



Development Squad – Week 2

Key:

ES = each side EP = each position opp= opposite EL = each leg
Skipping = with or without rope (pretend holding it)

This week!

If you aren't already get involved with Joe Wicks Daily Workout at 9am we've been pretending to be Spiderman and doing karate kicks!

Challenge taken from @MrJaggsPE: With a tennis ball (stress ball, similar ball, careful with hockey or lacrosse balls...), count the number of attempts and try and reduce this each day!

Level 1 – Throw over opp shoulder and catch with one hand

Level 2 – Throw over head and catch with two hands behind your back

Level 3 – Throw over head and catch using one hand between your legs!

Daily Warm Up (before every session below!)

5mins alt jogging & rebound jumps (like skipping pulling toes up)

5x EL Plank walkout + Spiderman with opp arm lift

5x EP Cat Camels (Happy Cat/ Angry Cat)

10x Glute Bridges

10x Deadbugs

5x ES Scorpion

5x ES T-Position (Reverse Scorpion)

Bear Crawl sideways with hands climbing up and over roller/ pullbouy/ other raised object carefully keeping knees close to the ground and squeezing core!

Daily Cooldown stretches (After every session below!)

T Spine Reach & Pull through (https://www.youtube.com/watch?v=tk_nobpl74E) x5 Reps each side

Ankle stretches – 1/sitting on your heels (on carpet/ mat/ float etc), point toes inwards and lean back SLOWLY whilst supporting yourself using your hands behind you.

2/ start in tabletop position (it's harder that's why!) turn your feet out as far as you can (like in Breaststroke) and CAREFULLY/ SLOWLY sit back until you feel the stretch.

3/ Draw the alphabet with your big toe! Remember to do it with each foot.

Along with any other stretches for the muscles worked during the session

Reminder DAY 7 is a day off! However, I would like to leave some flexibility in the program so the day off can be fitted in around child care etc. Some people may want Sundays as the day off, others Tuesdays for example. Over the coming weeks try and keep it consistent which day it is (where possible).





Day 1 – Strength [Focusing on controlled good technique/quality reps]

3 Rounds of 8 exercises with 15s between exercises where possible:

10x Push Ups (Best Quality: Like Butterfly full press ups with proper form switching to knees when you can't keep elbows tucked back straight - body in straight line from knees to shoulders, squeezing stomach & glutes)

8x ES Donkey Kicks (Tabletop position pushing heel to ceiling keeping back straight <https://www.youtube.com/watch?v=lm5nE3J558k>)

8x Plank Up Downs/ walks (start in press up position come down onto elbows and back up)

30s Straight leg Crawl

10x Knee Tucks (Lying on your back bring your knees up and then straighten legs keeping feet off the floor)

10x Face Pulls (with Band anchored at hip level pull it up towards your face, keeping shoulders back and elbows high)

30s Wall Sit

8x Leg Raises

Day 2 – Energy Systems [Aerobic work, getting your heart rate up]

Circuit: 4x (6 exercises 30s on 30s off) – Take first round steady as a warmup, build effort rounds 2-4.

Skipping // Burpees // Skipping // Squat Jumps // Skipping // Mountain Climbers

Day 3 – Mobility

Focusing on Fundamentals video (16mins) from

<http://www.swimmingspecificyoga.com/sequences.html> (covers a number of positions we already do and some we haven't, don't worry if you get confused about the breathing just try your best!)

5x ES 90/90 T Spine Rotation (<https://www.youtube.com/watch?v=CqOjxk9xcno>)

5x ES Scorpion to sitting: Start lying on your front arms wide as if you were going to do a scorpion, right leg bends, starts to come over left leg as left arm sweeps round to join right as you roll over plant right foot knee bent & sit up without using your hands, reaching forwards. Try the same on the opposite side.





Day 4 - Strength [Focusing on controlled good technique/quality reps]

3 Rounds of 8 exercises with 15s between exercises where possible:

10x Band pulls/ rows (standing with band around a fixed/ sturdy pole or seated with band around feet – keep shoulders down & back, pull to hips, controlled action in both directions)

5x ES Split Squat (start from the floor, back knee on towel/ pillow, front leg toes pointing forwards, knee in line with ankle)

5x ES Birddogs (Opp to a deadbug, extend arm then opp leg, keeping back flat by squeezing core)

10x Prone WIYTs (lying on front, arms outstretched thumbs up to ceiling, all whilst squeezing shoulders back & together lift arms to form a I then Y shape...)

5x ES Fire hydrants (tabletop position, keeping hips square, lifting one knee out to the side) <https://www.youtube.com/watch?v=ZVfcRHhcBgg>

8x Plank Up Downs/ walks

8x ES Donkey Kicks

30s Scissor Flutter Kicks

Day 5 – Energy Systems [Contrast today, challenging movement & change of speed]

Circuit: 4x (10s rest between exercises, 60s between rounds - animal movements slow & controlled)

8x Frog Crawl (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands back up)

Bear Crawl the distance your 8x Frogs took you

30s High Knees

4x ES Side Monkeys – starting in squat reach to the side with your hands and kick your legs up and over returning to a low squat <https://www.youtube.com/watch?v=mu5RzS0hjzw>

4x Spiderman Crawls – like your spiderman in your warm up except after you step forward

30s Heel Kicks

Day 6 - Mobility

Building Body Awareness through Balance (8mins- can skip to the balances) Remember to do each balance twice on each leg. <http://www.swimmingspecificyoga.com/sequences.html>

5x ES 90/90 T Spine Rotation (<https://www.youtube.com/watch?v=CqOjxk9xcno>)

Plank to back plank: start in press up position, lift one arm up and over until you are facing the ceiling, lift other arm and return to starting position then go the other way. Remember to control the movement!

