



Avenirs			
Cardio Mountain			
Exercise	Work time	Rest	Video link
Mountain climbers	15/20/30	15/20/30 secs	https://youtu.be/w2iTOneGPdU
Mountain climbers	15/20/30		
Half burpees	15/20/30	30	https://youtu.be/om09kGWJm8w?t=2
Mountain climbers	15/20/30		
Half burpees	15/20/30		
Standing lunges	15/20/30	45	https://youtu.be/Kw4QpPFx-cU?t=6
Mountain climbers	15/20/30		
Half burpees	15/20/30		
Standing lunges	15/20/30		
Push ups	15/20/30		https://youtu.be/Eh00_rniF8E
Finished!			
You can try repeating this circuit, taking 60/90/120 rest inbetween each & repeat 2/3 times			
Cool down	Complete YouTube video		https://youtu.be/ar3BGF8do7I

MONDAY

MONDAY

CORE & LOWER 3			
Avenirs			
Warm up	https://youtu.be/Kdgv6DPAZBU		
10/20/30 second Superman hold	https://www.youtube.com/watch?v=R4cbB38p_q8		
Recovery 30 seconds			
10/20 secs plank try & toes touch	https://www.youtube.com/watch?v=0c6rLDG9NyA		
Recovery 30 seconds			
10 Air or pistol Squat	https://youtu.be/C_VtOYc6j5c		https://youtu.be/sHpBSJehFMs
Recovery 30 seconds			
10 half squat T's (5 each leg)	https://youtu.be/2r70AJDlLQ?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Recovery 30 seconds			
10 (each side) alternating planks	https://youtu.be/DFk3yGZv62U?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Recovery 30 seconds			
20/30 seconds Flutter kick	https://youtu.be/BIJQtdcCzeA		
1-2 minutes rest			
Repeat 2 times			
Cool down	https://youtu.be/u5Hr3rNUZ24		

Run set 9 (This can be walk/run or cycle-adapt to your ability or preference!)			
Avenirs			
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 to speed 2	
Cool down	https://youtu.be/u5Hr3rNUZ24		

Tuesday

Tuesday

PLYO 10			
Avenirs			
180 Jumps	https://youtu.be/rvv0mdu5j4U		10/20/30 secs
Rest			20/40/60 secs
Power Jacks	https://youtu.be/alaZwJE20Ds		10/20/30 secs
Rest			20/40/60 secs
Backward Jumps	https://youtu.be/zP-eRWyrKz8?t=68		10/20/30 secs
Rest			20/30/40 secs
Forward jumps	https://youtu.be/zP-eRWyrKz8?t=51		10/20/30 secs
Rest	1-2 mins		
Repeat	2 times		

Wednesday

Cardio set 8		
Avenirs		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees run on spot	10 secs https://youtu.be/QPFOZ0e30xg	Do as many as you can do in time!
Air or pistol squat	10 seconds https://youtu.be/C_VtOYc6j5c	Do as many as you can do in time!
Jumping Jacks	10 seconds https://youtu.be/gGZ21si5vkk?list=PL	Do as many as you can do in time!
REST	30 secs	
High knees run on spot	15 secs https://youtu.be/QPFOZ0e30xg	Do as many as you can do in time!
Sumo Squat	15 seconds https://youtu.be/sqDGkIBYPAK	Do as many as you can do in time!
Skier Jacks	15 seconds https://youtu.be/i02As2W8NwU	Do as many as you can do in time!
REST	45 secs	
High knees run on spot	20 secs https://youtu.be/QPFOZ0e30xg	Do as many as you can do in time!
Lunge	20 seconds https://youtu.be/UpyDdQjBTa0?list=PL	Do as many as you can do in time!
Mountain climbers	20 seconds https://youtu.be/w2ITOneGpdU	Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

Thursday

CORE & UPPER 3		
Avenirs		
Warm up	https://youtu.be/Kdgv6DPAZBU	
10 Side Push up or 15 secs	https://youtu.be/5JtdNd3K3M	
10 (5 each) Staggered arm push up or normal push up	https://youtu.be/oWK_4kM-M9M	
Recovery 30/60 seconds		
10 (each side) alternating superman or 15 secs	https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Flutter kick 20 secs	https://youtu.be/BIJQtdcCzeA	
Recovery 60 seconds		
Therband routine (10 each)	https://youtu.be/ib1srzH_g0A	
10 Triceps dips	https://youtu.be/3ydgLFLK8e0	
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Thursday

Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!)		
Avenirs		
3.5KM (7.0KM)circuit		
Warm up	https://youtu.be/Kdgv6DPAZBU	
0.5K 1.0K	Speed 4 out of 10	
1.0K 2.0K	(20 secs fast 40 secs speed 4) x4 Then speed 4	
0.5K 1.0K gentle	Speed 3 out of 10	
1.0K 2.0K	(20 secs fast 40 secs speed 4) x4 Then speed 3/2	
0.5K 1.0K	Speed 4 slowing to 3 out of 10	
Cool down	https://youtu.be/ar3BGF8do7I	

PLYO 4		
Avenirs		
Warm up	https://youtu.be/CjYHKWwHJlk	
Warm up 2 Dance Monkey	https://youtu.be/UDlBz9YxKg	
Squat jumps	https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSO	20/30/40 secs
Rest		20/40/60 secs
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSO	20/30/40 secs
Rest		20/40/60 secs
Bear crawl	https://youtu.be/bfT5TaRfKQw?list=PLQSM50J6JbrKdSO	30/40 secs
Rest		1 or 2 mins
Repeat		2 times
Cool down	https://youtu.be/2TzewWk-fdk	

Friday

Friday

Cardio set 9			
Avenirs			
Warm up		https://youtu.be/E7ghNKOH9To	or your own active warm up
Speed skaters	10 secs	https://youtu.be/KOTEyGY93OY	Do as many as you can do in time!
Jumping Jacks	10 seconds	https://youtu.be/1b98WRrRmUs	Do as many as you can do in time!
Breaststroke turn & Jump	10 seconds	From BSSC Facebook Barry demo	Do as many as you can do in time!
Rest	30 secs		
Climber taps	15 secs	https://youtu.be/9pBEn_zQhoc?list=	Do as many as you can do in time!
Plank	15 seconds	https://youtu.be/TvxNkmjdMM	Do as many as you can do in time!
Jumping lunges	15 seconds	https://youtu.be/6SFgE2_og_s	Do as many as you can do in time!
Rest	45 secs		
High knee marching	20 secs	https://youtu.be/3Q6n9AVN4Yc	Do as many as you can do in time!
Skier Jack	20 seconds	https://youtu.be/i02As2W8NwU	Do as many as you can do in time!
Side lunges	20 seconds	https://youtu.be/4PknCVJaqY	Do as many as you can do in time!
Rest	2 minutes		
Cycles	2		
Cool down		https://youtu.be/u5Hr3rNUZ24	

CORE & LOWER 4	
Avenirs	
Warm up	https://youtu.be/Kdgv6DPAZBU
15 secs Calf raise (with theraband or use a step)	https://youtu.be/a2xjhbP4MKY
15 secs left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
15 secs right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
Recovery 45 seconds	
20 secs Calf raises	https://youtu.be/a2xjhbP4MKY
20 secs Dbl leg lifts	https://youtu.be/l-mPHKQFMkk
20 seconds crab walk	https://youtu.be/Xwcbm93mM-o
Recovery 60 seconds	
30 secs Calf raises	https://youtu.be/a2xjhbP4MKY
3 minute standing core entire video	https://youtu.be/oQ-HZDG2ew
1-2 minutes rest	
Repeat 2 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Saturday

Avenirs						
Swim set 5	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	A stroke Jack	25	12	45/60/1.15	60/90
	2	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	3	IM order Jacks	25	12	45/60/1.15	plus 15/20/30 secs
	4	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	5	Split Band squat	100	1	1.15/1.30/1.45	Rest/Finish
Cool down	https://youtu.be/u5Hr3rNUZ24					
	Fly Jack	https://www.youtube.com/watch?v=7Qj7s_FXs_Q				
	Back Jack	https://www.youtube.com/watch?v=WIHv_LF40x8				
	Breast Jack	https://www.youtube.com/watch?v=d04MuoQ9rCg				
Video links for demo	Free Jack	https://www.youtube.com/watch?v=AlmUpibQQsg				
	Kick*	https://youtu.be/WRnq49TA-v-w?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz				
	Split squat band up	https://youtu.be/-7Ea6SKtqUg				
	Kick*/Lat/Squat	Just do the exercise for the time				

CORE & UPPER 4	
Avenirs	
Warm up 1	Name that tune? https://youtu.be/wH3MOQY4B1c
Warm up 2	Black eyed peas https://youtu.be/BvOnN62hPBQ
10 Pulse rows	https://youtu.be/MHFewo6HTUk
10 Snow Angel	https://youtu.be/ZYIHJ3m6UCo
Recovery 30 seconds	Adjust recovery if needed
10 secs Supine Push up	https://youtu.be/8H-TSjVRCUA
15 secs Vertical leg crunches	https://youtu.be/gt62sf7khlU?list=PLCEFFCA54D665B808 (modifications; lift shoulders/bend knees)
Recovery 35 seconds	Adjust recovery if needed
Therband routine (10 each)	https://youtu.be/ib1srzH_q0A
15 secs Dragon press ups	https://youtu.be/sfirxv53L-o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24