



## Youth Land Training

### Week 18

Complete these sessions throughout the week

#### 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 out the exercise.

Squats – Glute bridge / lateral lunges / Step ups / Reverse lunge

Press ups – Press up on knees or press up against wall

Lunges – Single leg glute bridge / Lateral lunge / Step ups

Mountain climbers – Flutter kick on back in streamline

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up

#### Jokes of the week

What happens to a frog's car when it breaks down?

It gets toad away.

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump.





Warm up of the week:

(Complete before each session)

5 minutes skipping

10x Crab walks

10x Spiderman crawls

10x Cat cow

10x Scorpions – Front & Back

10x Streamline squats

10x Reverse streamline lunges

5 minutes foam rolling and tennis ball myofascial release or any other prescribed work e.g. if you have any pains (sore hips) complete the stretches for these.

Complete this shoulder routine:

<https://www.youtube.com/watch?v=Npo6E6rAn8U>

As we start to look to get back into the pool, we need to ensure our shoulders are healthy and robust.





## Session 1

Core endurance

TapoutXT – Competition core:

<https://www.youtube.com/watch?v=h-GoYaskx-w>

(this one is tough, give it a good crack!)





## Session 2

### Skipping Circuit

#### Set 1 (lower body)

200 Skips

Squats in streamline

200 Skips

Lateral lunges

200 Skips

Donkey kicks

200 Skips

Wall sits – 60 seconds

#### Set 2 (upper body)

500 Skips

20 Dips / 10 Kneeling push ups / 5 Plank up downs

400 Skips

25 Dips / 15 Kneeling push ups / 10 Plank up downs

300 Skips

30 Dips / 20 Kneeling push ups / 15 Plank up downs

200 Skips (every time you stop do: 10 dips / 10 push ups / 10 up downs)





## Session 3

HIIT set (2 rounds)

30 seconds Squat jacks

30 seconds Star jumps

30 seconds High knees

30 seconds Mountain climbers

1 minute rest

200 Skips

2 minutes rest

Core strength

Select 4 exercises below. Complete 3 rounds of 6 working for 40 seconds resting for 20.

Crunch bridges / Supermans / Dying Bugs / Toe taps / Leg raises / Flutter kicks / Penguins / High plank shoulder taps / Plank up downs / Side plank / Plank / Crunches / Russian twists / Sit-ups / V-sits





## Session 4

Wednesday Zoom call – Prepare for land training – Pilates

## Session 5

Thursday Zoom call session – Prepare for land training – Circuits





## Session 6 - Cardio day

### Running:

1 hour run at A2 average heart rate. Aim for 10K.

### Cycling or Spinning:

2 hour cycle at A2 heart rate average. Aim for 30 miles.

### Skipping:

Complete each exercise for 60 seconds and rest for 15 between each exercise.

Skipping

Jumping jacks

Skipping

Mountain climbers

Skipping (double unders)

High knees

Skipping (reversed)

One leg hop (R)

Skipping

One leg hop (L)

Skipping

### Walking:

2 hour walk aim for 15,000 steps or 6 miles





## Bonus session

(Complete more than once if you would like)

For time, alternating between:

4/8/12/16/20/24/28/32/36/40 reps: Sit-ups

20/18/16/14/12/10/8/6/4/2 reps: Kneeling push ups (or regular push ups)

