skips

10 Dynamic Lunge

20 Skaters

Mobility Circuit

4 Rounds

10 Hamstring walkout with negative press up

30s Cat/Cow

20s Deep Squat Hold

20 seconds each side stand on one foot with eyes shut





Week 8 Challenge

We are still pushing with our press up build. And it pretty simple we are taking last weeks challenge and moving from kneeling 3 seconds press ups to full 3 second press ups.

Once again every day 10 of these press up 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 press ups or change to kneeling press ups that's fine but please make sure and complete all 10 every day.





Saturday Workout 09/05

Warm Up

Circuit 1

50 seconds on 30 seconds off

4 rounds

Mountain Climber

Jumping Jacks

Broad Jumps

Dynamic Lunge Squat Combo (L/RSquat)

Circuit 2

5 rounds

20 Slow Squat (3 secs down, 3 secs hold, 3 sec up)

50 Skips

Core Finisher

3 rounds

20 second side plank L

20 second side plank R

20 Second Low Plank

20 Seconds High Plank

20 Second V-sit Hold

60 Second Rest





Sunday Workout 10/05

It's now time to push further on these runs – you may feel ready to go for it and get running – the times in this next step may seem challenging but if you've been doing as I've been saying you may shock yourself!

If you follow the steps below you will have run for 20 minutes

As always **if you feel you can handle more, do more.**

Warm up from page two

5-minute very brisk (power walk)

5-minute jog

2-minute walk

5-minute jog

2-minute walk

5-minute jog

2-minute walk

5-minute jog





Monday Workout 11/05

Yoga with Jamie – Zoom Call

Tuesday Workout 12/05

Follow the same run plan from Sunday and if you can handle it add another 2 minute walk and 5 minute jog

Wednesday Workout 13/05

Call with Jamie at 5:30

Remember to sign up for the quiz!

Thursday Workout 14/05

Warm Up

Tapout XT Cardio XT Video

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

Friday Workout 15/05

I know this is normally rest day but I'd encourage you guys to go for an extra run today!

See you on the catch up call!

