



**Performance Squad Land Conditioning**  
**18th April – 24th April 2020**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Upper Body	Challenge	Energy System	Lower Body	Upper Body	Energy System	Lower Body

**Warm Up Protocol**

- 5-10 minutes of heart rate raising such as skipping, little jogging.
- Mobility exercises: refer to the Pre-Pool sheets for extra ideas.
- Any physio exercises, Theraband exercise or targeted stretching.

**Recovery Protocol:**

1. Tennis ball, Foam Roll, Theraband & Stretching for 10 minutes

**Upper Body Workout 1:**

**Set 1:**

**2x (10x55 On , 10 Off, Plus 3 minute recovery between Rounds)**

**Exercises:**

1. **Press Ups** (Alter position to make more manageable/Challenging)
2. **Shoulder Tap Planks**
3. **Twists**





4. **Chest Flys** (Use food cans, bottles of water, weights if you have them)
5. **Back Raises**
6. **Triceps Dips** (Use the side of the sofa, a chair or any surface which will allow you to get into the correct angle.)
7. **Alt Leg V Sits**
8. **Wide Press Ups**
9. **Roll Ups**
10. **Tuck Jumps Star Jumps**

**Set 2:**

**Superset:**

**4x**

- **Russian Twists** (20 Reps) (Left & Right = 1 Rep)
- **Walk out Press ups** (15 Reps)
  - Complete the exercise reps continuously, only rest once all reps of a round have been completed
  - Rest for 1:30 before completing the set again.

**Set 3:**

**Core Circuit**

**3x**

- **V Sits** (15 Reps)
- **Ankle Taps** (15 Reps Per Leg)
- **Swimmer Sit Ups** (15 Reps)
- **2 Minutes Skipping** (Moderate intensity)
- **30 Seconds Rest**





## Energy System Workout 2:

### We have multiple options for this session:

1. If you have access to a spin bike, you can do one of the pre-prepared spinning sessions. These can be found on the main webpage.
2. Go for a 5km or 40 minute run at steady pace and feel free to spies it up with some sprints every so often.
3. Bike for 40 – 60 minutes at a moderate intensity
4. Complete a 30-40 minute HIIT circuit, example below:

4x (10x 30 on (On = High Intensity) 10 Off) + 3 Minutes Rest Between Rounds

- High Knees
- Jumping Jacks
- Cross Climbers
- Burpees
- Bicycle Crunches

5. Skipping Circuit:

Repeat Rounds x5

- 2 minutes continuous skipping
- 15 Burpees
- 15 Sumo Squats
- 2 minutes continuous skipping
- 15 Walkout Press Up
- 30 Fast Mountain Climbers





### Lower Body Workout 3:

#### Set 1:

#### Number Set:

4x

- (30 Rep, 20 Rep, 30 Reps, 10 Reps, 30 Reps) + 3 minutes between Rounds
- Rnd 1: Squats, Leg Raises, Side Lunges (in total), Pistol Squats, Oblique Crunch (Right).
- Rnd 2: Lunge, V-Sits, Burpees, Calf Raise (Per Leg), Russian Twists (in total)
- Rnd 3: Squats, Swimmer Crunches, Hands to Elbow Plank (3 seconds Per Rep), Pistol Squats, Oblique Crunch (Left)
- Rnd 4: Burpees, Swimmer Sit Up, Lunges (in total), Roll Ups, Fast Mountain Climbers (Left / Right = 1 Rep)

#### Set 2:

**Core AMRAP:** 5 minutes, complete as many rounds as you can.  
(Feel free to Time lapse and send it over)

- 15 Press Ups
- 10 Walkout Press Ups
- 15 Russian Twists

#### Set 3:

2x (6x 50 On, 10 Off, Plus 2 minute recovery between Rounds)

#### Exercises:

1. Wall Sit
2. Squat
3. Single-leg Deadlift
4. Side Plank (Right)
5. Calf Raises
6. Side Plank (Left)

### Full Body Workout 4:

#### Multiple Choice Circuit:

6x

(Choose from the exercises in the table to create your own circuit)

A+B+C+D+E+A

30 seconds on, 20 Seconds Off, Plus 1 minutes recovery between rounds





<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
Squats	Mountain Climbers	Crunches	Press Ups	Superman
Lunges	Wall Sit	V-Sits	Plank Shoulder Taps	Tricep Dips
Burpees	Cross Climbers	Russian Twists	Hands to Elbow Plank	Alt Leg Raises
Hip Knees	Ice Skatters	Walkouts	Chest Fly's	Happy/Sad Cat
Tuck Jumps	Bear Crawls	Swimmer Sit ups	Wide Press ups	Superman Squeeze
Star Jumps	Jumping Jacks	Swimmer Crunch	Diamond Press Ups	Walkout Press Up
Lunge Jumps	Figure of 8	Ankle Tappers	Side Planks	Plank





## Energy System Workout 5:

### We have multiple options for this session:

1. If you have access to a spin bike, you can do one of the pre-prepared spinning sessions. These can be found on the main webpage.
2. Go for a 5km or 40 minute run at steady pace and feel free to spies it up with some sprints every so often.
3. Bike for 40 – 60 minutes at a moderate intensity
4. Complete a 30-40 minute HIIT circuit, example below:

4x (10x 30 on (On = High Intensity) 10 Off) + 3 Minutes Rest Between Rounds

- High Knees
- Jumping Jacks
- Cross Climbers
- Burpees
- Bicycle Crunches

5. Skipping Circuit:

Repeat Rounds x5

- 2 minutes continuous skipping
- 15 Burpees
- 15 Sumo Squats
- 2 minutes continuous skipping
- 15 Walkout Press Up
- 30 Fast Mountain Climbers

## Lower Body Workout 6:

### Set 1:

### Superset:

4x

- **High Knees (1:30 minutes as high Intensity)**  
**Normal/Pistol Squats (6 Reps of Each)**





- Complete the exercise reps continuously, only rest once all reps of a round have been completed
- Rest for 1:30 before completing the set again.

### **Set 2:**

**Core AMRAP:** 5 minutes, complete as many rounds as you can.  
(Feel free to Time lapse and send it over)

**30 seconds Hands to Elbows Plank**

**10 Russian Twists** (Rotation to both side = 1 Rep)

**10 Burpees**

### **Set 3:**

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

### **HIGH INTENSITY**

#### **Exercises:**

- 1. Skipping**
- 2. Dynamic Lunges**
- 3. Single Leg Romanian Deadlift**
- 4. Fast Mountain Climbers**
- 5. Superman Squeeze**

