



		Avenirs				
Swim set 2	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	Free Jack	50	6	45/60/1.15	60/90
	2	Kick*	NA	NA	30/45/60/90	60/90
	3	IM Jack	100	3	1.15/1.30/1.45	60/90
	4	Pull*	NA	NA	30/45/60/90	60/90
	5	A Stroke	50	6	45/60/1.15	60/90
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=d04Mu0Q9rCg				
	Free Jack	https://www.youtube.com/watch?v=AlmUpibQQsg				
	IM	https://www.youtube.com/watch?v=IJdfaQgyrUQ				
	Turns	https://www.youtube.com/watch?v=OOnEthEhRks				
	Kick*	https://youtu.be/WRnq49TAv-w?list=PLQSMS0j6JbrKdSOSbyjXaQ_zN_HSSp7zZ				
	Pull*	https://youtu.be/dl8_opV0A0Y				
Kick*/Pull*	Just do the exercise for the time					

Monday

Monday

CORE & LOWER 1	
Avenirs	
Warm up	https://youtu.be/Kdgv6DPAZBU
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/YRqoIM0u0PY
10 Oblique dble twists	https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080
Recovery 60 seconds	
Repeat 2 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Run set 1 (This can be walk/run or cycle-adapt to your ability or preference!)	
Avenirs	
2.5KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
0.5K	Speed 4 out of 10
0.5K	Speed 6 (out of 10)
0.5K	Speed 4 slowing to 3 out of 10
Cool down	https://youtu.be/ar3BGF8do7I

Tuesday

Tuesday

PLYO 1	
Avenirs	
Warm up	Dance Monkey https://youtu.be/IJDIbz9YxKg
Plyo jumps	https://youtu.be/QE8k1wjxu9s
Rest	20/30/40 secs
Broad jumps	https://youtu.be/96zJ03nlmHI
Rest	20/40/60 secs
Monkey Jumps	https://youtu.be/Yj7diTv1MaA
Rest	20/30/40 secs
Repeat	1 or 2 mins
Cool down	https://youtu.be/2TzewWk-fdk

Swim set 3	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	Back Jack	25	12	30/45/60	straight on
	2	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	3	Lat band pull down*	NA	NA	30/45/60/90	plus 15/20/30 secs
	4	Air Squat	NA	NA	30/45/60/90	plus 15/20/30 secs
	5	Free Jack	25	12	30/45/60	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				
	Back Jack	https://www.youtube.com/watch?v=WIHv_LF40x8				
	Free Jack	https://www.youtube.com/watch?v=AImUpibQQsg				
	Kick*	https://youtu.be/WRnq49TAy-				
Video links for demo	Lat band pull down*	https://youtu.be/n-lzgCIH99Q?t=33				
	Air Squat	https://youtu.be/Zqc_lc93hak?list=PLQ5MS0j6JbrKdSOSbyjXa				
	Kick*/Lat/Squat	Just do the exercise for the time				

Wednesday

Wednesday

CORE & UPPER 1	
Avenirs	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 Snow Angel	https://youtu.be/ZYIHJ3m6UCo
10 Tricep dips	https://youtu.be/3ydgLFLK8e0
Recovery 60 seconds	
10 Glute bridges	https://youtu.be/YRqoIM0u0PY
10 Oblique dble twists	https://youtu.be/-vVofsdwqaY?list=PLCEfCA54D665B8080
Recovery 60 seconds	
TheraBand routine (10 each)	https://youtu.be/ib1srzH_q0A
10 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8E
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 1-2 mins	
Repeat 2 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Run set2 (This can be walk/run or cycle-adapt to your ability or preference!)	
Avenirs	
2.5KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
1.0K	(15 secs fast 45 secs speed 4) x3 Then speed 4
0.5K	Speed 5 (out of 10)
0.5K gentle	Speed 4 slowing to 3 out of 10
Cool down	https://youtu.be/u5Hr3rNUZ24

Thursday

Thursday

PLYO 2	
Avenirs	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2	Dance Monkey https://youtu.be/IJDbz9YxKg
180 bounds	https://youtu.be/rv0mdu5i4U
Rest	20/30/40 secs
In an out squat jumps	https://youtu.be/Sl3od04PeZA
Rest	20/40/60 secs
Lizard walk	https://youtu.be/SlKZikW4do0
Rest	20/30/40 secs
Repeat	1 or 2 mins
Cool down	2 times
	https://youtu.be/2TzewWk-fdk

Cardio set 5		
Avenirs		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Push ups (Knees)	15 seconds https://youtu.be/LiKfLE2K_DI?list=RDCMU	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Tricep dips	15 seconds https://youtu.be/3ydgLFLK8e0	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Push up shoulder touch (Knees)	15 seconds https://www.youtube.com/watch?v=QOCr	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Push up diamond (knees)	15 seconds https://youtu.be/dmoHFWt-Mms	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & LOWER 2	
Avenirs	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 Dynamic side planR	https://youtu.be/_rdfiFSFKMY
10 Dynamic side plan L	https://youtu.be/_rdfiFSFKMY
Recovery 30 seconds	
10 Sumo Squat	https://youtu.be/sqDGkiBYPak
10 Fwd squat jumps	https://youtu.be/6qXK5Y8r8U
Recovery 30 seconds	
10 Bicycle abs	https://youtu.be/9FGilxCbdz8
10 V sits scissors to flutter kick	https://youtu.be/KytiFQ94_aq
Recovery 1-2 mins	
Repeat 2 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Cardio set 6		
Avenirs		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Jumping Jacks	15 seconds https://youtu.be/1b98WrRrmUs	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Back Extensions	15 seconds https://youtu.be/9q_uz605P_k	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Squat Thrusts side kick	15 seconds https://youtu.be/1qC0JJoqKiY?list=RDCMU	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Squat Jumps	15 seconds https://youtu.be/AzI5tkCzDcc	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & UPPER 2	
Avenirs	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8E
Escalate difficulty on each round (diamond shape hands/push with rotation)	https://youtu.be/dmoHFWt-Mms
10 Snow Angel	https://youtu.be/ZYIHJ3m6UCo
Recovery 60 seconds	Adjust recovery if needed
10 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50j6JbrKdSOSbvJXaQ_zN_HSSp7zZ
10 secs Plank shoulder taps	https://youtu.be/gWHQpMUd7vw?list=PLQSM50j6JbrKdSOSbvJXaQ_zN_HSSp7zZ
Recovery 60 seconds	Adjust recovery if needed
10 secs Supine Push up	https://youtu.be/8H-TSjVRCUA
TheraBand routine (10 each)	https://youtu.be/ib1srzH_q0A
Recovery 1-2 mins	Adjust recovery if needed
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24