



Youth Land Training

Week 11

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 ups against a wall

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

Mountain climbers – Flutter kick on back in streamline / toe taps
<https://www.youtube.com/watch?v=Ml2xTP45jVQ>

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up





Warm up of the week:
(Complete before each session)

02:30 Skipping

00:30 Pogos

00:30 Heel flicks

00:30 Star jumps

10x Reverse lunges

10x Spiderman crawls

10x Crab walks

10x Bushwhackers

10x Scorpions - front

10x Scorpions - back

10x Streamline squats

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





Session 1

8 rounds:

Odd sets

4 minutes skipping

1 minute alternate between: Mountain climbers, star jumps, single arm mountain climbers (x2 for both arms)

Even sets

40 sec leg raises 20 sec rest

40 sec plank 20 sec rest

40 sec side plank (30 each side) 20 sec rest

40 sec flutter kicks 20 sec rest

40 sec Crunch into glute bridge 20 sec rest

Strength – Upper body

2 x (10 x exercises + 2:00 rest between rounds)

1. Dips (use the edge of a chair or sofa. Ensure straight line from shoulders to toes. Bend at the elbow) – 20
2. Push ups (adjust to make more challenging/easier) – 12
3. Press up position shoulder taps – 12
4. Plank up downs – 12
5. Narrow push ups (adjust to make easier/harder) – 12
6. Spiderman crawls (with press) – 6
7. Dips – 20
8. Wall press up (wide hand position) – 12
9. Press up position arm reach out in front– 12





10. Press up position hold – 40 seconds

Set 3

As many press ups (in your preferred position) as you can do without stopping. Hold correct technique. Once you feel technique dropping then stop.





Session 2

Set 1

Superset 1 (upper body)

Dips & Wide hand position press ups

Reps: 12/12 14/14 16/16 18/18 20/20

Superset 2 (lower body)

Step ups & Donkey kicks

Reps: 10/10 12/12 14/14 16/16 18/18

Superset 3 (core)

Crunch with bridge & Leg raises

Reps: 8/8 10/10 12/12 14/14 16/16

Superset 4 (metabolic)

Burpees into star jump & Step ups (fast feet!)

Reps: 8/20 10/25 12/30 14/35 16/40

Set 2

Side plank for as long as you can (both sides)





Session 3

Cardio (options below then complete core set)

Option A:

Go for a jog for either 45 minutes or 6KM at a steady A2 pace

Option B:

Go for a cycle for 80 minutes at A2

Option C:

Skipping circuit 40 mins – two minutes rest between rounds

(4x)

4 alt minutes as normal steady pace & double unders

3 minutes Build each min 1-3

2 minutes steady pace

1 minute Double unders

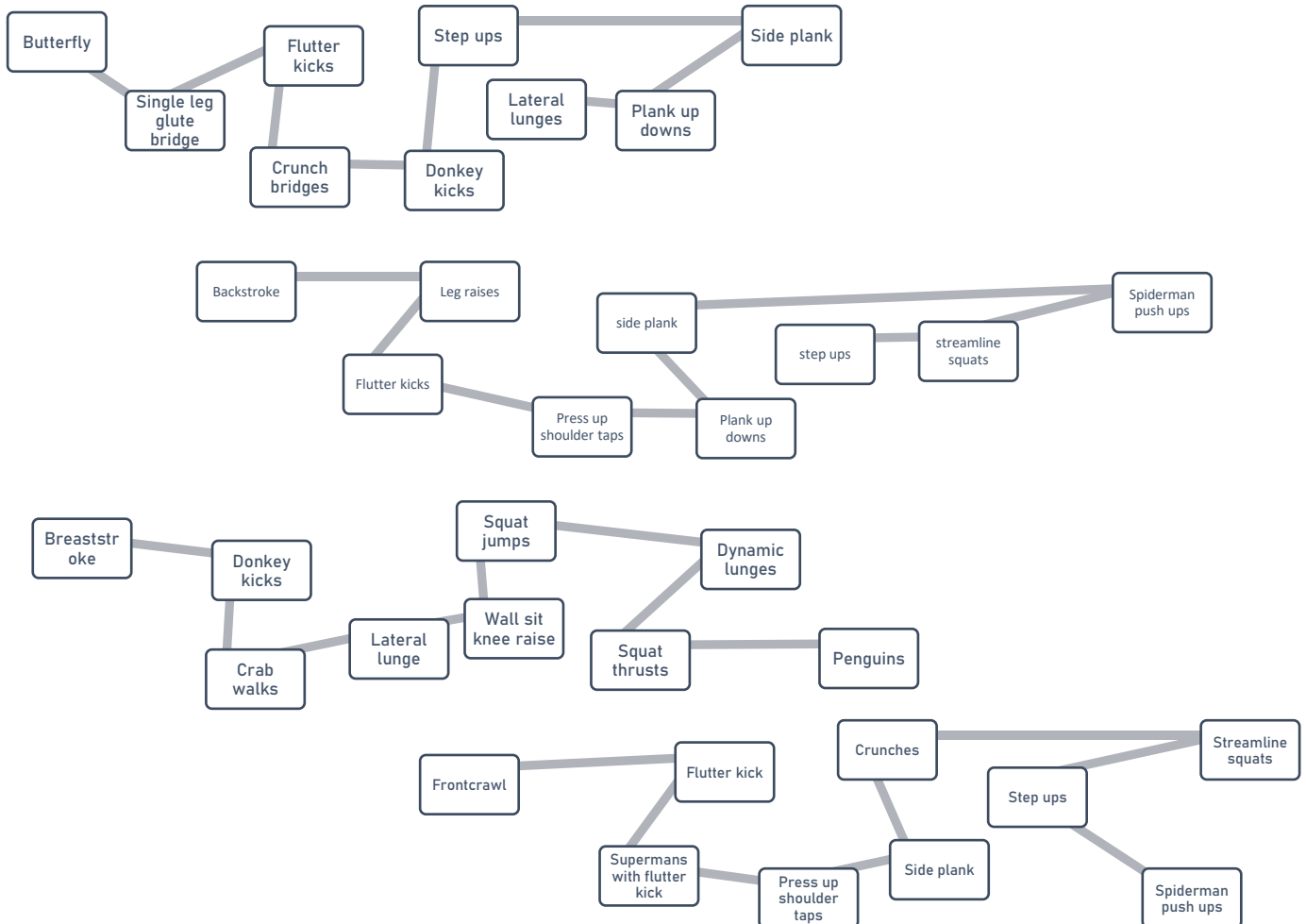
Option D:

Get a 16,000 step count as quickly as you can.



Session 4

Complete the following circuit using the table of exercises below. Start by selecting your favourite stroke and then follow the line. 50 seconds on 10 seconds rest, 2 rounds. 2 minutes rest between rounds.



Core EMOM: 10 minutes

10 crunches

10 penguins (5 each side)

5 plank up downs



Session 5

Thursday Zoom call session – Prepare for land training





Session 6

Set 1: Ultimate abs session:

https://www.youtube.com/watch?v=WmX8QdZnJ_M

Set 2:

Skipping circuit

1 minute forward skipping

1 minute backwards skipping

1 minute forwards – build speed through minute

30 seconds double unders

1 minute star jumps

1 minute high knees

1 minute pogos

30 seconds double unders

3 minutes forwards skipping





Bonus session

(Complete more than once if you would like)

300 reps challenge

50 Squats in streamline

40 Seconds max skipping

30 Crunches (legs crossed knees up)

20 Single arm mountain climbers (R)

10 Burpee squat tuck jump

20 Single arm mountain climbers (L)

30 Crunches (legs apart knees up)

40 Seconds max skipping

50 Squats in streamline

Then, burpee beep test challenge:

<https://www.youtube.com/watch?v=vvBgY0k2Gbo>

