



Land Training Week Beginning 02-08-20

Welcome to August! Well done for sticking it out you guys the end is in sight and we are hearing positive news about when we get to go back to the pool. Now is the time to stick in and push through the last couple of weeks of the Land Training before we get back to where we want to be.





Sunday Workout 02/08

Zoom Mobility with Jamie

Monday Workout 03/08

Zoom workout with Jamie

Tuesday Workout 04/08

For time workout

5 rounds for time

40 down ups

80 Skips (with Rope)

20 Squats (OH BAND)

Core Finisher

3-minute core flow continuous movement

Bear – Plank – 4 Shoulder Tap – Bear – Down Dog – 2 x Down Dog Press Up – Bear – 4x Fire Hydrant – Bear





Wednesday 05/08

Zoom Call with Jamie – EMOM

Thursday Workout 06/08

HIIT Session

4 rounds 30s on/off

Cross Squats

Donkey Kicks

Glute Bridge

High Knees

Core Finisher

5-minute core flow continuous movement

Bear – Plank – 4 Shoulder Tap – Bear – Down Dog – 2 x Down Dog Press Up

Friday REST DAY 07/08

Zoom Catch Up with Jamie





Saturday 08/08 Skipping Workout

Hip Twist Bounce = Turn toes to face right to left on each landing, Shuffle Bounce = Jump a few inches side to side on each jump

30s Standard Bounce 15s Hip Twist 30s Rest

30s Standard Bounce 15s Hip Twist 30s Rest

30s Standard Bounce 15s Single L Leg Bounce 30s Rest

30s Standard Bounce 15s Single R Leg Bounce 30s Rest

1 minute Rest

30s Shuffle Bounce 30s Rest

30s Body Weight Squats Press Up 30s Rest

30s Shuffle Bounce 30s Rest

30s Body Weight Squats Press Up 30s Rest

4 minute rest

Challenge Time

Always take 10 seconds rest between each skipping work

90s – 80s – 70s – 60s – 50s – 40s – 30s – 20s -10s

