



## Youth Land Training

### Week 10

Complete these sessions throughout the week

#### Exercise alternatives:

Exercises should only be adapted if you are physically unable to perform the written exercise through injury. If anyone needs an alternative I have missed please get in touch, do not just miss the exercise.

Squats – Glute bridge

Press ups – Press up on knees or press up against wall

Lunges – Single leg glute bridge

Mountain climbers – Flutter kick on back in streamline

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up





Warm up of the week:

(Complete before each session)

10x Lateral lunge

10x Pike walkouts

10x Inch worms

10x Cat cow

10x Thoracic spine rotations

10x Scorpions (front and back)

10x Reverse lunges in streamline

00:30 Pogos

00:30 Heel flicks

00:30 Star jumps

02:30 Skipping

5 minutes foam rolling and tennis ball myofascial release or any other prescribed work e.g. if you have any pains (sore hips) complete the stretches for these.





## Session 1

### Cardio

3 minutes skipping

2 minutes star jumps

1 minute squat jacks

2 minutes running on the spot

3 minutes skipping

### Strength

2 x (10 x exercises + 2:00 rest between rounds)

1. Single leg squats – 10 reps each leg

2. Donkey Kicks – 12 reps each leg

3. Single leg glute bridge – 12 each leg

4. Step ups – 24 total

5. Air squats (in streamline) – 15

6. Wall sits with knee raise – 6 each leg

7. Narrow lunges (lunge position but have back foot in line with front heel) – 16 total

8. Squat jumps - 10

9. Lunge lunge squat jump – 8

10. Squat thrusts – 24





## Session 2

### Set 1 – Core

5 x (40 on 20 rest for 5 exercises)

1. Flutter kicks
2. Side plank
3. Plank up downs
4. Side plank
5. Leg raises

### Set 2 – EMOM

30 minutes total

Minute 1 10 burpees with a twist

Minute 1 20 mountain climbers

Minute 1 15 crunches

Minute 1 15 squats

Minute 1 20 dynamic lunges (10 each leg)

(repeat 6 times to make the 30 minutes)

### Set 3

Plank hold for as long as you can





### Session 3

Cardio (options below then complete core set)

Option A:

Go for a jog for either 35 minutes or 5KM at a steady A2 pace

Option B:

Go for a cycle for 60 minutes at A2

Option C:

Skipping circuit 30 mins

(3x)

4 alt minutes as normal steady pace & double unders

3 minutes Build each min 1-3

2 minutes steady pace

1 minute Double unders

Option D:

Get a 14,000 step count as quickly as you can.

Core

300 rep's mixture of:

Leg raises

Sit ups

V-sits





## Session 4

3x (Rep Number, Rest 15 Seconds, Plus 3 minute recovery between Rounds)

Exercises:

1. 15 Press Ups (Alter position to make more manageable/Challenging)
2. 15 Walkout Outs (with press)
3. 15 Press Up
4. 20 Press Up, Down Dog Opposite Ankle Tap (10 to each side)
5. 15 Y W T I
6. 30 Dips (Use the side of the sofa, a chair or any surface which will allow you to get into the correct angle)
7. 30 Side Crunch (L)
8. 15 Narrow Press Ups
9. 30 Side Crunch (R)
10. 15 Supermans

Core AMRAP: 10 minutes

30 Toe touches

20 Leg raises

10 Russian twists





## Session 5

Thursday Zoom call session – Prepare for land training





## Session 6

Complete the following Pilates session.

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

If your hips were sore the week before, please make sure you follow the warm-up above and then complete some hips stretches before starting this session.

Pilates tips:

- Do not push your body too hard – if you are finding an exercise painful, stop!
- Warm up
- Focus on your breathing (the teacher talks you through this so pay attention)
- Posture, posture posture!
- Keep your head in line with your spine
- Fluid gentle movements done with control







## Bonus session

(Complete more than once if you would like)

### Option A:

Complete as fast as possible

Run 1 KM all out

50 Burpees

60 Squats

70 Mountain climbers

Run 1KM all out

### Option B:

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6x (6 reps of 6 exercises as fast as you can)

1. Squat jumps

2. Chest to floor burpees

3. Single leg squats (6 total)

4. Press ups

5. Dips

6. Star jumps

