



MONDAY

Avenirs						
Swim set 4	Stroke	Distance	Reps	Rep Cycle time	Rest after set	
		(m)		secs or mins		
Warm up	<a href="https://www.youtube.com/watch?v=Z0xtYX1Nf5c">https://www.youtube.com/watch?v=Z0xtYX1Nf5c</a>					
Main set	1	Fly Jack	100	1	1.15/1.30/1.45	straight on
	2	Banded squat	NA	NA	30/45/60/90	plus 15/20/30 secs
	3	Banded shoulder pr	NA	NA	30/45/60/90	plus 15/20/30 secs
	4	Banded row	NA	NA	30/45/60/90	plus 15/20/30 secs
	5	Breast Jack	100	1	1.15/1.30/1.45	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	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>					
Video links for demo						
	Fly Jack	<a href="https://www.youtube.com/watch?v=7Qi7s_FXs_Q">https://www.youtube.com/watch?v=7Qi7s_FXs_Q</a>				
	Banded squat	<a href="https://youtu.be/rnlTrl4liyU">https://youtu.be/rnlTrl4liyU</a>				
	Banded shoulder pr	<a href="https://youtu.be/xrhMpzhs0s4?t=459">https://youtu.be/xrhMpzhs0s4?t=459</a>				
	Banded row	<a href="https://youtu.be/xrhMpzhs0s4?t=280">https://youtu.be/xrhMpzhs0s4?t=280</a>				
	Breast Jack	<a href="https://www.youtube.com/watch?v=d04MuoQ9rCg">https://www.youtube.com/watch?v=d04MuoQ9rCg</a>				
	Kick*/Lat/Squat	Just do the exercise for the time				
Cool down	Complete YouTube video		1	<a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>		

MONDAY

CORE & LOWER 3	
Avenirs	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10/20/30 second Superman hold	<a href="https://www.youtube.com/watch?v=R4cbB38p_a8">https://www.youtube.com/watch?v=R4cbB38p_a8</a>
Recovery 30 seconds	
10/20 secs plank try & toes touch	<a href="https://www.youtube.com/watch?v=0c6rLDG9NyA">https://www.youtube.com/watch?v=0c6rLDG9NyA</a>
Recovery 30 seconds	
10 Air or pistol Squat	<a href="https://youtu.be/C_VtOYc6j5c">https://youtu.be/C_VtOYc6j5c</a> <a href="https://youtu.be/sHpBSJeHFMs">https://youtu.be/sHpBSJeHFMs</a>
Recovery 30 seconds	
10 half squat T's ( 5 each leg)	<a href="https://youtu.be/2r70AJlDlLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/2r70AJlDlLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Recovery 30 seconds	
10 (each side) alternating planks	<a href="https://youtu.be/DFk3yGzV62U?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/DFk3yGzV62U?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Recovery 30 seconds	
20/30 seconds Flutter kick	<a href="https://youtu.be/BIJQtdcCzeA">https://youtu.be/BIJQtdcCzeA</a>
1-2 minutes rest	
Repeat 2 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Tuesday

Run set 9 (This can be walk/run or cycle-adapt to your ability or preference!)		
Avenirs		
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 to speed 2
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	
PLYO 10		
Avenirs/Poussin/Benjamin		
180 Jumps	<a href="https://youtu.be/rv0mdu5i4U">https://youtu.be/rv0mdu5i4U</a>	10/20/30 secs
Rest		20/40/60 secs
Power Jacks	<a href="https://youtu.be/alaZwJE20Ds">https://youtu.be/alaZwJE20Ds</a>	10/20/30 secs
Rest		20/40/60 secs
Backward Jumps	<a href="https://youtu.be/zP-eRWyrKZg?t=68">https://youtu.be/zP-eRWyrKZg?t=68</a>	10/20/30 secs
Rest		20/30/40 secs
Forward jumps	<a href="https://youtu.be/zP-eRWyrKZg?t=51">https://youtu.be/zP-eRWyrKZg?t=51</a>	10/20/30 secs
Rest	1-2 mins	
Repeat	2 times	

Tuesday

Wednesday

<b>Cardio set 8</b>		
<b>Avenirs</b>		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High knees run on spot	10 secs	<a href="https://youtu.be/QPFOZ0e">https://youtu.be/QPFOZ0e</a> Do as many as you can do in time!
Air or pistol squat	10 seconds	<a href="https://youtu.be/C_VtOYc">https://youtu.be/C_VtOYc</a> Do as many as you can do in time!
Jumping Jacks	10 seconds	<a href="https://youtu.be/gGZ71si">https://youtu.be/gGZ71si</a> Do as many as you can do in time!
REST	30 secs	
High knees run on spot	15 secs	<a href="https://youtu.be/QPFOZ0e">https://youtu.be/QPFOZ0e</a> Do as many as you can do in time!
Sumo Squat	15 seconds	<a href="https://youtu.be/sgDGkiB">https://youtu.be/sgDGkiB</a> Do as many as you can do in time!
Skier Jacks	15 seconds	<a href="https://youtu.be/i02As2W">https://youtu.be/i02As2W</a> Do as many as you can do in time!
REST	45 secs	
High knees run on spot	20 secs	<a href="https://youtu.be/QPFOZ0e">https://youtu.be/QPFOZ0e</a> Do as many as you can do in time!
Lunge	20 seconds	<a href="https://youtu.be/UpvDdQ">https://youtu.be/UpvDdQ</a> Do as many as you can do in time!
Mountain climbers	20 seconds	<a href="https://youtu.be/w2IT0ne">https://youtu.be/w2IT0ne</a> Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Wednesday

Thursday

<b>CORE &amp; UPPER 3</b>		
<b>Avenirs</b>		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
10 Side Push up or 15 secs	<a href="https://youtu.be/5JtJdNd3K3M">https://youtu.be/5JtJdNd3K3M</a>	
10 (5 each) Staggered arm push up or normal push up	<a href="https://youtu.be/oWK_4kM-M9M">https://youtu.be/oWK_4kM-M9M</a>	
Recovery 30/60 seconds		
10 (each side) alternating superman or 15 secs	<a href="https://youtu.be/DFk3yGZv62U?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/DFk3yGZv62U?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>	
Flutter kick 20 secs	<a href="https://youtu.be/BJlQtdcCzeA">https://youtu.be/BJlQtdcCzeA</a>	
Recovery 60 seconds		
Therband routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>	
10 Triceps dips	<a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a>	
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Thursday

<b>Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!)</b>		
<b>Avenirs</b>		
3.5KM (7.0KM)circuit		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
0.5K 1.OK	Speed 4 out of 10	
1.0K 2.OK	(20 secs fast 40 secs speed 4) x4 Then speed 4	
0.5K 1.OK gentle	Speed 3 out of 10	
1.0K 2.OK	(20 secs fast 40 secs speed 4) x4 Then speed 3/2	
0.5K 1.OK	Speed 4 slowing to 3 out of 10	
Cool down	<a href="https://youtu.be/ar3BGF8do7l">https://youtu.be/ar3BGF8do7l</a>	

<b>PLYO 4</b>		
<b>Avenirs</b>		
Warm up	<a href="https://youtu.be/CjYHKWwHJlk">https://youtu.be/CjYHKWwHJlk</a>	
Warm up 2 Dance Monkey	<a href="https://youtu.be/UJDbz9Yxkg">https://youtu.be/UJDbz9Yxkg</a>	
Squat jumps	<a href="https://youtu.be/bv7as8mDXLQ?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/bv7as8mDXLQ?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>	20/30/40 secs
Rest		20/40/60 secs
Sprinter lunges	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/kaFs0XcgUfo?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>	20/30/40 secs
Rest		20/40/60 secs
Bear crawl	<a href="https://youtu.be/bfT5TaRFKQw?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/bfT5TaRFKQw?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>	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 9**  
**Avenirs**

Warm up <https://youtu.be/E7ghNKOH9To> or your own active warm up

Speed skaters	10 secs	<a href="https://youtu.be/KOTEyG">https://youtu.be/KOTEyG</a>	Do as many as you can do in time!
Jumping Jacks	10 seconds	<a href="https://youtu.be/1b98Wrl">https://youtu.be/1b98Wrl</a>	Do as many as you can do in time!
Breaststroke turn & Jump	10 seconds	From BSSC Facebook Barr	Do as many as you can do in time!
Rest	30 secs		
Climber taps	15 secs	<a href="https://youtu.be/9pBE_n_z">https://youtu.be/9pBE_n_z</a>	Do as many as you can do in time!
Plank	15 seconds	<a href="https://youtu.be/TvxNkmj">https://youtu.be/TvxNkmj</a>	Do as many as you can do in time!
Jumping lunges	15 seconds	<a href="https://youtu.be/6SFgE2">https://youtu.be/6SFgE2</a>	Do as many as you can do in time!
Rest	45 secs		
High knee marching	20 secs	<a href="https://youtu.be/3Q6n9A">https://youtu.be/3Q6n9A</a>	Do as many as you can do in time!
Skier Jack	20 seconds	<a href="https://youtu.be/i02As2W">https://youtu.be/i02As2W</a>	Do as many as you can do in time!
Side lunges	20 seconds	<a href="https://youtu.be/4PknCVI">https://youtu.be/4PknCVI</a>	Do as many as you can do in time!
Rest	2 minutes		

Cycles 2

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

Friday

Friday

**CORE & LOWER 4**  
**Avenirs**

Warm up <https://youtu.be/Kdev6DPAZBU>

15 secs Calf raise (with theraband or use a step) <https://youtu.be/a2xibhP4MkY>

15 secs left leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s>

15 secs right leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s>

Recovery 45 seconds

20 secs Calf raises <https://youtu.be/a2xibhP4MkY>

20 secs Dbl leg lifts <https://youtu.be/l-mPHKQFMkk>

20 seconds crab walk <https://youtu.be/Xwcbm93mM-o>

Recovery 60 seconds

30 secs Calf raises <https://youtu.be/a2xibhP4MkY>

3 minute standing core entire video <https://youtu.be/oQ--HZDG2ew>

1-2 minutes rest

Repeat 2 times

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

Friday

Saturday

**Avenirs**

Swim set 5	Stroke	Distance (m)	Reps	Rep Cycle time (secs or mins)	Rest after set	
Warm up	<a href="https://www.youtube.com/watch?v=Z0xtYX1Nf5c">https://www.youtube.com/watch?v=Z0xtYX1Nf5c</a>					
Main set	1	A stroke Jack	25	12	45/60/1.15	60/90
	2	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	3	IM order Jacks	25	12	45/60/1.15	plus 15/20/30 secs
	4	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	5	Split Band squat	100	1	1.15/1.30/1.45	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	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>					
Video links for demo	Fly Jack	<a href="https://www.youtube.com/watch?v=7Qi7s_FXs_Q">https://www.youtube.com/watch?v=7Qi7s_FXs_Q</a>				
	Back Jack	<a href="https://www.youtube.com/watch?v=WIHv_LF40x8">https://www.youtube.com/watch?v=WIHv_LF40x8</a>				
	Breast Jack	<a href="https://www.youtube.com/watch?v=d04MuoQ9rCg">https://www.youtube.com/watch?v=d04MuoQ9rCg</a>				
	Free Jack	<a href="https://www.youtube.com/watch?v=AlmUpibQQsg">https://www.youtube.com/watch?v=AlmUpibQQsg</a>				
	Kick*	<a href="https://youtu.be/WRnq49TAv-">https://youtu.be/WRnq49TAv-</a>				
	Split squat band up	<a href="https://youtu.be/-7Ea6SKtaUg">https://youtu.be/-7Ea6SKtaUg</a>				
	Kick*/Lat/Squat	he exercise for the time				

Saturday

Saturday

**CORE & UPPER 4**  
**Avenirs**

Warm up 1 Name that tune? <https://youtu.be/wH3MOQY4B1c>

Warm up 2 Black eyed peas <https://youtu.be/BvOnN62hPBQ>

10 Pulse rows <https://youtu.be/MHFewo6HTUk>

10 Snow Angel <https://youtu.be/ZYIHJ3m6UCO>

Recovery 30 seconds Adjust recovery if needed

10 secs Supine Push up <https://youtu.be/8H-TSjVRCUA>

15 secs Vertical leg crunches <https://youtu.be/gt62sf7khLU?list=PLCEFCAS4> (modifications; lift shoulders/bend knees)

Recovery 35 seconds Adjust recovery if needed

Therband routine (10 each) [https://youtu.be/ib1srzH\\_qQA](https://youtu.be/ib1srzH_qQA)

15 secs Dragon press ups [https://youtu.be/sflrxv53L-o?list=PLQSMS0J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/sflrxv53L-o?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

Recovery 1-2 mins

Repeat 2/3 times

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

Saturday