



Monday

Poussins / Benjamins						
Swim set 2	Stroke	Distance (m)	Reps	Rep Cycle time	Rest after set	
				secs or mins		
Warm up	https://www.youtube.com/watch?v=Z0xtYX1Nf5c					
Main set	1	Free Jack	50	6	45/60/1.15	60/90
	2	Kick*	NA	NA	30/45/60/90	60/90
	3	IM Jack	100	3	1.15/1.30/1.45	60/90
	4	Pull*	NA	NA	30/45/60/90	60/90
	5	A Stroke	50	6	45/60/1.15	60/90
Cool down	https://youtu.be/u5Hr3rNUZ24					
Video links for demo		Fly Jack	https://www.youtube.com/watch?v=7Qi7s_FXs_Q			
		Back Jack	https://www.youtube.com/watch?v=WIHv_LF40x8			
		Breast Jack	https://www.youtube.com/watch?v=d04MuoQ9rCg			
		Free Jack	https://www.youtube.com/watch?v=AlmUpibQQsg			
		IM	https://www.youtube.com/watch?v=IJdfaQgyrUQ			
		Turns	https://youtu.be/WRnq49TAv-			
		Kick*	https://youtu.be/WRnq49TAv-w?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_H5			
		Pull*	https://youtu.be/dl8_opV0A0Y			
		Kick*/Pull*	Just do the exercise for the time			

Monday

CORE & LOWER 1	
Poussins / Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
10 right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
Recovery 30 seconds	
10 Stationary lunge	https://youtu.be/w2Qbxb6nJKc
10 Reverse lunge and knee lift	https://youtu.be/TsFU7f6TaRO
Recovery 30 seconds	
10 Glute bridges	https://youtu.be/YRqoIM0u0PY
10 Oblique dble twists	https://youtu.be/-vVofsdwqaY?list=PLCEFCA54D665B8080
Recovery 60 seconds	
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

Run set 1 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins / Benjamins	
2.5KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
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	https://youtu.be/ar3BGF8do7I

Tuesday

PLYO 1	
Poussins / Benjamins	
Warm up	Dance Monkey https://youtu.be/IJdlbz9YxKg
Plyo jumps	https://youtu.be/QE8k1wixu9s 20/30/40 secs
Rest	20/40/60 secs
Broad jumps	https://youtu.be/96zJo3nlmHl 20/30/40 secs
Rest	20/40/60 secs
Monkey Jumps	https://youtu.be/YJ7dlTv1MaA 20/30/40 secs
Rest	1 or 2 mins
Repeat	2/3 times
Cool down	https://youtu.be/2TzewWk-fdk

Wednesday

Wednesday

Swim set 3	Stroke	Distance (m)	Reps	Rep Cycle time secs or mins	Rest after set	
Warm up	https://www.youtube.com/watch?v=Z0xtYX1Nf5c					
Main set	1	Back Jack	25	12	30/45/60	straight on
	2	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	3	Lat band pull down	NA	NA	30/45/60/90	plus 15/20/30 secs
	4	Air Squat	NA	NA	30/45/60/90	plus 15/20/30 secs
	5	Free Jack	25	12	30/45/60	Rest/Finish
Older squads Repeat 2/3 times take 1.0 to 2.0 mins rest between or adjust as required to give you best work out						
Cool down	https://youtu.be/u5Hr3rNUZ24					
Video links for demo	Back Jack	https://www.youtube.com/watch?v=WIHv_LF40x8				
	Free Jack	https://www.youtube.com/watch?v=AlmUpibQQsg				
	Kick*	w?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ				
	Lat band pull down	https://youtu.be/n-lzgCIH99Q?t=33				
	Air Squat	https://youtu.be/Zqc_lC93hak?list=PLQSMS0J6J6				
	Kick*/Lat/Squat	Just do the exercise for the time				

CORE & UPPER 1 Poussins / Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 Snow Angel	https://youtu.be/ZYIHJ3m6UCo
10 Tricep dips	https://youtu.be/3ydgLFLK8e0
Recovery 60 seconds	
10 Glute bridges	https://youtu.be/YRqoIM0u0PY
10 Oblique dble twists	https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080
Recovery 60 seconds	
TheraBand routine (10 each)	https://youtu.be/ib1srzH_q0A
10 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8E
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Thursday

Thursday

Run set2 (This can be walk/run or cycle-adapt to your ability or preference!) Poussins / Benjamins	
2.5KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
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	https://youtu.be/u5Hr3rNUZ24

PLYO 2 Poussins / Benjamins	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2	Dance Monkey https://youtu.be/UDlbz9YxKg
180 bounds	https://youtu.be/rvv0mdu5i4U
Rest	20/30/40 secs
In an out squat jumps	https://youtu.be/Sl3od04PeZA
Rest	20/40/60 secs
Lizard walk	https://youtu.be/SIKZikW4do0
Rest	20/30/40 secs
Repeat	1 or 2 mins
Cool down	2/3 times
	https://youtu.be/2TzewWk-fdk

Friday

Cardio set 5		
Poussins / Benjamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Push ups (knees)	20 secs	https://youtu.be/LiKfLE2K_DI?i Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Tricep dips	20 secs	https://youtu.be/3ydgLFLK8e0 Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Push up shoulder touch (Knees)	20 secs	https://www.youtube.com/wat Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Push up diamond (knees)	20 secs	https://youtu.be/dmoHFWt-Mn Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

CORE & LOWER 2		
Poussins / Benjamins		
Warm up	https://youtu.be/Kdgv6DPAZBU	
12 Dynamic side planR	https://youtu.be/_rdjfFSFKMY	
12 Dynamic side plan L	https://youtu.be/_rdjfFSFKMY	
Recovery 30 seconds		
12 Sumo Squat	https://youtu.be/sqDGkIBYPAk	
12 Fwd squat jumps	https://youtu.be/6qXK5SY8r8U	
Recovery 30 seconds		
12 Bicycle abs	https://youtu.be/9FGilxCbdz8	
12 V sits scissors to flutter kick	https://youtu.be/KytiFQ94_qo	
Recovery 1-2 mins		
Repeat 2/3/ times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Cardio set 6		
Poussins / Benjamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Jumping Jacks	20 secs	https://youtu.be/1b98WrRrmUj Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Back Extensions	20 secs	https://youtu.be/9q_uz605P_k Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Squat Thrusts side kick	20 secs	https://youtu.be/1qC0lJoqKiY?i Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Squat Jumps	20 secs	https://youtu.be/AzI5tkCzDcc Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

CORE & UPPER 2		
Poussins / Benjamins		
Warm up	https://youtu.be/Kdgv6DPAZBU	
12 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8E	
Escalate difficulty on each round (diamond shape hands/push with rotation)	https://youtu.be/dmoHFWt-Mms	
12 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 60 seconds		Adjust recovery if needed
15 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
15 secs Plank shoulder taps	https://youtu.be/gWHQpMUd7vw?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Recovery 60 seconds		Adjust recovery if needed
15 secs Supine Push up	https://youtu.be/8H-TSjVRCUA	
TheraBand routine (12 each)	https://youtu.be/ib1srzh_qQA	
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	