



MONDAY

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Poussins/Benjamins						
Swim set 4	Stroke	Distance	Reps	Rep Cycle time	Rest after set	
		(m)		secs or mins		
Warm up	https://www.youtube.com/watch?v=Z0xtYX1Nf5c					
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 press	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	https://youtu.be/u5Hr3rNUZ24					
Video links for demo						
	Fly Jack	https://www.youtube.com/watch?v=7Qi7s_FXs_Q				
	Banded squat	https://youtu.be/rnITrI4IiyU				
	Banded shoulder press	https://youtu.be/xrhMpz0s4?t=459				
	Banded row	https://youtu.be/xrhMpz0s4?t=280				
	Breast Jack	https://www.youtube.com/watch?v=d04MuoQ9rCg				
	Kick*/Lat/Squat	Just do the exercise for the time				
Cool down	Complete YouTube video		1	https://youtu.be/ar3BGF8do7I		

CORE & LOWER 3	
Poussins/Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
20/30 second Superman hold	https://www.youtube.com/watch?v=R4cbB38p_q8
Recovery 30 seconds	
20/30 secs plank try & toes touch	https://www.youtube.com/watch?v=0c6rLDG9NYA
Recovery 30 seconds	
12 Air or pistol Squat	https://youtu.be/C_VtOYc6j5c
Recovery 30 seconds	https://youtu.be/sHpBSJeHFM5
12 half squat T's (6 each leg)	https://youtu.be/2r70AJIDJLQ?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Recovery 30 seconds	
12 (each side) alternating planks	https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Recovery 30 seconds	
20/30 seconds Flutter kick	https://youtu.be/BIJQtdcCzeA
1-2 minutes rest	
Repeat 3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

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Run set 9 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins/Benjamins	
7.0 (14.0K)KM circuit	
Warm up 2	Black eyed peas https://youtu.be/BvOnN62hPBQ
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	https://youtu.be/u5Hr3rNUZ24

PLYO 10		
Avenirs/Poussins/Benjamins		
180 Jumps	https://youtu.be/rvv0mdu5j4U	10/20/30 secs
Rest		20/40/60 secs
Power Jacks	https://youtu.be/alaZwJE20Ds	10/20/30 secs
Rest		20/40/60 secs
Backward Jumps	https://youtu.be/zP-eRWyrKZg?t=68	10/20/30 secs
Rest		20/30/40 secs
Forward jumps	https://youtu.be/zP-eRWyrKZg?t=51	10/20/30 secs
Rest	1-2 mins	
Repeat	2 times	

Wednesday

Cardio set 8		
Poussins/Benamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees run on spot	15 secs	https://youtu.be/QPFOZO Do as many as you can do in time!
Air or pistol squat	15 seconds	https://youtu.be/C_VtOY Do as many as you can do in time!
Jumping Jacks	15 seconds	https://youtu.be/gGZ21si Do as many as you can do in time!
REST	45 secs	
High knees run on spot	20 secs	https://youtu.be/QPFOZO Do as many as you can do in time!
Sumo Squat	20 secs	https://youtu.be/sqDGklE Do as many as you can do in time!
Skier Jacks	20 secs	https://youtu.be/i02As2V Do as many as you can do in time!
REST	60 secs	
High knees run on spot	30 secs	https://youtu.be/QPFOZO Do as many as you can do in time!
Lunge	30 seconds	https://youtu.be/UjyDdC Do as many as you can do in time!
Mountain climbers	30 seconds	https://youtu.be/w2ITOn Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2/3	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

Thursday

CORE & UPPER 3	
Poussins/Benamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 Side Push up or 20 secs	https://youtu.be/5JtdNd3K3M
10 (5 each) Staggered arm push up or normal push up	https://youtu.be/oWK_4kM-M9M
Recovery 30/60 seconds	
10 (each side) alternating superman or 20 secs	https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Flutter kick 30 secs	https://youtu.be/BIJQtdcCzeA
Recovery 60 seconds	
Therband routine (12 each)	https://youtu.be/ib1srzH_q0A
12 Triceps dips	https://youtu.be/3ydgLFLK8e0
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Thursday

Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins/Benamins	
3.5KM (7.0KM) circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
0.5K 1.0K	Speed 4 out of 10
1.0K 2.0K	(20 secs fast 40 secs speed 4) x4 Then speed 4
0.5K 1.0K gentle	Speed 3 out of 10
1.0K 2.0K	(20 secs fast 40 secs speed 4) x4 Then speed 3/2
0.5K 1.0K	Speed 4 slowing to 3 out of 10
Cool down	https://youtu.be/ar3BGF8do7I

PLYO 4	
Poussins/Benamins	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2 Dance Monkey	https://youtu.be/IJDlbz9YxKg
Squat jumps	https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 20/30/40 secs
Rest	20/40/60 secs
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 20/30/40 secs
Rest	20/40/60 secs
Bear crawl	https://youtu.be/bfT5TaRFKQw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 30/40 secs
Rest	1 or 2 mins
Repeat	2/3 times
Cool down	https://youtu.be/2TzewWk-fdk

Friday

Cardio set 9		
Poussins/Benamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
Speed skaters	15 secs	https://youtu.be/KOTEyG Do as many as you can do in time!
Jumping Jacks	15 seconds	https://youtu.be/1b98Wv Do as many as you can do in time!
Breaststroke turn & Jump	15 seconds	From BSSC Facebook Barr Do as many as you can do in time!
Rest	45 secs	
Climber taps	20 secs	https://youtu.be/9pBEn : Do as many as you can do in time!
Plank	20 secs	https://youtu.be/TvxNkm Do as many as you can do in time!
Jumping lunges	20 secs	https://youtu.be/6SFgE2 Do as many as you can do in time!
Rest	60 secs	
High knee marching	30 secs	https://youtu.be/3Q6n9A Do as many as you can do in time!
Skier Jack	30 seconds	https://youtu.be/i02As2V Do as many as you can do in time!
Side lunges	30 seconds	https://youtu.be/4PknCV Do as many as you can do in time!
Rest	2 minutes	
Cycles	2/3	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

CORE & LOWER 4	
Poussins/Benamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
20 secs Calf raise (with theraband or use a step)	https://youtu.be/a2xjbp4MkY
20 secs left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
20 secs right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
Recovery 60 seconds	
30 secs Calf raises	https://youtu.be/a2xjbp4MkY
30 secs Dbl leg lifts	https://youtu.be/l-mPHKQFMkk
30 seconds crab walk	https://youtu.be/Xwcbm93mM-o
Recovery 60 seconds	
40 secs Calf raises	https://youtu.be/a2xjbp4MkY
3 minute standing core entire video	https://youtu.be/oQ-HZDG2ew
1-2 minutes rest	
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Saturday

Poussins/Benamins						
Swim set 5	Stroke	Distance	Reps	Rep Cycle time	Rest after set	
Warm up	https://www.youtube.com/watch?v=Z0xtYX1Nf5c					
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	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				
	Kick*	https://youtu.be/WRnq49TAv-				
	Split squat band up	https://youtu.be/-7Ea6SKtqUg				
Kick*/Lat/Squat	Just do the exercise for the time					

Saturday

CORE & UPPER 4		
Poussins/Benamins		
Warm up 1	Name that tune?	https://youtu.be/wH3MOQY4B1c
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBQ
12 Pulse rows		https://youtu.be/MHFewo6HTUk
12 Snow Angel		https://youtu.be/ZYIHJ3m6UCo
Recovery 30 seconds		Adjust recovery if needed
10 sec Supine Push up		https://youtu.be/8H-TSjVRCUA
15 sec Vertical leg crunches		https://youtu.be/gt62sf7khLU?list=PLCEFCA54D665 (modifications; lift shoulders/bend knees)
Recovery 35 seconds		Adjust recovery if needed
Therband routine (12 each)		https://youtu.be/lb1srzH_qOA
20 secs Dragon press ups		https://youtu.be/sflrxv53L-o?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	