



## DEVELOPMENT SQUAD – Week 17

### Key:

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

### This week!

For the next month of land training we are moving into more dynamic & complex movements building on the work from the first 15 weeks.

Our zoom calls are going to be joint with Age Group this week which means only one led mobility session and I have written a 2<sup>nd</sup> one below.

Zoom Mon: Mobility, Wed: Circuit, Thurs: Games so I would suggest completing the workouts below in order as 1 per day and not doing them on Mon or Wed when we have the zoom calls.

### Daily Warm Up – before every session below.

#### Stretch Band Shoulder Overs

4x Cat - Camels

4x EP Plank walkout – seal – downdog

4x EL Spiderman with Arm Rotation

10x Jumping Jacks

10x High Knees

5x Squats

10x Scap Press Ups - Press up position, squeeze shoulder blades together, then push them apart keeping core stable & lower back flat

20x Mountain Climbers alt 5x Slow/ 5x Fast

### Daily Cooldown stretches (After every session below!)

3x EP Cow – Cat Lunge (Cow- a lunge with hands on the floor pushing hips towards floor look forwards, then Cat- push hips up straightening both legs aiming to feel stretch in front leg)

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.

3x ES Streamline Childs Pose – reaching to both sides

4x ES Reverse Scorpion – try to keep leg straight and touch your hand

Reminder to take 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).





## Session 1 – Plyo + Strength

Plyo Primer – no extra rest

- 3x 10x EP Prone ITW Pulses – I is arms by side for pulses, keep shoulder blades back
- 3x Jump Squats – Land softly/ quietly + stand up straight between reps

+60s rest

Circuit – 30s on 15s off (change side each round if necessary)

- 4x Split Squat w/ rotation – hold hands out in front and rotate over front leg
- Press Ups
- OH Squats – Hold stretch band or towel, keep it above head
- Penguins
- Burpees (no press up, streamline jump)

Core – 10 reps ES/EP

- 3x Plank Shoulder Taps
- Plank Leg Raises
- Low Side Plank Dip + Elbow to knee
- Swimmer Crunches

## Session 2 – Movement + Core

- 4x 30s on 15s off

Bear Crawl

Toe Taps

Prone IYWT's

High Crab – Low Crab

Frog crawl (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands off the floor)

Scissor Kicks

Skipping





### Session 3 – Mobility + Core

5x Plank Walkout – Downdog – Heel pulses – Plank – Seal

3x [3legged Downdog – knee to elbow – 3legged Downdog – knee to opp elbow]  
Repeat on other leg

10x ES Penguins

10x ES Sit Up & Twist

10x Flutterkicks

Plank – Seal – Childs Pose – Downdog - 3legged Downdog – Step right foot through between hands – lift right arm up – right elbow to right foot – right hand back down – Pigeon pose & hold for 20s  
Repeat on other leg

3x Plank – Downdog – Plank – Low Plank – Dolphin Pose – low Plank

Finish with Complicated twist twice each side holding for 20s

### Session 4 – Plyo + Strength

Plyo Primer – no extra rest

3x Press Ups 3x Negative, 2x Fast, 1x “Hop” – Try and push your hands off the ground slightly if you can, if that’s easy try and bring your feet off too.  
3x Jump Squats – Land softly/ quietly + stand up straight between reps

+60s rest

Circuit – 30s on 15s off (change side each round if necessary)

4x Step Ups – Bring other knee up to 90° after stepping up  
Slow Mountain Climbers  
Glute Bridges  
Blackbirds (Butterfly) – On front keeping shoulders back, perform butterfly arm movement over surface and trace arm movement back to start position  
Leg Raises

Core – 10 reps ES/EP

3x Deadbugs  
Flutter Kicks  
Toe Taps  
Back Raises

