



		Older Squads			
		Cardio 12			
Section	Exercise	Time	Reps	Cycles	
Warm up	Blinking Lights warm up			1	<a href="https://youtu.be/F6rvbhZfLQg?list=PL3lkz80rn">https://youtu.be/F6rvbhZfLQg?list=PL3lkz80rn</a>
Recovery		1.00 mins			
	Skier Jack	30 seconds	1		<a href="https://youtu.be/i02As2W8NwU">https://youtu.be/i02As2W8NwU</a>
	Jumping Jacks	30 seconds	1		<a href="https://youtu.be/1b98WwRrmUs">https://youtu.be/1b98WwRrmUs</a>
	High knee Marching	30 seconds	1		<a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>
	Rest	30-60 seconds	1		
Main set	Dragon push ups	45 seconds	1		<a href="https://youtu.be/sflrxv53L-o?list=PLQSM50J6">https://youtu.be/sflrxv53L-o?list=PLQSM50J6</a>
	Cross chops	15 seconds	1		<a href="https://youtu.be/8BaS28MG7mw?list=PLQSM50J6">https://youtu.be/8BaS28MG7mw?list=PLQSM50J6</a>
	Band Bicep curl	30 seconds	1		Use a resistance band both arms same time
	Army crawl	45 seconds	1	3,4,5	<a href="https://youtu.be/bR-XzXen9xU?list=PLQSM50J6">https://youtu.be/bR-XzXen9xU?list=PLQSM50J6</a>
	Rest	30-60 seconds	1		
	Hop Heel clicks	40 seconds	1		<a href="https://youtu.be/4XcGTvcSRxy?list=PLQSM50J6">https://youtu.be/4XcGTvcSRxy?list=PLQSM50J6</a>
	Side to side jumps	40 seconds	1		<a href="https://youtu.be/oHq-TC9TPpI?list=PLQSM50J6">https://youtu.be/oHq-TC9TPpI?list=PLQSM50J6</a>
	Butt kicks	40 seconds	1		<a href="https://youtu.be/lVzi-AwxLPo?list=PLQSM50J6">https://youtu.be/lVzi-AwxLPo?list=PLQSM50J6</a>
	Rest	1 min to 2 mins			
Cool down	Complete YouTube video			1	<a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>

		CORE & LOWER 6			
		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>
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/2r70AJDlJQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_H">https://youtu.be/2r70AJDlJQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_H</a> optional +10 secs rest if needed
12-18 (each side) alternating planks					<a href="https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyjXaQ_zN">https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyjXaQ_zN</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/lVJ8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/lVJ8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
18 Mountain climbers					<a href="https://youtu.be/w2iTOneGPdU">https://youtu.be/w2iTOneGPdU</a>
Recovery 30 seconds					
Reverse bounds 12-18 alt legs					<a href="https://youtu.be/aLCQRU7lrRg">https://youtu.be/aLCQRU7lrRg</a>
Recovery 30 seconds					
Sprinter lunge 12-18 alt legs					<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
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>

		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					<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
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					<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

		PLYO 3			
		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/JDlbz9YxKg">https://youtu.be/JDlbz9YxKg</a>
Knee tuck jumps				20/30/40 secs	<a href="https://youtu.be/BDA3DERQKfk">https://youtu.be/BDA3DERQKfk</a>
Rest				20/40/60 secs	
Power jacks				20/30/40 secs	<a href="https://youtu.be/alaZwJE20Ds">https://youtu.be/alaZwJE20Ds</a>
Rest				20/40/60 secs	
Sneaking Ape				20/30/40 secs	<a href="https://youtu.be/-BB2h6eaBFc">https://youtu.be/-BB2h6eaBFc</a>
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>

MONDAY

MONDAY

Tuesday

Tuesday

Wednesday

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

Warm up <https://youtu.be/CjYHKWwH> <https://youtu.be/LRlx32lioCg> (do both)

<b>18 reps</b>	<b>12 reps</b>	<b>6 reps</b>	<b>12 reps</b>	<b>18 reps</b>
Side Hops	Forward Lunge	Burpee	Glute Bridge	Squat jumps

[https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6jbrKdSOSbyjXaQ\\_zN\\_HSp7zZ](https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSp7zZ)

REST 60

Squat jumps	Side Hops	Burpee	Forward Lunge	Glute Bridge
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[https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6jbrKdSOSbyjXaQ\\_zN\\_HSp7zZ](https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSp7zZ)

REST 60/80

Glute Bridge	Squat jumps	Burpee	Side Hops	Forward Lunge
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<https://youtu.be/YRqoiM0u0PY> <https://youtu.be/TU8QYVW0gDU>

REST 60/90

Forward Lung	Glute Bridge	Burpee	Squat jumps	Side Hops
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[https://youtu.be/UjyDdQjBTa0?list=PLQSM50J6jbrKdSOSbyjXaQ\\_zN\\_HSp7zZ](https://youtu.be/UjyDdQjBTa0?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSp7zZ)

REST 60/100

Side Hops	Forward Lunge	Burpee	Glute Bridge	Squat jumps
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Cool down <https://youtu.be/u5Hr3rNUZ24>

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!

Wednesday

**CORE & UPPER 5**  
**Older Squads**

Warm up  
10/12/14 Side Push up(each) or 15/20/30 secs  
10/12/14 (5 each) Staggered arm push up or build  
Recovery 30/60 seconds  
10/12/14 (each side) alternating superman or 20/30secs  
Flutter kick 30/40/60  
Recovery 30/60 seconds  
Theraband shoulder press 12-18  
Theraband Lat pull down 12-18

Recovery 1-2 mins  
Repeat 3/4 times  
Cool down <https://youtu.be/u5Hr3rNUZ24>

<https://youtu.be/Kdgv6DPAZBU>  
<https://youtu.be/5JtJdNd3K3M>  
[https://youtu.be/oWK\\_4kM-M9M](https://youtu.be/oWK_4kM-M9M)  
[https://youtu.be/DFk3yGzV62U?list=PLQSM50J6jbrKdSOSbyjXaQ\\_zN\\_HSp7zZ](https://youtu.be/DFk3yGzV62U?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSp7zZ)  
<https://youtu.be/BIJQtdcCzeA>  
[https://youtu.be/KQ\\_rfTyswI0](https://youtu.be/KQ_rfTyswI0)  
<https://youtu.be/5UU-GEe8Wlc>

Thursday

**PLYO 11**  
**Older Squads**

Banded wide outs	<a href="https://youtu.be/eTixTdhTFX4?t=63">https://youtu.be/eTixTdhTFX4?t=63</a>	10 secs
Rest	As you need but try to keep same throughout	
Banded kick outs	<a href="https://youtu.be/eTixTdhTFX4?t=378">https://youtu.be/eTixTdhTFX4?t=378</a>	10 secs
Rest	As you need but try to keep same throughout	
Banded holds	<a href="https://youtu.be/eTixTdhTFX4?t=241">https://youtu.be/eTixTdhTFX4?t=241</a>	10 secs
Rest	As you need but try to keep same throughout	
Banded chops	<a href="https://youtu.be/eTixTdhTFX4?t=334">https://youtu.be/eTixTdhTFX4?t=334</a>	10 secs
Rest	As you need	
Banded alternates	As you need but try to keep same throug 10 secs	
Rest	As you need but try to keep same throughout	
If you have no bands just do without		
Repeat	2/3/4 times	

Thursday

**Run set 11 (This can be walk/run or cycle-adapt to your ability or preference!)**  
**Older Squads**

5.0KM (10.0KM)circuit

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

1.0K <b>2.0K</b>	Speed 4 out of 10
2.0K <b>4.0K</b>	(15 secs fast 45 secs speed 4) x6 Then speed 3 (or 20 secs fast 40 secs speed 4) x5 Then speed 3
1.0K <b>1.0K</b>	Speed 3 (out of 10)
1.0K <b>2.0K</b>	(20 secs fast 40 secs speed 4) x4 Then speed 3/2
0.5K <b>1.0K</b>	Speed 3 out of 10

Cool down <https://youtu.be/ar3BGF8do7I>

**Cardio corner 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	15 seconds	<a href="https://youtu.be/3">https://youtu.be/3</a>
Mountain climbers	15 seconds	<a href="https://youtu.be/v">https://youtu.be/v</a>
High knees marching	15 seconds	<a href="https://youtu.be/3">https://youtu.be/3</a>
Diver push ups*	15 seconds	<a href="https://youtu.be/t">https://youtu.be/t</a>
High knees marching	15 seconds	<a href="https://youtu.be/3">https://youtu.be/3</a>
Thigh taps	15 seconds	<a href="https://youtu.be/s">https://youtu.be/s</a>
High knees marching	15 seconds	<a href="https://youtu.be/3">https://youtu.be/3</a>
Stacked push ups*	15 seconds	<a href="https://youtu.be/y">https://youtu.be/y</a>
High knees marching	15 seconds	<a href="https://youtu.be/3">https://youtu.be/3</a>
Flutter kicks	15 seconds	<a href="https://youtu.be/v">https://youtu.be/v</a>
High knees marching	15 seconds	<a href="https://youtu.be/3">https://youtu.be/3</a>
Pike push up*	15 seconds	<a href="https://youtu.be/x">https://youtu.be/x</a>
* use previous adaptations if necessary		
Cycles	1	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Friday

Friday

**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/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</a>
30 secs left leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCFc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCFc&amp;t=1s</a>
30 secs right leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCFc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCFc&amp;t=1s</a>
Recovery 45 seconds	
40 secs Calf raises	<a href="https://youtu.be/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</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/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</a>
60 secs Plank	<a href="https://youtu.be/TyjujicZHYV?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/TyjujicZHYV?list=PLQSM50J6JbrKdSOSbyjXaQ_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>

**Cardio corner 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
Side hops	15 seconds	<a href="https://youtu.be/02xLHEKzBp4?list=PLQ">https://youtu.be/02xLHEKzBp4?list=PLQ</a>
Squat jumps	15 seconds	<a href="https://youtu.be/bv7as8mDXLQ?list=PLQ">https://youtu.be/bv7as8mDXLQ?list=PLQ</a>
Side hops	15 seconds	<a href="https://youtu.be/02xLHEKzBp4?list=PLQ">https://youtu.be/02xLHEKzBp4?list=PLQ</a>
Squat jumping jacks	15 seconds	<a href="https://youtu.be/VZF5GWd7t9E?list=PLQ">https://youtu.be/VZF5GWd7t9E?list=PLQ</a>
Side hops	15 seconds	<a href="https://youtu.be/02xLHEKzBp4?list=PLQ">https://youtu.be/02xLHEKzBp4?list=PLQ</a>
Sprinter lunges	15 seconds	<a href="https://youtu.be/kaF50XcgUfo?list=PLQ">https://youtu.be/kaF50XcgUfo?list=PLQ</a>
Side hops	15 seconds	<a href="https://youtu.be/02xLHEKzBp4?list=PLQ">https://youtu.be/02xLHEKzBp4?list=PLQ</a>
Squat cross step	15 seconds	<a href="https://youtu.be/8jLMA-Z5S1o?list=PLQ">https://youtu.be/8jLMA-Z5S1o?list=PLQ</a>
Side hops	15 seconds	<a href="https://youtu.be/02xLHEKzBp4?list=PLQ">https://youtu.be/02xLHEKzBp4?list=PLQ</a>
In and out squats	15 seconds	<a href="https://youtu.be/Sj3od04PeZA">https://youtu.be/Sj3od04PeZA</a>
Side hops	15 seconds	<a href="https://youtu.be/02xLHEKzBp4?list=PLQ">https://youtu.be/02xLHEKzBp4?list=PLQ</a>
Squat hold calf raise	15 seconds	<a href="https://youtu.be/wYoE11arXlw?list=PLQ">https://youtu.be/wYoE11arXlw?list=PLQ</a>
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Saturday

Saturday

**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=PLCEFA54D665B8080">https://youtu.be/gt62sf7khLU?list=PLCEFA54D665B8080</a>	
Recovery 45 seconds		
Therband routine (12 - 18each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>	Adjust recovery if needed
30 secs Dragon press ups	<a href="https://youtu.be/sflrxv53L-o?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/sflrxv53L-o?list=PLQSM50J6JbrKdSOSbyjXaQ_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>	