



## Performance Squad Land Conditioning 28<sup>th</sup> March – 3<sup>rd</sup> April 2020

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Upper Body	OFF	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:

55 Minutes Circuit: 3x (15x 0:50 ON, 0:15 OFF – 3 minutes between Rounds)

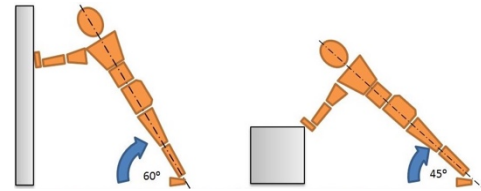
I normally use Tabata Pro when running circuits in land, here is a link to the app.

<https://apps.apple.com/gb/app/tabata-pro-tabata-timer/id346432063>

### Exercises:

#### 1. Press ups

- Alter the position based on ability: at an angle against the wall & on the side of the sofa to decrease the difficulty, and to make the exercise more challenging, elevate the legs.



#### 2. Hands to Elbows Plank

- Hold the body tight/strong and move from straight arm plank to elbow plank every 3 seconds. Don't let the body bend or buckle.



#### 3. Press Up: Wide, Normal, Narrow

- Set the body position before starting the exercise, hold the hips in place as you progress through the press up movement. Don't let the hips drop as you change the hand/elbow position.

#### 4. Shoulder Tap Plank

- Hold the body tight/strong and lift the hand towards the shoulder (tap) every 3 seconds. Don't let the body bend or buckle.



#### 5. Swimmer Crunches

- Balance your weight through your glutes, crunch knees and chest towards each other and then straighten out without allowing the feet to touch the floor.



## 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
- 15 Walkout Press Up
- 30 Fast Mountain Climbers



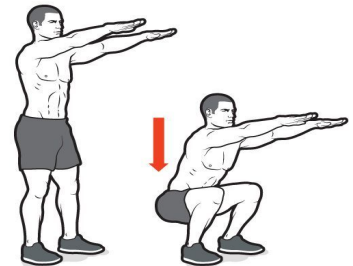
## Lower Body Workout 3:

55 Minutes Circuit: 3x (15x 0:50 ON, 0:15 OFF – 3 minutes between Rounds)

### Exercises:

#### 1. Squats (Weighted?)

- Knees in line with feet, straight back, lower down as if your sitting down on a chair, 90 degree angle through the knees. If your technique is good and you are looking to weight bear more, fill your school bags with books? Tins of beans or other items to increase the difficulty of the movement.



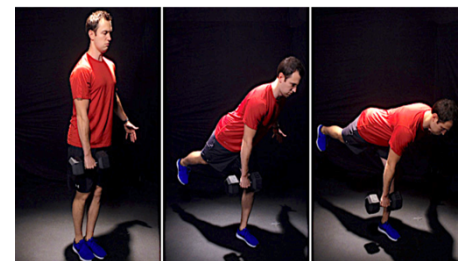
#### 2. Ice Scatters

- Step from side to side, controlling your body weight through your lead leg. Use the hand to help to balance. To make this exercise harder, don't allow the following foot to touch the ground at any point.



#### 3. Single Leg Romanian Dead Lift (Weighted)

- Hold a weight (Anything works) in the opposite hand from the supporting leg. Hold the body, from foot to head, strong and in a straight line (Neck strong and not moving head as the body pivots forward). This is a slow movement and the focus must be holding the body in place.



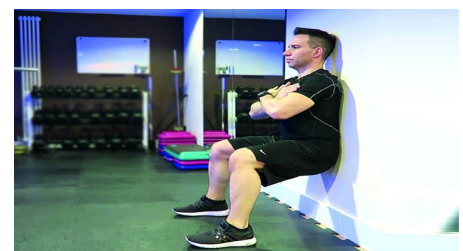
#### 4. Lunge Jumps

- Keep the upper body strong, hinging from the hips not from the abdomen. Lunge forward and jump up streamline and land both feet in neutral position.



#### 5. Wall Sit

- Plant the feet in a strong and comfortable position, knees are right angles to the feet and hips, arms crossed against the upper chest (as per the picture).



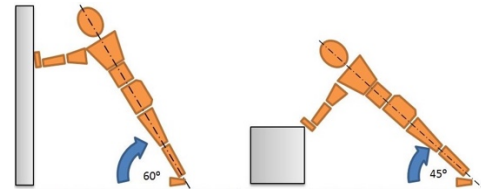
## Upper Body Workout 4:

55 Minutes Circuit: 3x (15x 0:50 ON, 0:15 OFF – 3 minutes between Rounds)

### Exercises:

#### 1. Press ups

- a. Alter the position based on ability: at an angle against the wall & on the side of the sofa to decrease the difficulty, and to make the exercise more challenging, elevate the legs.



#### 2. Yoga Back Raise Hold

- a. Lift your body weight up in a reverse plank position, holding your core high and resting your head back in a neutral position. Hold the glutes in tight and tense the abdominals. The core will want to drop, do not let it 😊



#### 3. Bear Crawls

- a. Set your body position like the picture, with a flat back, hips and knees in right angles (90 Degrees). Move one hand and the opposite foot forward without losing the flat back body position.



#### 4. Quadruped Limb Raises

- a. Extend right arm forward and the left leg backwards while keeping the back straight and strong. Hold this position for 3 seconds and then repeat on the other side.



#### 5. V - Sits

- a. Balance your weight through your glutes, with the aim of the hands and feet meeting in the middle at the same time. Do NOT lift legs and then Upper body or vice versa. Engage both sections of your body at the same time, controlling the movement through the core.





## Energy System Workout 5:

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 spics 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

- Burpees
- V Sits
- Star Jump Tuck Jump
- Rapid non weighted Squats
- Walkouts into three press ups

5. Skipping Circuit:

Repeat Rounds x5

- 2 minutes continuous skipping
- 15 Burpees
- 15 Sumo Squats
- 15 Walkout Press Up
- 30 Fast Mountain Climbers



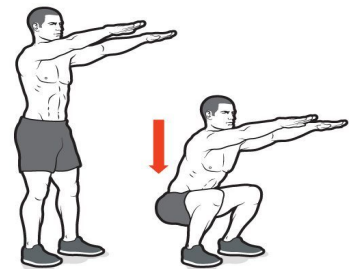
## Lower Body Workout 6:

55 Minutes Circuit: 3x (15x 0:50 ON, 0:15 OFF – 3 minutes between Rounds)

### Exercises:

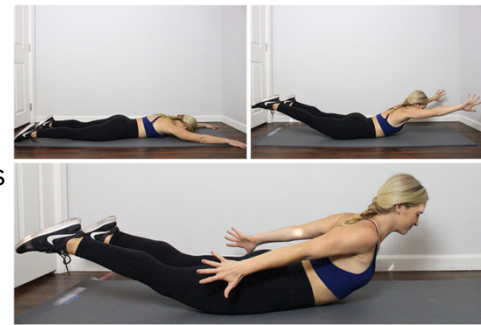
#### 1. Squats (Weighted?)

- Knees in line with feet, straight back, lower down as if your sitting down on a chair, 90 degree angle through the knees. If your technique is good and you are looking to weight bear more, fill your school bags with books? Tins of beans or other items to increase the difficulty of the movement.



#### 2. Superman Squeeze

- Lift up your upper body/lower body at the same time, using your lower core as the point of balance. Lift up and then slowly move your arms from the front to the back, and then migrate the arms back to the front to complete one rep.



#### 3. Lunges

- Strong/straight back, lift the knee up and moving the foot forward, maintaining the 90 degree angle, taking the strain through the groin and hamstrings.



#### 4. Leg Raises

- Hold the small of your back onto the floor, holding your core very tight. Lower the legs from 90 degrees down to just off the floor, do not let the feet touch the floor.



#### 5. Squat Jumps

- Lower down into the squat position and then explode into a high streamline jump. Land in a light squat position before lowering back into the start position and performing the exercise again.

