



Monday

Cardio Upper 5 X 5
Older Squads

Warm up x2	https://youtu.be/CjYHKWwH	https://youtu.be/LRLx32lioCg	(do both)	
18	12	6	12	18
Shoulder press band	Theraband Lat	Burpee	Push Ups	Dips
https://youtu.be/0rLjkQwelDg				
REST 60				
Dips	Shoulder press band	Burpee	Theraband Lat	Push ups
https://youtu.be/dl8_opV0A0Y				
REST 60/80				
Push ups	Dips	Burpee	Shoulder press band	Theraband Lat
https://youtu.be/Eh00_rniF8E				
REST 60/90				
Theraband Lat	Push ups	Burpee	Dips	Shoulder press
https://youtu.be/DBHusZ9VqRo				
REST 60/100				
Shoulder press	Theraband Lat	Burpee	Push ups	Dips

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!

Cool down [Complete YouTube video](https://youtu.be/ar3BGF8do7J)

Monday

CORE & LOWER 1
Older Squads

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

Rest 1-2 mins

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

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

Recovery 30 seconds

12-18 Stationary lunge <https://youtu.be/w2Qbxb6nJKc>

12-18 Reverse lunge and knee lift <https://youtu.be/TsFU7f6TaR0>

Recovery 30 seconds

18 Glute bridges <https://youtu.be/YRqoiM0u0PY>

12-18 Oblique dble twists <https://youtu.be/-vOfsdwqaY?list=PLCEFCAS4D665B8080>

Recovery 60 seconds

Repeat 3/4/5 times

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

Tuesday

Swim Cardio
Older Squads

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

Fly Jacks [20/30/40 secs](https://youtu.be/7Qi7s_FXs_Q)

Easy March 20 or 30 secs

Backstroke skier Jacks [20/30/40 secs](https://youtu.be/WIHv_LF40x8)

Easy March 20 or 30 secs

Breaststroke Squat jumps [20/30/40 secs](https://youtu.be/d04MuoQ9rCg)

Easy March 20 or 30 secs

Free Jacks [20/30/40 secs](https://youtu.be/AlmUpibQQsg)

Easy March 20 or 30 secs

Rest 1-2 mins

Flutter kicks 30 secs

Mountain climbers 40 secs

Flutter Kicks 50 secs

Plank 60 secs

Flutter kicks 50 secs

Plank 40 secs

Flutter kicks 30 secs

Rest 1-2 mins

Repeat whole set 2/3/4 times times

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

Tuesday

Upper body 1
Older Squads

Warm up 2	Dance Monkey	https://youtu.be/UDlbz9YxKg	
Slow cross punches	Hold lightweight	https://youtu.be/NDw5dxst_Is?t=634	60 secs
Bicep curl extension	Hold lightweight	https://youtu.be/NDw5dxst_Is?t=706	60 secs
Hi Low extensions	Use weight or band	https://youtu.be/NDw5dxst_Is?t=778	60 secs
Ventral and lateral raise exte	Use light weight	https://youtu.be/NDw5dxst_Is?t=850	60 secs
Ext shoulder rotation	Use light weight	https://youtu.be/NDw5dxst_Is?t=924	60 secs
Rhomboid squeeze	Use band	https://youtu.be/NDw5dxst_Is?t=999	60 secs
Double cross extension	Use light weight	https://youtu.be/NDw5dxst_Is?t=1073	60 secs
Push up		https://youtu.be/Eh00_rniF8E	60 secs
Rest 1-2 mins			Work through as continuous
Repeat			2/3/4 times
Cool down		https://youtu.be/2TzewWk-fdk	

Wednesday

Wednesday

Cardio Lower 5 X 5
Older Squads

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

18 reps Side Hops https://youtu.be/OZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	12 reps Forward Lunge https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	6 reps Plank Jump in https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	12 reps Glute Bridge https://youtu.be/YRqolM0u0PY
Squat jumps https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Side Hops https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Plank Jump in https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Glute Bridge https://youtu.be/YRqolM0u0PY
Glute Bridge https://youtu.be/YRqolM0u0PY	Squat jumps https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Plank Jump in https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Side Hops https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Forward Lunge https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Glute Bridge https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Plank Jump in https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Squat jumps https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Side Hops https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Forward Lunge https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Plank Jump in https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Glute Bridge https://youtu.be/YRqolM0u0PY

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

CORE 1
Older Squads

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

Scissors https://youtu.be/tugL2lM45yk?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 30/40/60 secs

Superman https://youtu.be/67rgxYnKbZY?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 30/40/60 secs

Side plank rotations https://youtu.be/RrXJTixviC8?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 30/40/60 secs

Rest 60 secs

Bridge taps https://youtu.be/8lmxy4QKLbo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 30/40/60 secs

Sit outs https://youtu.be/RvDPD_hWX6E?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 30/40/60 secs

Body saw plank https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 30/40/60 secs

Recovery 1-2 mins

Repeat 3/4 times

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

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		https://youtu.be/Kdgv6DPAZBU
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 <https://youtu.be/u5Hr3rNUZ24>

PLYO 9
Older squads

Plyo jumps	https://youtu.be/QE8k1wjxu9s	20/30/40 secs
Broad jumps	https://youtu.be/96zJo3nlmHl	20/30/40 secs
Rest		40/60 secs
Backward jump	https://youtu.be/zP-eRWyrKzq?t=68	20/30/40 secs
Forward jumps	https://youtu.be/zP-eRWyrKzq?t=51	20/30/40 secs
Rest		40/60 secs
Monkey Jumps	https://youtu.be/YJ7dITv1MaA	20/30/40 secs
Jumping Lunges	https://youtu.be/Kw4QpPFX-cU	20/30/40 secs
Rest		1-2 mins
Repeat		2/3/4 times

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

Older Squads

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees marching	30 seconds	https://youtu.be/3Qj
Mountain climbers	20 seconds	https://youtu.be/w2
Diver push ups*	20 seconds	https://youtu.be/tQt
Thigh taps	20 seconds	https://youtu.be/sgc
Stacked push ups*	20 seconds	https://youtu.be/YEE
Flutter kicks	20 seconds	https://youtu.be/WR
Pike push up*	20 seconds	https://youtu.be/x7
High knees marching	30 seconds	https://youtu.be/3Qj
Rest	2 mins	
Repeat 2/3/4 times		Do as many as you can do in time!
* use previous adaptations if necessary		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Friday

**Lower Body 1
Older Squads**

Warm up		https://youtu.be/Kdgv6DPAZBU
Lunge step ups Left leg	20 secs	https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Lunge step ups Right leg	20 secs	https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Right side lunge	20 secs	https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Left side lunge	20 secs	https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Rest	40 secs	
Dynamic squats	20 secs	https://youtu.be/EHueE1ShiYU?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Sprinter lunges	20 secs	https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Calf raises	20 secs	https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Pike Calf raise	20 secs	https://youtu.be/Wk5FtesRSsE
1-2 minutes rest	Try active recovery	
Repeat 2/ 3/4/5 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

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

Older Squads

Warm up	https://youtu.be/E7ghNKOH9To	
Side hops	20/30/40	https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Squat jumps	20/30/40	https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Stacked push up	20/30/40	https://youtu.be/YEDCkI-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Squat jumping jacks	20/30/40	https://youtu.be/VZF5Gwd7t9E?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Stacked push up	20/30/40	https://youtu.be/YEDCkI-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Sprinter lunges	20/30/40	https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Stacked push up	20/30/40	https://youtu.be/YEDCkI-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Squat cross step	20/30/40	https://youtu.be/8JLMA-Z5S1o?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Stacked push up	20/30/40	https://youtu.be/YEDCkI-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
In and out squats	20/30/40	https://youtu.be/SI3od04PeZA
Stacked push up	20/30/40	https://youtu.be/YEDCkI-Uv7c?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Squat hold calf raise	20/30/40	https://youtu.be/wYoE11arXlw?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Saturday

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

Older Squads

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
Cool down		https://youtu.be/u5Hr3rNUZ24