

Monday

**Cardio Upper 5 X 5**

**Avenirs**

Warm up x2 <https://youtu.be/CiYHKWwHj> <https://youtu.be/LRLx32lioCg> (do both)

<b>16</b>	<b>10</b>	<b>4</b>	<b>10</b>	<b>12</b>
Shoulder press band <a href="https://youtu.be/0rLjkQweIDg">https://youtu.be/0rLjkQweIDg</a>	Theraband Lat	Burpee	Push Ups	Dips
REST 60				
Dips <a href="https://youtu.be/dl8_opVOA0Y">https://youtu.be/dl8_opVOA0Y</a>	Shoulder press band	Burpee <a href="https://youtu.be/TU8QVW0gDU">https://youtu.be/TU8QVW0gDU</a>	Theraband Lat	Push ups
REST 80				
Push ups <a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>	Dips	Burpee	Shoulder press band	Theraband Lat
REST 60/90				
Theraband Lat <a href="https://youtu.be/DBHusZ9VqRo">https://youtu.be/DBHusZ9VqRo</a>	Push ups	Burpee	Dips	Shoulder press
REST 60/100				
Shoulder press	Theraband Lat	Burpee	Push ups	Dips

Cool down Complete YouTube video <https://youtu.be/ar3BGF8do7l>

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!

Monday

**CORE & LOWER 1**

**Avenirs**

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

Rest 1-2 mins

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/TsFU7f6TaR0>

Recovery 30 seconds

10 Glute bridges <https://youtu.be/YRqoIM0uOPY>

10 Oblique dble twists <https://youtu.be/-vOfsdwqaY?list=PLCEFCA54D665B8080>

Recovery 60 seconds

Repeat 2 times

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

Tuesday

**Swim Cardio**

**Avenirs**

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

Fly Jacks 20 secs [https://youtu.be/7Qi7s\\_FXs\\_Q](https://youtu.be/7Qi7s_FXs_Q)

Easy March 10 secs

Backstroke skier Jacks 20 secs [https://youtu.be/WIHv\\_LF40x8](https://youtu.be/WIHv_LF40x8)

Easy March 10 secs

Breastroke Squat Jacks 20 secs <https://youtu.be/d04MuoQ9rCg>

Easy March 10 secs

Free Jacks 20 secs <https://youtu.be/AlmUpibQQsg>

Easy March 10 secs

Rest 1-2 mins

Flutter kicks 10 secs

Mountain climbers 15 secs

Flutter Kicks 20 secs

Plank 30 secs

Flutter kicks 20 secs

Plank 15 secs

Flutter kicks 10 secs

Rest 1-2 mins

Repeat whole set 2 times

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

Tuesday

**Upper body 1**

**Avenirs**

Warm up 2 Dance Monkey <https://youtu.be/IJDbz9YxKg>

Slow cross punches [https://youtu.be/NDw5dxst\\_ls?t=634](https://youtu.be/NDw5dxst_ls?t=634) 30 secs

Bicep curl extension [https://youtu.be/NDw5dxst\\_ls?t=706](https://youtu.be/NDw5dxst_ls?t=706) 30 secs

Hi Low extensions [https://youtu.be/NDw5dxst\\_ls?t=778](https://youtu.be/NDw5dxst_ls?t=778) 30 secs

Ventral and lateral raise extension [https://youtu.be/NDw5dxst\\_ls?t=850](https://youtu.be/NDw5dxst_ls?t=850) 30 secs

Ext shoulder rotation [https://youtu.be/NDw5dxst\\_ls?t=924](https://youtu.be/NDw5dxst_ls?t=924) 30 secs

Rhomboid squeeze [https://youtu.be/NDw5dxst\\_ls?t=999](https://youtu.be/NDw5dxst_ls?t=999) 30 secs

Double cross extension [https://youtu.be/NDw5dxst\\_ls?t=1073](https://youtu.be/NDw5dxst_ls?t=1073) 30 secs

Plyometric pushup [https://youtu.be/NDw5dxst\\_ls?t=1152](https://youtu.be/NDw5dxst_ls?t=1152) 30 secs

Rest 1-2 mins Work through as continuous

Repeat 2 times

Cool down <https://youtu.be/2TzewWk-fdk>



Wednesday

**Cardio Lower 5 X 5**  
**Avenirs**

Warm up <https://youtu.be/CiYHKWwHj> <https://youtu.be/LRLx32lioCg> (do both)

<b>16 reps</b> Side Hops	<b>10 reps</b> Forward Lunge	<b>4 reps</b> Plank Jump in	<b>10 reps</b> Glute Bridge	<b>12 reps</b> Squat jumps
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[https://youtu.be/0ZxLHEKzBp4?list=PLQSMS0J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/0ZxLHEKzBp4?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

REST 1-2 mins

Squat jumps	Side Hops	Plank Jump in	Forward Lunge	Glute Bridge
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[https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

REST 1-2 mins

Glute Bridge	Squat jumps	Plank Jump in	Side Hops	Forward Lunge
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<https://youtu.be/YRqoIM0u0PY> [https://youtu.be/b-83f\\_fz-H0?list=PLQSMS0J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/b-83f_fz-H0?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

REST 1-2 mins

Forward Lunge	Glute Bridge	Plank Jump in	Squat jumps	Side Hops
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[https://youtu.be/UpyDdQjBTa0?list=PLQSMS0J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/UpyDdQjBTa0?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

REST 1-2 mins

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

Wednesday

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!

**CORE 1**  
**Avenirs**

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

Scissors	<a href="https://youtu.be/tugL2IM4Syk?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/tugL2IM4Syk?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30 secs
Superman	<a href="https://youtu.be/67rgxYnKbZY?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/67rgxYnKbZY?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30 secs
Side plank rotations	<a href="https://youtu.be/RrXJTixyC8?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/RrXJTixyC8?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30 secs
Rest		60 secs
Bridge taps	<a href="https://youtu.be/8lmxy4QKLbo?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/8lmxy4QKLbo?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30 secs
Sit outs	<a href="https://youtu.be/RvDPD_hWX6E?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/RvDPD_hWX6E?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30 secs
Body saw plank	<a href="https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30 secs
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Thursday

**Run set 7 (This can be walk/run or cycle-adapt to your ability or preference!)**  
**Avenirs**

3.0 (6.0K)KM circuit

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

0.5K	1.0k	Speed start 3 build to 4 out of 10
0.5K	1.0k	Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
1.0K	2.0K	Speed 3
0.5K	1.0k	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>

Thursday

**PLYO 9**  
**Avenirs**

Plyo jumps	<a href="https://youtu.be/QE8k1wixu9s">https://youtu.be/QE8k1wixu9s</a>	20/30/40 secs
Rest		20/40/60 secs
Broad jumps	<a href="https://youtu.be/96zJo3nlmHI">https://youtu.be/96zJo3nlmHI</a>	20/30/40 secs
Rest		20/40/60 secs
Monkey Jumps	<a href="https://youtu.be/YJ7dITv1MaA">https://youtu.be/YJ7dITv1MaA</a>	20/30/40 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>	20/30/40 secs
Rest		1-2 mins
Repeat		2 times

**Cardio corner 2 only 3 minutes of MAX exercise ( plus warm up and cool down)**

**Avenirs**

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/3C">https://youtu.be/3C</a>
Mountain climbers	15 seconds	<a href="https://youtu.be/w">https://youtu.be/w</a>
Diver push ups*	15 seconds	<a href="https://youtu.be/tC">https://youtu.be/tC</a>
Thigh taps	15 seconds	<a href="https://youtu.be/sg">https://youtu.be/sg</a>
Stacked push ups*	15 seconds	<a href="https://youtu.be/YE">https://youtu.be/YE</a>
Flutter kicks	15 seconds	<a href="https://youtu.be/W">https://youtu.be/W</a>
Pike push up*	15 seconds	<a href="https://youtu.be/x7">https://youtu.be/x7</a>
High knees marching	15 seconds	<a href="https://youtu.be/3C">https://youtu.be/3C</a>
Rest	2 mins	
Repeat 2 times		Do as many as you can do in time!
* use previous adaptations if necessary		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Friday

Friday

**Lower Body 1**

**Avenirs**

Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
Lunge step ups Left leg	15 secs	<a href="https://youtu.be/KM6-6xTRpow?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/KM6-6xTRpow?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Lunge step ups Right leg	15 secs	<a href="https://youtu.be/KM6-6xTRpow?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/KM6-6xTRpow?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Rest	30 secs	
Right side lunge	15 secs	<a href="https://youtu.be/dTGZS-WCH4U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/dTGZS-WCH4U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Left side lunge	15 secs	<a href="https://youtu.be/dTGZS-WCH4U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/dTGZS-WCH4U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Rest	30 secs	
Dynamic squats	15 secs	<a href="https://youtu.be/EHUeE1ShiYU?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/EHUeE1ShiYU?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Sprinter lunges	15 secs	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Rest	30 secs	
Calf raises	15 secs	<a href="https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Pike Calf raise	15 secs	<a href="https://youtu.be/Wk5FtesRSsE">https://youtu.be/Wk5FtesRSsE</a>
1-2 minutes rest		Try active recovery
Repeat 2 times		
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

**Cardio corner 3 only 3 minutes of MAX exercise ( plus warm up and cool down)**

**Avenirs**

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/0ZxLHEKzBp4?list=PLC">https://youtu.be/0ZxLHEKzBp4?list=PLC</a>
Squat jumps	15 seconds	<a href="https://youtu.be/bv7as8mDXLQ?list=PL">https://youtu.be/bv7as8mDXLQ?list=PL</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVGk8hEPw">https://youtu.be/iBuVGk8hEPw</a>
Squat jumping jacks	15 seconds	<a href="https://youtu.be/VZF5GWd7t9E?list=PL">https://youtu.be/VZF5GWd7t9E?list=PL</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVGk8hEPw">https://youtu.be/iBuVGk8hEPw</a>
Sprinter lunges	15 seconds	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQ">https://youtu.be/kaFs0XcgUfo?list=PLQ</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVGk8hEPw">https://youtu.be/iBuVGk8hEPw</a>
Squat cross step	15 seconds	<a href="https://youtu.be/8JLMA-Z5S1o?list=PLC">https://youtu.be/8JLMA-Z5S1o?list=PLC</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVGk8hEPw">https://youtu.be/iBuVGk8hEPw</a>
In and out squats	15 seconds	<a href="https://youtu.be/Sj3od04PeZA">https://youtu.be/Sj3od04PeZA</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVGk8hEPw">https://youtu.be/iBuVGk8hEPw</a>
Squat hold calf raise	15 seconds	<a href="https://youtu.be/wYoE11arXlw?list=PLC">https://youtu.be/wYoE11arXlw?list=PLC</a>
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Saturday

Saturday

**Run set 8 (This can be walk/run or cycle-adapt to your ability or preference!)**

**Avenirs**

5.0 (10.0K)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
2.0K	4.0K	(0.5K/1.0K speed 5 then 0.5K/1.0K speed 4) x 2
1.0K	2.0k	Speed 4 to speed 3
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>