



MONDAY	Older Squads Rest/Easy run or cycle 5.0K 10K		MONDAY
	Warm up 1.0K 2.0k 3.0K 6.0k 1.0K 2.0K 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_xrDATykMI	
TUESDAY	Exercise test Older Squads		TUESDAY
	Warm up Exercise test from first week Cool down	https://youtu.be/Kdgv6DPAZBU https://youtu.be/u5Hr3rNUZ24	
TUESDAY	ANAGRAM EXASIZE Older Squads		TUESDAY
	Arrange the following into a recently well used phrase, then do the routine! Rest between each 10/15 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			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	
Repeat		2 times		
Cool down	https://youtu.be/2TzewWk-fdk			
THURSDAY	Cardio Band workout Older Squads			THURSDAY
	Warm up: your own choice full body and or Dance along		https://youtu.be/Xez3958yoMo	
		Choose activity time		
	Band split squat	20/30/40/60 secs	https://youtu.be/xrhMpzhz0s4?t=68	
	Rest	20/30 secs		
	Bicep curls	20/30/40/60 secs	https://youtu.be/xrhMpzhz0s4?t=280	
	Rest	20/30 secs		
	Band squat	20/30/40/60 secs	https://youtu.be/xrhMpzhz0s4?t=370	
	Rest	20/30 secs		
	Band shoulder press	20/30/40/60 secs	https://youtu.be/xrhMpzhz0s4?t=459	
	Rest	20/30 secs		
	Squat hold with pull apart	20/30/40/60 secs	https://youtu.be/xrhMpzhz0s4?t=555	
	Rest	20/30 secs		
	Band push up	20/30/40/60 secs	https://youtu.be/xrhMpzhz0s4?t=643	
	Rest	20/30 secs		
	Band archer pull	20/30/40/60 secs	https://youtu.be/xrhMpzhz0s4?t=733	
	Rest	20/30 secs		
	Band over head triceps	20/30/40/60 secs	https://youtu.be/xrhMpzhz0s4?t=920	
Cool down		https://youtu.be/u5Hr3rNUZ24		
FRIDAY	PLYO 8 Older Squads			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/alaZwJfE20Ds	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	Older Squads Rest/Easy run or cycle 5.0K 10K			SATURDAY
	Warm up	https://youtu.be/E7ghNKOH9To		
	1.0K 2.0K	Speed start 3 build to 4 out of 10		
	3.0K 6.0K	Speed 4 and 4 (8)x 15 20 seconds fastand 45 40 secs easy)		
	1.0K 2.0K	Speed 3		
	Full body flex routine	https://youtu.be/L_xrDATykMI		