



### Age Group Squad Week 3

Hi squad, I hope you are keeping well and following the land training that I've been sending home for you guys, I really enjoyed the zoom calls this week and we will have three next week. One yoga, one group exercise and one catch up chat. Each session we will also have some time to chat after it finishes.

As I explained on the chat this week, we will be focussing on three main areas in our land training going forward **Energy Systems, Strength and Mobility** and **Flexibility and Skills**. We will aim to build these areas as the weeks go on and as we discussed if you follow the program you are giving yourself the best chance when you return to the pool.

A second document will be added this week named hip and ankle health – please follow the work that is in that document a **minimum** of three times a week.

Remember to keep thinking about what you want from these sessions - please let anyone know anything they miss from the zoom sessions and look after each other.





### Week 3 Warm Up

Please complete this warm up before every session:

5x (30s skipping, 30s Squats – 3 seconds to go down, 3 seconds hold at bottom, 3 seconds to come back up)

3 x 10 Internal and External Theraband Rotation

3 x 30s Cat/Cow

3 x 10 Single Leg Glute Bridge Each Side

3 x 10 Streamlined Slides standing, lying and sitting





### Side Plank Challenge

After every session this week I'd like you to challenge yourself with some side plank holds – each session you are to hold a side plank on each side for as long as you can up to **maximum** of 60s. If you can't hold for a full 60s on day 1 then aim to beat the time on day 2 and beat that time on day 3 etc.

If you can manage a side plank from day 1 for 60s then find ways to make it more difficult see below...





### Saturday Workout 04/4

Warm up from page 2

12 minute Meta Fit – remember meta-fit means short **intense** work with short rest, its over quick so make sure you make the most of it (encourage family members to take part and see if they can handle it 😊)

20 seconds on/10 seconds rest for 6 rounds

High knees

Heel flicks

Mountain Climbers

Squat Thrusts

### Sunday Workout 05/04

Do the Sunday challenge – it will go live 9am on the website and you will have until 9pm to submit your score!

Remember to warmup and to do your side planks!

### Monday Workout 06/4

Mondays work out will be a zoom yoga session as detailed in the zoom list

I would still like you to do the warmup from page 2 and have a go at the hip and ankle health stuff. If you are unable to be on the zoom call, the link to the yoga we will be doing as a group is below for you to complete at home.

We will also complete the side plank challenge on the call.

<https://www.youtube.com/watch?v=vDrwLeCntdl>

### Tuesday Workout 07/04

Warm up from page 2

20 mins run, 30 minute cycle or 50 minute walk (further if you like)

Remember your side plank challenge





### Wednesday Workout 08/04

Group exercise on zoom – check the website for the zoom call time

Make sure you have space to work in and be ready to work hard

### Thursday Workout 09/04

Warm up from page 2

Try to go for a bit walk over an hour if possible

Remember your side plank challenge

And spend some time doing recovery work – tennis ball, stretching, foam roller

### Friday Workout 10/04

Rest Day – See you on Zoom! Check the times

