



		Older squads				
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=d04MuoQ9rCg			
		Free Jack	https://www.youtube.com/watch?v=AlmUpibQQsg			
		IM	https://www.youtube.com/watch?v=UdfaQgyrUQ			
		Turns	https://www.youtube.com/watch?v=OOnEhFhRks			
		Kick*	https://youtu.be/WRnq49TAv-w?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ			
		Pull*	https://youtu.be/dl8_opV0A0Y			
		Kick*/Pull*	Just do the exercise for the time			

		CORE & LOWER 1	
		Older squads	
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 dbble twists	https://youtu.be/-vOfsdwqaY?list=PLCFCA54D66588080		
Recovery 60 seconds			
Repeat 2/3/4 times			
Cool down	https://youtu.be/u5Hr3rNUZ24		

		Run set 1 (This can be walk/run or cycle-adapt to your ability or preference!)	
		Older Squads	
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		

		PLYO 1	
		Older Squads	
Warm up	Dance Monkey	https://youtu.be/IJDbz9YxKg	
Plyo jumps		https://youtu.be/QE8k1wjxu9s	
Rest		20/30/40 secs	
Broad jumps		https://youtu.be/96zlo3nlmHl	
Rest		20/40/60 secs	
Monkey Jumps		https://youtu.be/Yj7dITv1MaA	
Rest		20/30/40 secs	
Repeat		1 or 2 mins	
Cool down		2/3/4 times	
		https://youtu.be/2TzewWk-fdk	

Swim set 3	Stroke	Distance	Reps	Rep Cycle time	Rest after set
Warm up	https://www.youtube.com/watch?v=Z0xtYX1NF5c	(m)			
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 2/3/4 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				
Video links for demo	Back Jack	https://www.youtube.com/watch?v=WIHy_LF40x8			
	Free Jack	https://www.youtube.com/watch?v=AlmUpibQQsg			
	Kick*	Av-			
	Lat band pull down*	https://youtu.be/n-lzgCIH99Q?t=33			
	Air Squat	https://youtu.be/Zqc_lC93			
	Kick*/Lat/Squat	Just do the exercise for the time			

Wednesday

Wednesday

CORE & UPPER 1	
Older Squads	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 Snow Angel	https://youtu.be/ZYIHJ3m6UCo
10 Tricep dips	https://youtu.be/3ydgLFLK8e0
Recovery 30 seconds	
10 Glute bridges	https://youtu.be/YRqoIM0uOPY
10 Oblique dbles twists	https://youtu.be/-vV0fsdwqay?list=PLCEFFCA54D66588080
Recovery 30 seconds	
TheraBand routine (12-18 each)	https://youtu.be/ib1srzH_g0A
10 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8E
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 60 seconds	
Repeat 2/ 3/4 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Run set2 (This can be walk/run or cycle-adapt to your ability or preference!)	
Older Squads	
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	
Older Squads	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2	https://youtu.be/UDlBz9YxKg
180 bounds	https://youtu.be/rvv0mdu5j4U
Rest	20/30/40 secs
In an out squat jumps	https://youtu.be/SI3od04PeZA
Rest	20/40/60 secs
Lizard walk	https://youtu.be/SIKZikW4do0
Rest	20/40/60 secs
Repeat	1 or 2 mins
Cool down	https://youtu.be/2TzewWk-fdk
	2/3/4 times

Cardio set 5		
Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Staggered arm push up (change arms)	40 secs https://youtu.be/oWK_4kM-M9M	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Tricep dips	40 secs https://youtu.be/3ydgLFLK8e0	Do as many as you can do in time!
High Knee marching	30secs https://youtu.be/3Q6n9AVN4Yc	Easy
Push up with rotation	40 secs https://youtu.be/YU0gWh72a3k	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Diamond push up	40 secs 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	50secs	
Cycles	4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Friday

CORE & LOWER 2		
Older Squads		
Warm up		
12-18 Dynamic side planR	https://youtu.be/_rdffFSFKMY	
12-18 Dynamic side plan L	https://youtu.be/_rdffFSFKMY	
Recovery 30 seconds		
12-18 Sumo Squat	https://youtu.be/sqDGkIBYPak	
12-18 Fwd squat jumps	https://youtu.be/6qXK5S8r8U	
Recovery 30 seconds		
12-18 Bicycle abs	https://youtu.be/9FGlxCbz8	
12 -18 V sits scissors to flutter kick	https://youtu.be/KytiFQ94_qo	
Recovery 2-3 minutess	https://youtu.be/KytiFQ94_qo	
Repeat 3/4/5 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Cardio set 6		
Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Jumping Jacks	40 secs https://youtu.be/1b98WrRmUs	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Back Extensions	40 secs https://youtu.be/9q_uz605P_k	Do as many as you can do in time!
High Knee marching	30secs https://youtu.be/3Q6n9AVN4Yc	Easy
Squat Thrusts side kick	40 secs https://youtu.be/1qC0lJoqKlY?list=RDCMUCNAjkkb	Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9AVN4Yc	Easy
Squat Jumps	40 secs 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	50secs	
Cycles	4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Saturday

CORE & UPPER 2		
Older Squads		
Warm up	https://youtu.be/Kdgv6DPAZBU	
12-18 Push up (use wall/knee/floor)	https://youtu.be/Eh00_r_niF8E	
Escalate difficulty on each round	(diamond shape hands/push with rotation)	https://youtu.be/dmoHFwt-Mms
12-18 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 30 seconds		Adjust recovery if needed
30 secs Body saw planks	https://youtu.be/ZTN2mCuYI2Y?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
30 secs Plank shoulder taps	https://youtu.be/gWHQpMUd7vw?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Recovery 30 seconds		Adjust recovery if needed
20 secs Supine Push up	https://youtu.be/8H-TSjVRCUA	
TheraBand routine (12-18 each)	https://youtu.be/ib1srzH_q0A	
Recovery 60 seconds		Adjust recovery if needed
Repeat 3/4/5 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	