



Performance Squad Land Conditioning
4th April – 10th 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. Walk out Planks
3. Burpees
4. Chest Flys (Use food cans, bottles of water, weights if you have them)
5. Superman
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. Russian Twists
8. Diamond Press Ups
9. Power Press Ups
10. Tuck Jumps

Set 2:

Superset:

4x

- Leg raises (20 Reps)
- 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

- Russian Twist (15 Reps – Use a weight/alternative to make the movement more challenging)
- Alt Leg Leg Raises (15 Reps Per Leg)
- Swimmer Crunch (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:

Superset:

4x

- Air Squats (20 Reps)
- Chest to Floor Burpee (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.

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

15 Crunches

10 Walkout Press Ups

5 Alt Leg V Sits (V Sit to each leg counts as 1 Rep)

Set 3:

2x (10x50 On , 10 Off, Plus 2 minute recovery between Rounds)

Exercises:

1. Wall Sit
2. Lunge
3. Squat
4. Single-leg Deadlift
5. Squat Jumps
6. Calf Raises
7. Quadruped Limb Raises (See week One for explanation)
8. Flutter Kick (Hands at your side and not under you bum, hold your back to the floor)
9. Side Lunge
10. Abdominal Rollups





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

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

A	B	C	D	E
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:

6. 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.
7. Go for a 5km or 40 minute run at steady pace and feel free to spies it up with some sprints every so often.
8. Bike for 40 – 60 minutes at a moderate intensity
9. 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

10. 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

- Skipping (2 minutes as high Intensity)
- Sumo Squats (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.

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

15 V-Sits

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

5 Burpees

Set 3:

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

HIGH INTENSITY

Exercises:

1. High Knees
2. Squat
3. Single Leg Romanian Deadlift
4. Calf Raises
5. Superman Squeeze

