



Performance Squad Land Conditioning
16th May – 22nd May 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:

2x (10x55 On , 10 Off, Plus 3 minute recovery between Rounds)

Exercises:

1. Press Ups (Alter position to make more manageable/Challenging)
2. Shoulder Tap Planks
3. Wide Press Up
4. Press Up, Down Dog Opposite Ankle Tap
5. Hands to Elbows Plank
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. Oblique Crunch (L)
8. Upward Plank (Yoga Back Plank)
9. Oblique Crunch (R)
10. Back Raises

Block 2: Continuous Work - rest at the end of all 180 reps

- 30 Bicycle Crunch
- 15 Walk Out Press ups
- 30 Russian Twists
- 15 Dynamic Lunges
- 30 Ankle Tappers
- 15 Plank (10 seconds = 1 Rep)
- 30 Flatter Kick (4 Kicks = 1 Rep)
- 15 Fast Cross Climbers (Left & Right = 1 Rep)

Strength Circuit

1 to 8, 8 to 1 (1 minute Rest Between Blocks)

4 exercises:

1. Press Up
2. Superman
3. Hand to Elbow Plank (Hand to Elbow to Hand = 1 Rep – 1 Rep should take 5 Seconds)
4. Squat Jumps





Energy System Workout 2:

We have multiple options for this session:

Log any outdoor Cardio on Strava!

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 spice 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:

Number Set:

5x

- (30 Rep, 20 Rep, 30 Reps, 10 Reps, 30 Reps) + 3 minutes between Rounds

Exercises within the Rounds to consist of:

Leg Exercise, Core Exercise, Leg Exercise (Harder than 1st), Core Exercise, Choice Focus Exercise
Please try and perform 5 different rounds, mix the 100's of exercises up which you know!

Example Round: Squat, Russian Twists, Squat Pulse, Plank, Press Ups

Set 2:

Core AMRAP: 12 minutes, complete as many rounds as you can.

(Feel free to Time lapse and send it over)

15 Star Jumps

10 Russian Twists (1 Rep = R & L)

10 Wide Squat, Jump into Normal Squat (Could also be called In & Out Squats)

Set 3:

EMOM – Every Minute, On The Minute

(Complete the below exercises within a minute, and repeat on the minute for a set duration)

10 Minutes EMOM

Exercises:

5 Burpees

10 Russian Twists

5 Walkouts

10 Back Raises





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 | Walkout Press Up | 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 | Press Up Down Dog Tap | Walkouts | Y T W A* | Happy/Sad Cat |
| Tuck Jumps | Bear Crawls | Swimmer Sit ups | Wide Press ups | Superman Squeeze |
| Star Jumps | Alt Leg V Sits | Swimmer Crunch | Thigh Tap Plank | Walkout Press Up |
| Lunge Jumps | Squat Pulse | Ankle Tappers | Side Planks | Plank |

I have tried to change some of the exercises, I'll do similar over the next few weeks

*See videos on website for example





Energy System Workout 5:

We have multiple options for this session:
Log any outdoor Cardio on Strava!

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 spice 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 6:

Set 1:

Superset:

4x

- Skipping (1:30 minutes as high Intensity)
- Burpees (20 Reps – Chest to Floor Burpees)
 - 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 2:

Core AMRAP: 12 minutes, complete as many rounds as you can.
(Feel free to Time lapse and send it over)

60 seconds Speed Skaters
45 seconds Fast Mountain Climbers
10 Squat Jumps
10 Oblique Crunches

Set 3:

4x (5x 50 On, 10 Off, Plus 30 seconds recovery between Rounds)

HIGH INTENSITY

Exercises:

1. Skipping (MAX)
2. Lunge Twists
3. Single Leg Romanian Deadlift
4. Russian Twists
5. Side Plank, Thread the Needle

