



Monday

Avenirs				
Section	Exercise	Time	Reps	Cycles
Warm up	Complete YouTube video			1 <a href="https://youtu.be/R0mMyV50tcM">https://youtu.be/R0mMyV50tcM</a>
	Recovery	2 mins		
Main set	Skier Jack	20 seconds	1	<a href="https://youtu.be/i02As2W8NwU">https://youtu.be/i02As2W8NwU</a>
	Rest	20 seconds	1	
	Knee <b>or</b>	20 seconds	1	<a href="https://youtu.be/WcHtt6zT3Go">https://youtu.be/WcHtt6zT3Go</a>
	<i>wall push up</i>	20 seconds	1	<a href="https://youtu.be/JJg2Avvd5WY">https://youtu.be/JJg2Avvd5WY</a>
	Rest	20 seconds	1	
	Air squat	20 seconds	1	2 <a href="https://youtu.be/C_VtOYc6j5c">https://youtu.be/C_VtOYc6j5c</a>
	Rest	20 seconds	1	
	Flutter Kicks	20 seconds	1	<a href="https://youtu.be/BIJQtdcCzeA">https://youtu.be/BIJQtdcCzeA</a>
	Rest	20 seconds	1	
	High Knees running	20 seconds	1	<a href="https://youtu.be/QPFOZ0e30xg">https://youtu.be/QPFOZ0e30xg</a>
Rest	1 min 20 seconds	1		
Cool down	Complete YouTube video			1 <a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>

CORE & LOWER 1	
Avenirs	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 left leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
10 right leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
Recovery 30 seconds	
10 Stationary lunge	<a href="https://youtu.be/w2Qbxb6nJKc">https://youtu.be/w2Qbxb6nJKc</a>
10 Reverse lunge and knee lift	<a href="https://youtu.be/TsFU7f6TaR0">https://youtu.be/TsFU7f6TaR0</a>
Recovery 30 seconds	
10 Glute bridges	<a href="https://youtu.be/YRqoiM0uOPY">https://youtu.be/YRqoiM0uOPY</a>
10 Oblique dble twists	<a href="https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080</a>
Recovery 60 seconds	
Repeat 2 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Tuesday

Run set 1 (This can be walk/run or cycle - adapt to your ability or preference!)	
Avenirs	
2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
0.5K	Speed 4 out of 10
0.5K	Speed 6 (out of 10)
0.5K	Speed 4 slowing to 3 out of 10
Cool down	<a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>

PLYO 1	
Avenirs	
Warm up	Dance Monkey <a href="https://youtu.be/IJDlbz9YxKg">https://youtu.be/IJDlbz9YxKg</a>
Plyo jumps	<a href="https://youtu.be/QE8k1wixu9s">https://youtu.be/QE8k1wixu9s</a> 20/30/40 secs
Rest	20/40/60 secs
Broad jumps	<a href="https://youtu.be/96zJo3nlmHI">https://youtu.be/96zJo3nlmHI</a> 20/30/40 secs
Rest	20/40/60 secs
Monkey Jumps	<a href="https://youtu.be/YJ7dITv1MaA">https://youtu.be/YJ7dITv1MaA</a> 20/30/40 secs
Rest	1 or 2 mins
Repeat	2 times
Cool down	<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>



Wednesday

### Cardio set 4

#### Avenirs

Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Burpee or	15 seconds	<a href="https://youtu.be/TL">https://youtu.be/TL</a> Do as many as you can do in time!
<i>Burpee modification</i>	15 seconds	<a href="https://youtu.be/w/">https://youtu.be/w/</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Jumping lunge (alternate legs)	15 seconds	<a href="https://youtu.be/6S">https://youtu.be/6S</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Leg Lifts	15 seconds	<a href="https://youtu.be/l-r">https://youtu.be/l-r</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Plank 1 or	15 seconds	<a href="https://youtu.be/Tv">https://youtu.be/Tv</a> Hold!
<i>Plank 2 or</i>	15 seconds	<a href="https://youtu.be/_r">https://youtu.be/_r</a> Hold!
<i>Plank 3</i>	15 seconds	<a href="https://youtu.be/-L">https://youtu.be/-L</a> Hold!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

### CORE & UPPER 1

#### Avenirs

Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
10 Tricep dips	<a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a>
Recovery 60 seconds	
10 Glute bridges	<a href="https://youtu.be/YRqoiM0u0PY">https://youtu.be/YRqoiM0u0PY</a>
10 Oblique dble twists	<a href="https://youtu.be/-vVofsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vVofsdwqaY?list=PLCEFCA54D665B8080</a>
Recovery 60 seconds	
TheraBand routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
10 Push up (use wall/knee/floor)	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Thursday

### Run set2 (This can be walk/run or cycle - adapt to your ability or preference!)

#### Avenirs

2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
1.0K	(15 secs fast 45 secs speed 4) x3 Then speed 4
0.5K	Speed 5 (out of 10)
0.5K gentle	Speed 4 slowing to 3 out of 10
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

### PLYO 2

#### Avenirs

Warm up	Dance Monkey	<a href="https://youtu.be/JDlbz9YxKg">https://youtu.be/JDlbz9YxKg</a>
180 bounds		<a href="https://youtu.be/rvv0mdu5j4U">https://youtu.be/rvv0mdu5j4U</a> 20/30/40 secs
Rest		20/40/60 secs
In an out squat jumps		<a href="https://youtu.be/SI3od04PeZA">https://youtu.be/SI3od04PeZA</a> 20/30/40 secs
Rest		20/40/60 secs
Lizard walk		<a href="https://youtu.be/SIkZikW4do0">https://youtu.be/SIkZikW4do0</a> 20/30/40 secs
Rest		1 or 2 mins
Repeat		2 times
Cool down		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>



Friday

Cardio set 5		
Avenirs		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Push ups (knees)	15 seconds	<a href="https://youtu.be/Lii">https://youtu.be/Lii</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Tricep dips	15 seconds	<a href="https://youtu.be/3y">https://youtu.be/3y</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Push up shoulder touch (Knees)	15 seconds	<a href="https://www.youtube.com/watch?v=3C">https://www.youtube.com/watch?v=3C</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Push up diamond (knees)	15 seconds	<a href="https://youtu.be/dr">https://youtu.be/dr</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

CORE & LOWER 2	
Avenirs	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 Dynamic side plan R	<a href="https://youtu.be/rdfjFSEKMY">https://youtu.be/rdfjFSEKMY</a>
10 Dynamic side plan L	<a href="https://youtu.be/rdfjFSEKMY">https://youtu.be/rdfjFSEKMY</a>
Recovery 60 seconds	
Sumo Squat	<a href="https://youtu.be/sqDGkIBYPak">https://youtu.be/sqDGkIBYPak</a>
Fwd squat jumps	<a href="https://youtu.be/6qXK5SY8r8U">https://youtu.be/6qXK5SY8r8U</a>
Recovery 60 seconds	
10 Bicycle abs	<a href="https://youtu.be/9FGilxCbdz8">https://youtu.be/9FGilxCbdz8</a>
V sits scissors to flutter kick	<a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Saturday

Cardio set 6		
Avenirs		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Jumping Jacks	15 seconds	<a href="https://youtu.be/1t">https://youtu.be/1t</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Back Extensions	15 seconds	<a href="https://youtu.be/9c">https://youtu.be/9c</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Squat Thrusts side kick	15 seconds	<a href="https://youtu.be/1c">https://youtu.be/1c</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Squat Jumps	15 seconds	<a href="https://youtu.be/Az">https://youtu.be/Az</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

CORE & UPPER 2		
Avenirs		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
10 Push up (use wall/knee/floor)	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
Escalate difficulty on each round	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a> (diamond shape hands/push with rotation)	
10 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>	
Recovery 60 seconds		Adjust recovery if needed
10 Bicycle abs	<a href="https://youtu.be/9FGilxCbdz8">https://youtu.be/9FGilxCbdz8</a>	
V sits scissors to flutter kick	<a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>	
Recovery 60 seconds		Adjust recovery if needed
Supine Push up	<a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>	
TheraBand routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>	
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	