



Performance Squad Land Conditioning  
23<sup>rd</sup> May – 29<sup>th</sup> May 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: (RPE Target = 16)

2x (Rep Number, Rest 15 Seconds, Plus 3 minute recovery between Rounds)

### Exercises:

1. 15 Press Ups (Alter position to make more manageable/Challenging)
2. 15 Walkout Outs (Overwalks)
3. 15 Wide Press Up
4. 20 Press Up, Down Dog Opposite Ankle Tap (10 to each side)
5. 15 Y W T I (Use hand weights or cans of food, or theraband)
6. 30 Triceps Dips (Use the side of the sofa, a chair or any surface which will allow you to get into the correct angle.)
7. 30 Oblique Crunch (L)
8. 15 Narrow Press Ups
9. 30 Oblique Crunch (R)
10. 15 Supermans

## Block 2: Continuous Work - rest at the end of all 185 reps

- 30 Bicycle Crunch
- 15 Leg Raises
- 30 Russian Twists
- 20 Press Up Down Dog Opposite Ankle (10 Per Leg)
- 30 Ankle Tappers
- 15 Plank (10 seconds = 1 Rep)
- 30 Roll Ups
- 15 Fast Cross Climbers (Left & Right = 1 Rep)

## Strength Circuit

1 to 8, 8 to 1 (1 minute Rest Between Blocks)

### 4 exercises:

1. Press Up
2. Alt Leg V-Sit (R+L = 1 Rep)
3. Hand to Elbow Plank (Hand to Elbow to Hand = 1 Rep – 1 Rep should take 5 Seconds)
4. Lunge Twists (R+L = 1 Rep)





## Energy System Workout 2:

(RPE Target = 12)

We have multiple options for this session:

Log any outdoor Cardio on Strava!

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 spice 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:**  
(RPE Target = 15)

Set 1:

Number Set:

5x

- (30 Rep, 20 Rep, 30 Reps, 10 Reps, 30 Reps) + 3 minutes between Rounds

Exercises within the Rounds to consist of:

Leg Exercise, Core Exercise, Leg Exercise (Harder than 1<sup>st</sup>), Core Exercise, Choice Focus Exercise  
Please try and perform 5 different rounds, mix the 100's of exercises up which you know!

Example Round: Squat, Russian Twists, Squat Pulse, Plank, Press Ups

Set 2:

Core AMRAP: 10 minutes, complete as many rounds as you can.  
(Feel free to Time lapse and send it over)

15 Star Jumps

10 Russian Twists (1 Rep = R & L)

40 Superman Planks (5 seconds per arm movement)

Set 3:

EMOM – Every Minute, On The Minute

(Complete the below exercises within a minute, and repeat on the minute for a set duration)

10 Minutes EMOM

Exercises:

5 Burpees

10 Swimmer Sit Ups

5 Star Jumps

10 Superman





Full Body Workout 4:

(RPE Target = 13)

Multiple Choice Circuit:

6x

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

A+B+C+D+E+A

50 seconds On, 20 Seconds Off, Plus 1 minutes recovery between rounds

A	B	C	D	E
Squats	Mountain Climbers	Walkout Press Up	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	Press Up Down Dog Tap	Walkouts	Y T W A*	Happy/Sad Cat
Tuck Jumps	Bear Crawls	Swimmer Sit ups	Wide Press ups	Superman Squeeze
Star Jumps	Alt Leg V Sits	Swimmer Crunch	Thigh Tap Plank	Walkout Press Up
Lunge Jumps	Squat Pulse	Ankle Tappers	Side Planks	Plank

I have tried to change some of the exercises, I'll do similar over the next few weeks

\*See videos on website for example





## Energy System Workout 5: (RPE Target = 11)

We have multiple options for this session:  
Log any outdoor Cardio on Strava!

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 spice 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:**  
(RPE Target = 16)

Set 1:

Superset:

4x

- Skipping (1:30 minutes as high Intensity)
- Fast Mountain Climbers (40 Reps – L+R = 1 Rep)
  - 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:** 12 minutes, complete as many rounds as you can.  
(Feel free to Time lapse and send it over)

60 seconds Speed Skaters  
45 seconds Jumping Jacks  
10 Dynamic Jumps  
20 Bicycle Crunches (10 Per Knee)

Set 3:

4x (5x 50 On, 10 Off, Plus 30 seconds recovery between Rounds)

**HIGH INTENSITY**

Exercises:

1. High Knee (MAX)
2. Squat Jumps
3. Single Leg Romanian Deadlift
4. Swimmer Crunches
5. Side Plank Crunch

