



Youth Land Training

Week 14

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

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up





Jokes of the week:

What's a quiet Hawaiian laugh?.... Aloha.

I called the tinnitus hotline, but it just kept ringing

I heard a great joke about amnesia, but I forgot it

Warm up of the week:

(Complete before each session)

200 Skips

10 Reverse lunges

10 Lateral lunges

10 Streamline squats

10 Crab walks

10 Pike push ups

30 Arm circles (out wide)

30 Arm circles (out to side)

10 Cat cow

10 Scorpions

10x I Y T s (<https://www.youtube.com/watch?v=Npo6E6rAn8U>)





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

Skipping and core

Cardio

2x rounds (1 min rest between)

200 Skips

10 Burpees (chest to floor)

200 Skips

10 Squat thrusts

200 Skips

10 Step ups

Core

2x (50 seconds on 10 seconds rest)

1. Bicycle crunches

2. Plank

3. Flutter kicks

4. Side plank (left round 1 right left 2)

5. Leg raises





Session 2

Set 1

Tapout XT - https://www.youtube.com/watch?v=bURPKT_d0BE

Give it a go!

Set 2

(core)

1 minute plank

30 leg raises

1 minute side plank

30 v-sits

1 minute side plank





Session 3

Option A:

Go for a jog for either 50 minutes or 7KM at a steady A2 pace

Option B:

Go for a cycle for 90 minutes at A2

Option C:

Skipping circuit 40 mins – two minutes rest between rounds

(3x)

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 17,000 step count as quickly as you can.

Core set (to be completed post cardio)

Plank up downs using the song Roxanne:

https://open.spotify.com/track/3EYOJ48Et32uATr9ZmLnAo?si=i_k3EDLvQLKHsbYd_FF8Lw





Session 4

Wednesday Zoom call session – Prepare for land training

Session 5

Thursday Zoom call session – Prepare for land training





Session 6

30 minutes skipping – Steady intensity

On minute 5 complete 20 Dips

On minute 10 complete 20 kneeling press ups

On minute 15 complete 10 squats

On minute 20 complete 20 Plank up downs

On minute 25 complete 40 Russian twists

On minute 30 complete 30 Crunch bridges

Superset

Wall sit knee raises & Leg raises

10 (total knee raises) / 10 leg raises

12/12

14/14

16/16





Bonus session

(Complete more than once if you would like)

Take 20-30 minutes running through some of these exercises:
<https://www.youtube.com/watch?v=yoyz0kB95IQ>

We will be adding in lots of these to our pre pool and land training.

