



Week beginning 19/07/20

Hi team, we are back to full program of zoom calls this week after our little adventure with Dev Squad.

As you may have seen the top level swimmers in Scotland are back in the water which can only be a good sign for us going forward.





Warm Up

This should be completed before your sessions in order to get your muscles ready and get your heart rate up.

3x

40 Jumping Jacks

20 Bear to Plank

10 Back Raises

60s Hip rotation drills

3 x 15 reps internal and external rotations

30s T Rotations

60s Table Reach Drill





Saturday Workout 18/07

Warm Up

HIIT Session

5 Rounds 30s Work 15s Rest

High Knees

Squats

Skaters

Squat Thrusts

Plank

Core Session

4 Round no rest

10 crunches

20 ankle taps

20 v-sits

20s v-sit hold

Sunday Workout 19/07

Mobility Zoom with Jamie





Monday Workout 20/07

Zoom Call with Jamie

Tuesday Workout 21/07

Warm Up

Skipping Workout

14mins alternating 20s skip/20s rest – try not to get frustrated as the first few sets of work might be a bit slow to start, try to stick with it

Conditioning

Reps of each = 21-18-15-18-21

High Knees

Squats

Crunches

Squat Thrusts

Down Ups

Core Flow

4-mins – Bear -> Plank -> 4 Shoulder Taps -> Bear -> Down Dog -> 3 Down Dog Press Ups -> Bear





Wednesday Workout 22/07

Zoom with Jamie

Thursday Workout 23/07

Challenge Day! – Make sure to do the **WARM UP** – and some extra mobility before this workout

20 Minutes AMRAP Challenge

200m Run

14 Down Ups

13 Squats

12 V-Sits

30s Plank

Friday Workout 24/07

Rest Day and Catch up with Jamie

