



MONDAY

Avenirs

Rest/Easy run or cycle 2.5K 5.0K

Warm up

0.5K

1.0k

1.5K

3.5k

0.5K

0.5K

Full body flex routine

<https://youtu.be/E7ghNKOH9To>

Speed start 3 build to 4 out of 10

Speed 4

Speed 3

https://youtu.be/L_xrDATyKk

MONDAY

TUESDAY

Exercise test

Avenirs

Warm up

Exercise test from first week

Cool down

<https://youtu.be/Kdgv6DPAZBU>

<https://youtu.be/u5Hr3rNUZ24>

TUESDAY

ANAGRAM EXASIZE

Avenirs

Arrange the following into a recently well used phrase, then do the routine!

Rest between each20 secs

A

10 Push ups

a

14 Glute Bridges

e

20 Straight leg bounds

H

14 Thigh taps

m

18 Hop heel clicks

o

16 Butt Kicks

T

12 Air squats

S

18 Side hops

t

16 Mountain climbers

y

12 Calf raises

#

20 Jumping Jacks

WEDNESDAY	PLYO 7 Avenirs			WEDNESDAY
	Warm up	https://youtu.be/CjYHKWwHJlk		
	Forward Jump	https://youtu.be/zP-eRWyrKZg?t=51	20/30/40 secs	
	Rest		20/40/60 secs	
	Donkey kick	https://youtu.be/zP-eRWyrKZg?t=156	20/30/40 secs	
	Rest		20/40/60 secs	
	Backward jump	https://youtu.be/zP-eRWyrKZg?t=68	20/30/40 secs	
	Rest		20/30/40 secs	
	Cricket jumps (V hard!)	https://youtu.be/zP-eRWyrKZg?t=216	20/30/40 secs	
	Rest		1 or 2 mins	
			2 times	
Cool down			https://youtu.be/2TzewWk-fdk	
THURSDAY	Cardio Band workout Avenirs			THURSDAY
	Warm up: your own choice full body and or Dance along		https://youtu.be/Xez3958yoMo	
	Choose activity time			
	Band split squat	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=68	
	Rest	15/20 secs		
	Bicep curls	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=280	
	Rest	15/20 secs		
	Band squat	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=370	
	Rest	15/20 secs		
	Band shoulder press	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=459	
	Rest	15/20 secs		
	Squat hold with pull apart	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=555	
	Rest	15/20 secs		
	Band push up	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=643	
	Rest	15/20 secs		
	Band archer pull	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=733	
	Rest	15/20 secs		
	Band over head triceps	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=920	
	Cool down		https://youtu.be/u5Hr3rNUZ24	
FRIDAY	PLYO 8 Avenirs			FRIDAY
	Warm up	https://youtu.be/CjYHKWwHJlk		
	180 bounds	https://youtu.be/rvv0mdu5j4U	20/30/40 secs	
	Rest		20/40/60 secs	
	Plyo jumps	https://youtu.be/QE8k1wjxu9s	20/30/40 secs	
	Rest		20/40/60 secs	
	Power jacks	https://youtu.be/alaZwJE20Ds	20/30/40 secs	
	Rest		20/30/40 secs	
	Knee tuck jumps	https://youtu.be/BDA3DERQKFk	20/30/40 secs	
	Rest		1 or 2 mins	
Repeat			2 times	
Cool down			https://youtu.be/2TzewWk-fdk	
SATURDAY	Avenirs Rest/Easy run or cycle 2.5K 5.0K			SATURDAY
	Warm up	https://youtu.be/E7ghNKOH9To		
	0.5K	1.0k	Speed start 3 build to 4 out of 10	
	1.5K	3.5k	Speed 4 and 4 (6)x 15 20 seconds fastand 45 40 secs easy)	
	0.5K	0.5K	Speed 3	
	Full body flex routine		https://youtu.be/L_xrDATyK	