



Land Training Week 17

Welcome back guys!

I hope you enjoyed a little break and are ready to come back refreshed – I've included a photo to make you laugh of me going for a swim in Gladhouse Reservoir.



I'm excited to get going with you guys again – we've decided this week we will run 3 zoom calls and we are going to join up with Jenn and her Development Squad – these will be slightly different times so check out the website and schedules

We are going to continue with our skipping program this week without upping the difficulty – I look forward to seeing your faces this week and please make sure to make the most of the good weather coming up and get out for walks, runs and cycles – I know I'll be heading down to do some more open water swimming next week while the weather is warm.





Warm Up

Please remember to warm up before your skipping sessions with this small movement sessions.

4x

10 Jumping Jacks

10 Cross Squats

30 Shoulder Pules

15 Donkey Kicks Each Leg

3x

30s Hip Rotations

30s Alphabet Ankles

30s Glute Bridge

30s Table Reaches

30s Shoulder T Rotations





Saturday Workout 11/07

Skipping Work 1

Warm Up

Standard Bounce = normal jump, Left Right Bounce = switch from right to left foot while jumping,
Single Leg Bounce = jumping on one foot

30s Standard Bounce 15s Faster Bounce 30s Rest

30s Standard Bounce 15s Faster Bounce 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 Left Right Bounce 30s Rest

30s Hamstring Walk Out Press Up 30s Rest

30s Left Right Bounce 30s Rest

30s Hamstring Walk Out Press Up 30s Rest

1 minute Rest

8x

30s Bear to Plank

20s Rest

30s Skipping of any type

20s Rest





Sunday Workout 12/7

Yoga Workout

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

Monday Workout 13/7

Zoom workout with Jamie and Jenn

Tuesday Workout 14/7

So to ease you back in I don't want to push you into too many workouts so today go for a walk, a cycle, a jog – it's meant to be nice weather so enjoy it.

Wednesday Workout 15/7

Zoom workout with Jamie and Jenn





Thursday Workout 16/7

Skipping workout 2

Warm Up

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

Core Finisher

3-minute core flow continuous movement

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





Friday 17/7

REST DAY!

