



MONDAY

MONDAY

Older Squads						
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 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	<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/rnITrI4IiyU">https://youtu.be/rnITrI4IiyU</a>			
		Banded shoulder press	<a href="https://youtu.be/xrhMpzhz0s4?t=459">https://youtu.be/xrhMpzhz0s4?t=459</a>			
		Banded row	<a href="https://youtu.be/xrhMpzhz0s4?t=280">https://youtu.be/xrhMpzhz0s4?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>		

Tuesday

Tuesday

CORE & LOWER 3	
Older Squads	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
30 second Superman hold	<a href="https://www.youtube.com/watch?v=R4cbB38p_q8">https://www.youtube.com/watch?v=R4cbB38p_q8</a>
12-18 Air or pistol Squat	<a href="https://youtu.be/C_VtOYc6j5c">https://youtu.be/C_VtOYc6j5c</a> <a href="https://youtu.be/sHpBSIeHFMs">https://youtu.be/sHpBSIeHFMs</a>
30 secs plank try & toes touch	<a href="https://www.youtube.com/watch?v=0c6rLDG9NyA">https://www.youtube.com/watch?v=0c6rLDG9NyA</a>
Recovery 30/60 seconds	
12 -18 half squat T's (6-9 each leg)	<a href="https://youtu.be/2r70AJDlLQ?list=PLQSMS0I6JbrKdSOSbyjX">https://youtu.be/2r70AJDlLQ?list=PLQSMS0I6JbrKdSOSbyjX</a> optional +10 secs rest if needed
12-18 (each side) alternating planks	<a href="https://youtu.be/DFk3yGZv62U?list=PLQSMS0I6JbrKdSOSbyjX">https://youtu.be/DFk3yGZv62U?list=PLQSMS0I6JbrKdSOSbyjX</a> optional +10 secs rest if needed
30 seconds Flutter kick	<a href="https://youtu.be/BIJQtdcCzeA">https://youtu.be/BIJQtdcCzeA</a> optional +10 secs rest if needed
Recovery 60 seconds	
12 Power Jacks	<a href="https://youtu.be/alaZwjE20Ds">https://youtu.be/alaZwjE20Ds</a>
18 Calf raises (plus theraband if preferred)	<a href="https://youtu.be/UV8gOrHmuKc?list=PLQSMS0I6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UV8gOrHmuKc?list=PLQSMS0I6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
18 Mountain climbers	<a href="https://youtu.be/w2iTOneGpDU">https://youtu.be/w2iTOneGpDU</a>
2 minutes rest	Try active recovery
Repeat 3/4/5 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Run set 9 (this can be walk/run or cycle-adapt to your ability or preference!)		
Older Squads		
10.0 (20.0K)KM circuit		
Warm up 2	Black eyed peas	<a href="https://youtu.be/BvOnN62hPBQ">https://youtu.be/BvOnN62hPBQ</a>
2.0K	4.0k	Easy run/cycle building from speed 2 to speed 3
1.5K	3.0k	Speed 4
5.0K	10.0K	(0.5K/1.0K speed 6 then 0.5K/1.0K speed 3) x5
1.5K	3.0k	Speed 4 to speed 3 to speed 2

PLYO 10		
Older Squads		
180 Jumps	<a href="https://youtu.be/rvv0mdu5j4U">https://youtu.be/rvv0mdu5j4U</a>	20/30/40 secs
Power Jacks	<a href="https://youtu.be/alaZwjE20Ds">https://youtu.be/alaZwjE20Ds</a>	20/30/40 secs
Rest		40/60 secs
Backward Jumps	<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
The Flea (just 1st)	<a href="https://youtu.be/5UV2weSZGzg?t=8">https://youtu.be/5UV2weSZGzg?t=8</a>	20/30/40 secs
Plyo push up	<a href="https://youtu.be/QisBDcMK9EY">https://youtu.be/QisBDcMK9EY</a>	20/30/40 secs
Rest		1-2 mins
Repeat		2/3/4 times

Wednesday

Cardio set 8		
Older Squads		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High knees run on spot	20 secs	<a href="https://youtu.be/QPFOZ0e30x4">https://youtu.be/QPFOZ0e30x4</a> Do as many as you can do in time!
Air or pistol squat	20 secs	<a href="https://youtu.be/C_VtOYc6j5c">https://youtu.be/C_VtOYc6j5c</a> Do as many as you can do in time!
Jumping Jacks	20 secs	<a href="https://youtu.be/gG2Z1siSvkk">https://youtu.be/gG2Z1siSvkk</a> Do as many as you can do in time!
REST	30 secs	
High knees run on spot	30 secs	<a href="https://youtu.be/QPFOZ0e30x4">https://youtu.be/QPFOZ0e30x4</a> Do as many as you can do in time!
Sumo Squat	30 secs	<a href="https://youtu.be/sgDGkIBYPAk">https://youtu.be/sgDGkIBYPAk</a> Do as many as you can do in time!
Skier Jacks	30 secs	<a href="https://youtu.be/i02As2W8Nw">https://youtu.be/i02As2W8Nw</a> Do as many as you can do in time!
REST	60 secs	
High knees run on spot	40 secs	<a href="https://youtu.be/QPFOZ0e30x4">https://youtu.be/QPFOZ0e30x4</a> Do as many as you can do in time!
Lunge	40 seconds	<a href="https://youtu.be/UpyDdQjBTaI">https://youtu.be/UpyDdQjBTaI</a> Do as many as you can do in time!
Mountain climbers	40 seconds	<a href="https://youtu.be/w2iTOneGPd">https://youtu.be/w2iTOneGPd</a> Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2/3/4/5	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Wednesday

Thursday

CORE & UPPER 3	
Older Squads	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10/12/14 Side Push up or 15/20/30 secs	<a href="https://youtu.be/5JtdNd3K3M">https://youtu.be/5JtdNd3K3M</a>
10/12/14 (5 each) Staggered arm push up or build	<a href="https://youtu.be/oWK_4kM-M9M">https://youtu.be/oWK_4kM-M9M</a>
Recovery 30/60 seconds	
10/12/14 (each side) alternating superman or 20/30secs	<a href="https://youtu.be/DFk3yGzV62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/DFk3yGzV62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Flutter kick 30/40/60	<a href="https://youtu.be/BIJQtdcCzeA">https://youtu.be/BIJQtdcCzeA</a>
Recovery 30/60 seconds	
Therband routine (16 each)	<a href="https://youtu.be/ib1srzH_g0A">https://youtu.be/ib1srzH_g0A</a>
12/14/16 Triceps dips	<a href="https://youtu.be/3ydgLFLk8e0">https://youtu.be/3ydgLFLk8e0</a>
Recovery 1-2 mins	
Repeat 3/4 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Thursday

Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!)	
Older Squads	
5.0KM (10.0KM) circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
1.0K 2.0K	Speed 4 out of 10
2.0K 4.0K	(20 secs fast 40 secs speed 4) x4 Then speed 4 or (30 secs fast 60 secs speed 4) x4 Then speed 4
1.0K 1.0K	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 3 out of 10
Cool down	<a href="https://youtu.be/ar3BGF8do7l">https://youtu.be/ar3BGF8do7l</a>

PLYO 4	
Older Squads	
Warm up	<a href="https://youtu.be/CjYHKWwHJlk">https://youtu.be/CjYHKWwHJlk</a>
Warm up 2 Dance Monkey	<a href="https://youtu.be/IJDIbz9Yxkg">https://youtu.be/IJDIbz9Yxkg</a>
Squat jumps	<a href="https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSby">https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSby</a> 20/30/40 secs
Rest	20/40/60 secs
Sprinter lunges	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSby">https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSby</a> 20/30/40 secs
Rest	20/40/60 secs
Bear crawl	<a href="https://youtu.be/bfT5TaRfKQw?list=PLQSMS0J6JbrKdSOSby">https://youtu.be/bfT5TaRfKQw?list=PLQSMS0J6JbrKdSOSby</a> 30/40 secs
Rest	1 or 2 mins
Repeat	2/3/4 times
Cool down	<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>

Cardio set 9		Older Squads	
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up	
Speed skaters	20 secs	<a href="https://youtu.be/">https://youtu.be/</a>	Do as many as you can do in time!
Jumping Jacks	20 secs	<a href="https://youtu.be/">https://youtu.be/</a>	Do as many as you can do in time!
Breaststroke turn & Jump	20 secs	From BSSC Faceb	Do as many as you can do in time!
Rest	30 secs		
Climber taps	30 secs	<a href="https://youtu.be/">https://youtu.be/</a>	Do as many as you can do in time!
Plank	30 secs	<a href="https://youtu.be/">https://youtu.be/</a>	Do as many as you can do in time!
Jumping lunges	30 secs	<a href="https://youtu.be/">https://youtu.be/</a>	Do as many as you can do in time!
Rest	60 secs		
High knee marching	40 secs	<a href="https://youtu.be/">https://youtu.be/</a>	Do as many as you can do in time!
Skier Jack	40 seconds	<a href="https://youtu.be/">https://youtu.be/</a>	Do as many as you can do in time!
Side lunges	40 seconds	<a href="https://youtu.be/">https://youtu.be/</a>	Do as many as you can do in time!
Rest between cycles	1-2 minutes		
Cycles	2/3/4/5		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>		

CORE & LOWER 4		Older Squads	
Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
30 secs Calf raise (with theraband or use a step)		<a href="https://youtu.be/a2xibhP4MkY">https://youtu.be/a2xibhP4MkY</a>	
30 secs left leg hips bridge		<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>	
30 secs right leg hips bridge		<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>	
Recovery 45 seconds			
40 secs Calf raises		<a href="https://youtu.be/a2xibhP4MkY">https://youtu.be/a2xibhP4MkY</a>	
40 secs Dbl leg lifts		<a href="https://youtu.be/l-mPHKQFMkk">https://youtu.be/l-mPHKQFMkk</a>	
40 seconds crab walk		<a href="https://youtu.be/Xwcbm93mM-o">https://youtu.be/Xwcbm93mM-o</a>	
Recovery 60 seconds			
45 secs Calf raises		<a href="https://youtu.be/a2xibhP4MkY">https://youtu.be/a2xibhP4MkY</a>	
60 secs Plank		<a href="https://youtu.be/TyuijczHYV?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/TyuijczHYV?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>	
2 minutes rest	Try active recovery		
Repeat 3/4/5 times			
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>		

Older Squads						
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_1F40x8">https://www.youtube.com/watch?v=WIHv_1F40x8</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-w?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/WRnq49TAv-w?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>			
		Split squat band up	<a href="https://youtu.be/-7Ea65KtqUg">https://youtu.be/-7Ea65KtqUg</a>			
		Kick*/Lat/Squat	Just do the exercise for the time			

CORE & UPPER 4		Older Squads	
Warm up 1 Name that tune?	<a href="https://youtu.be/wH3MOQY4B1c">https://youtu.be/wH3MOQY4B1c</a>		
Warm up 2 Black eyed peas	<a href="https://youtu.be/BvOnN62hPBQ">https://youtu.be/BvOnN62hPBQ</a>		
12-18 Pulse rows	<a href="https://youtu.be/MHFewo6HTUk">https://youtu.be/MHFewo6HTUk</a>		
12-18 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>		
Recovery 30 seconds			
15 sec Supine Push up	<a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>	Adjust recovery if needed	
30 sec Vertical leg crunches	<a href="https://youtu.be/gt62sf7khLU?list=PLCEFCAS4D665B8080">https://youtu.be/gt62sf7khLU?list=PLCEFCAS4D665B8080</a>		
Recovery 45 seconds			
Therband routine (12 - 18each)	<a href="https://youtu.be/ib1srzH_a0A">https://youtu.be/ib1srzH_a0A</a>	Adjust recovery if needed	
30 secs Dragon press ups	<a href="https://youtu.be/sflrxv53L-o?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/sflrxv53L-o?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>		
Recovery 1-2 mins		Adjust recovery if needed	
Repeat 3/4 times			
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>		