



**Cardio Upper 5 X 5  
Older Squads**

Warm up x2	<a href="https://youtu.be/CjYHKWwH">https://youtu.be/CjYHKWwH</a>	<a href="https://youtu.be/LRLx32lioCg">https://youtu.be/LRLx32lioCg</a>	(do both)
<b>18</b> Shoulder press band <a href="https://youtu.be/OrLjkQwelDg">https://youtu.be/OrLjkQwelDg</a> REST 60 Dips	<b>12</b> Theraband Lat	<b>6</b> Burpee	<b>12</b> Push Ups
<b>18</b> Dips	Shoulder press band	Burpee <a href="https://youtu.be/TU8QYVW0gDU">https://youtu.be/TU8QYVW0gDU</a>	Theraband Lat Push ups
<a href="https://youtu.be/dl8_opVOA0Y">https://youtu.be/dl8_opVOA0Y</a> REST 60/80 Push ups	Dips	Burpee	Shoulder press band Theraband Lat
<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a> REST 60/90 Theraband Lat	Push ups	Burpee	Dips Shoulder press
<a href="https://youtu.be/DBHusZ9VgRo">https://youtu.be/DBHusZ9VgRo</a> REST 60/100 Shoulder press	Theraband Lat	Burpee	Push ups Dips

Make sure you get a good warm up for this!  
So you have a cycle of 5 exercises as an inverse pyramid which rotates the exercises between the number of reps each cycle.  
Try and do each cycle straight through!

Cool down Complete YouTube video <https://youtu.be/ar3BGF8do7J>

**CORE & LOWER 1  
Older Squads**

Warm up <https://youtu.be/Kdgv6DPAZBU>  
Rest 1-2 mins  
12 left leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s>  
12 right leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s>  
Recovery 30 seconds  
12-18 Stationary lunge <https://youtu.be/w2Qbxb6nJKc>  
12-18 Reverse lunge and knee lift <https://youtu.be/TsFU7f6TaR0>  
Recovery 30 seconds  
18 Glute bridges <https://youtu.be/YRqolM0u0PY>  
12-18 Oblique dble twists <https://youtu.be/-vVOFsdwqaY?list=PLCEFCAS4D665B8080>  
Recovery 60 seconds  
Repeat 3/4/5 times  
Cool down <https://youtu.be/u5Hr3rNUZ24>

**Swim Cardio  
Older Squads**

Warm up <a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
Fly Jacks 20/30/40 secs	<a href="https://youtu.be/7QI7s_FXs_Q">https://youtu.be/7QI7s_FXs_Q</a>
Easy March 20 or 30 secs	
Backstroke skier Jacks 20/30/40 secs	<a href="https://youtu.be/WIHv_LF40x8">https://youtu.be/WIHv_LF40x8</a>
Easy March 20 or 30 secs	
Breastroke Squat jumps 20/30/40 secs	<a href="https://youtu.be/d04MuoQ9rCg">https://youtu.be/d04MuoQ9rCg</a>
Easy March 20 or 30 secs	
Free Jacks 20/30/40 secs	<a href="https://youtu.be/AlmUpibQQsg">https://youtu.be/AlmUpibQQsg</a>
Easy March 20 or 30 secs	
<b>Rest 1-2 mins</b>	
Flutter kicks 30 secs	
Mountain climbers 40 secs	
Flutter Kicks 50 secs	
Plank 60 secs	
Flutter kicks 50 secs	
Plank 40 secs	
Flutter kicks 30 secs	
Rest 1-2 mins	
Repeat whole set 2/3/4 times	
Cool down <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

**Upper body 1  
Older Squads**

Warm up 2	Dance Monkey	<a href="https://youtu.be/UDlbz9YxKg">https://youtu.be/UDlbz9YxKg</a>	
Slow cross punches	Hold lightweight	<a href="https://youtu.be/NDw5dxst_Is?t=634">https://youtu.be/NDw5dxst_Is?t=634</a>	60 secs
Bicep curl extension	Hold lightweight	<a href="https://youtu.be/NDw5dxst_Is?t=706">https://youtu.be/NDw5dxst_Is?t=706</a>	60 secs
Hi Low extensions	Use weight or band	<a href="https://youtu.be/NDw5dxst_Is?t=778">https://youtu.be/NDw5dxst_Is?t=778</a>	60 secs
Ventral and lateral raise exteri	Use light weight	<a href="https://youtu.be/NDw5dxst_Is?t=850">https://youtu.be/NDw5dxst_Is?t=850</a>	60 secs
Ext shoulder rotation	Use light weight	<a href="https://youtu.be/NDw5dxst_Is?t=924">https://youtu.be/NDw5dxst_Is?t=924</a>	60 secs
Rhomboid squeeze	Use band	<a href="https://youtu.be/NDw5dxst_Is?t=999">https://youtu.be/NDw5dxst_Is?t=999</a>	60 secs
Double cross extension	Use light weight	<a href="https://youtu.be/NDw5dxst_Is?t=1073">https://youtu.be/NDw5dxst_Is?t=1073</a>	60 secs
Push up		<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>	60 secs
Rest 1-2 mins			Work through as continuous
Repeat			2/3/4 times
Cool down		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>	

**Cardio Lower 5 X 5**  
**Older Squads**

Warm up <https://youtu.be/GjYHKWwH> <https://youtu.be/LRLx32lioCg> (do both)

<b>18 reps</b> Side Hops <a href="https://youtu.be/OZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/OZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	<b>12 reps</b> Forward Lunge <a href="https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	<b>6 reps</b> Plank Jump in <a href="https://youtu.be/b-83f_fZ-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/b-83f_fZ-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	<b>12 reps</b> Glute Bridge <a href="https://youtu.be/YRqoIM0u0PY">https://youtu.be/YRqoIM0u0PY</a>
Squat jumps <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Side Hops <a href="https://youtu.be/8Imxy4QKLbo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/8Imxy4QKLbo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Plank Jump in <a href="https://youtu.be/RvDPD_hWX6E?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/RvDPD_hWX6E?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Side Hops <a href="https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Glute Bridge <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Squat jumps <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Plank Jump in <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Side Hops <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Forward Lunge <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Glute Bridge <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Plank Jump in <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Squat jumps <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Side Hops <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Forward Lunge <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Plank Jump in <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Glute Bridge <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>

Cool down <https://youtu.be/u5Hr3rNUZ24>

**CORE 1**  
**Older Squads**

Warm up <https://youtu.be/Kdgv6DPAZBU>

Scissors [https://youtu.be/tuGL2IM45yk?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/tuGL2IM45yk?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ) 30/40/60 secs

Superman [https://youtu.be/67rgxYnKbZY?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/67rgxYnKbZY?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ) 30/40/60 secs

Side plank rotations [https://youtu.be/RrXJTixyic8?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/RrXJTixyic8?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ) 30/40/60 secs

Rest 60 secs

Bridge taps [https://youtu.be/8Imxy4QKLbo?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/8Imxy4QKLbo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ) 30/40/60 secs

Sit outs [https://youtu.be/RvDPD\\_hWX6E?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/RvDPD_hWX6E?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ) 30/40/60 secs

Body saw plank [https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ) 30/40/60 secs

Recovery 1-2 mins

Repeat 3/4 times

Cool down <https://youtu.be/u5Hr3rNUZ24>

**Run set 7 (This can be walk/run or cycle-adapt to your ability or preference!)**  
**Older Squads**

5.0 KM (10k) circuit

Warm up <https://youtu.be/Kdgv6DPAZBU>

0.5K	1.0k	Speed start 3 build to 4 out of 10
1.5K	3.0k	Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
1.0K	2.0k	Speed 3
1.5K	3.0k	Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
0.5K gentle	1.0k	Speed 4 slowing to 3 out of 10

Cool down <https://youtu.be/u5Hr3rNUZ24>

**PLYO 9**  
**Older squads**

Plyo jumps	<a href="https://youtu.be/QE8k1wixu9s">https://youtu.be/QE8k1wixu9s</a>	20/30/40 secs
Broad jumps	<a href="https://youtu.be/96zJo3nlmHI">https://youtu.be/96zJo3nlmHI</a>	20/30/40 secs
Rest		40/60 secs
Backward jump	<a href="https://youtu.be/zP-eRWyrKzG?t=68">https://youtu.be/zP-eRWyrKzG?t=68</a>	20/30/40 secs
Forward jumps	<a href="https://youtu.be/zP-eRWyrKzG?t=51">https://youtu.be/zP-eRWyrKzG?t=51</a>	20/30/40 secs
Rest		40/60 secs
Monkey Jumps	<a href="https://youtu.be/YJ7dITv1MaA">https://youtu.be/YJ7dITv1MaA</a>	20/30/40 secs
Jumping Lunges	<a href="https://youtu.be/Kw4QpPfx-cU">https://youtu.be/Kw4QpPfx-cU</a>	20/30/40 secs
Rest		1-2 mins
Repeat		2/3/4 times

**Cardio corner 2 only 3 minutes of MAX exercise ( plus warm up and cool down)**

**Older Squads**

Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High knees marching	30 seconds	<a href="https://youtu.be/3QI">https://youtu.be/3QI</a>
Mountain climbers	20 seconds	<a href="https://youtu.be/wZ">https://youtu.be/wZ</a>
Diver push ups*	20 seconds	<a href="https://youtu.be/tQI">https://youtu.be/tQI</a>
Thigh taps	20 seconds	<a href="https://youtu.be/sgc">https://youtu.be/sgc</a>
Stacked push ups*	20 seconds	<a href="https://youtu.be/YEE">https://youtu.be/YEE</a>
Flutter kicks	20 seconds	<a href="https://youtu.be/WR">https://youtu.be/WR</a>
Pike push up*	20 seconds	<a href="https://youtu.be/x7">https://youtu.be/x7</a>
High knees marching	30 seconds	<a href="https://youtu.be/3QI">https://youtu.be/3QI</a>
Rest	2 mins	
Repeat 2/3/4 times		Do as many as you can do in time!
* use previous adaptations if necessary		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Friday

Friday

**Lower Body 1**

**Older Squads**

Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
Lunge step ups Left leg	20 secs	<a href="https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Lunge step ups Right leg	20 secs	<a href="https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Right side lunge	20 secs	<a href="https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Left side lunge	20 secs	<a href="https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Rest	40 secs	
Dynamic squats	20 secs	<a href="https://youtu.be/EHUEE1ShiYU?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/EHUEE1ShiYU?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Sprinter lunges	20 secs	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Calf raises	20 secs	<a href="https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Pike Calf raise	20 secs	<a href="https://youtu.be/Wk5FtesRS5E">https://youtu.be/Wk5FtesRS5E</a>
1-2 minutes rest	Try active recovery	
Repeat 2/3/4/5 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

**Cardio corner 3 only 3 minutes of MAX exercise ( plus warm up and cool down)**

**Older Squads**

Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	
Side hops	20/30/40	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Squat jumps	20/30/40	<a href="https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Stacked push up	20/30/40	<a href="https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Squat jumping jacks	20/30/40	<a href="https://youtu.be/VZF5Gwd7t9E?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/VZF5Gwd7t9E?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Stacked push up	20/30/40	<a href="https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Sprinter lunges	20/30/40	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Stacked push up	20/30/40	<a href="https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Squat cross step	20/30/40	<a href="https://youtu.be/8JLMA-Z551o?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/8JLMA-Z551o?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Stacked push up	20/30/40	<a href="https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
In and out squats	20/30/40	<a href="https://youtu.be/SI3od04PeZA">https://youtu.be/SI3od04PeZA</a>
Stacked push up	20/30/40	<a href="https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/YEDCKj-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Squat hold calf raise	20/30/40	<a href="https://youtu.be/wYoE11arXlw?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/wYoE11arXlw?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Saturday

Saturday

**Run set 8 (This can be walk/run or cycle-adapt to your ability or preference!)**

**Older Squads**

7.0 (14.0K)KM circuit		
Warm up 2	Black eyed peas	<a href="https://youtu.be/BvOnN62hPBQ">https://youtu.be/BvOnN62hPBQ</a>
1.0K	2.0k	Easy run/cycle building from speed 2 to speed 3
1.0K	2.0k	Speed 4
4.0K	8.0K	(0.5K/1.0K speed 6 then 0.5K/1.0K speed 3) x 4
1.0K	2.0k	Speed 4 to speed 3
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>