



MONDAY

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Poussins/Benjamins			
Cardio Mountain			
Exercise	Work time	Rest	Video link
Warm up	<a href="https://www.youtube.com/watch?v=Z0xtYX1Nf5c">https://www.youtube.com/watch?v=Z0xtYX1Nf5c</a>		
Mountain climbers	15/20/30	15/20/30 s	<a href="https://youtu.be/w2iTOneGPdU">https://youtu.be/w2iTOneGPdU</a>
Mountain climbers	15/20/30		
Half burpees	15/20/30	30	<a href="https://youtu.be/om09kGWJm8w?t=2">https://youtu.be/om09kGWJm8w?t=2</a>
Mountain climbers	15/20/30		
Half burpees	15/20/30		
Standing lunges	15/20/30	45	<a href="https://youtu.be/Kw4QpPFX-cU?t=6">https://youtu.be/Kw4QpPFX-cU?t=6</a>
Mountain climbers	15/20/30		
Half burpees	15/20/30		
Standing lunges	15/20/30		
Push ups	15/20/30		<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
Finished!			
You can try repeating this circuit, taking 60/90/120 rest inbetween each & repeat 2/3 times			
Cool down	Complete YouTube video		<a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>

Tuesday

Tuesday

CORE & LOWER 3	
Poussins/Benjamins	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
20/30 second Superman hold	<a href="https://www.youtube.com/watch?v=R4cbB38p_q8">https://www.youtube.com/watch?v=R4cbB38p_q8</a>
Recovery 30 seconds	
20/30 secs plank try & toes touch	<a href="https://www.youtube.com/watch?v=0c6rLDG9NvA">https://www.youtube.com/watch?v=0c6rLDG9NvA</a>
Recovery 30 seconds	
12 Air or pistol Squat	<a href="https://youtu.be/C_VtOYc6j5c">https://youtu.be/C_VtOYc6j5c</a>
Recovery 30 seconds	<a href="https://youtu.be/sHpBSJeHFMs">https://youtu.be/sHpBSJeHFMs</a>
12 half squat T's (6 each leg)	<a href="https://youtu.be/2r70AJIDJLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/2r70AJIDJLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Recovery 30 seconds	
12 (each side) alternating planks	<a href="https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Recovery 30 seconds	
20/30 seconds Flutter kick	<a href="https://youtu.be/BIJQtdcCzeA">https://youtu.be/BIJQtdcCzeA</a>
1-2 minutes rest	
Repeat 3 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Run set 9 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins/Benjamins	
7.0 (14.0K)KM circuit	
Warm up 2	Black eyed peas <a href="https://youtu.be/BvOnN62hPBO">https://youtu.be/BvOnN62hPBO</a>
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	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

PLYO 10		
Poussins/Benjamins		
180 Jumps	<a href="https://youtu.be/rvv0mdu5j4U">https://youtu.be/rvv0mdu5j4U</a>	10/20/30 secs
Rest		20/40/60 secs
Power Jacks	<a href="https://youtu.be/alaZwJE20Ds">https://youtu.be/alaZwJE20Ds</a>	10/20/30 secs
Rest		20/40/60 secs
Backward Jumps	<a href="https://youtu.be/zP-eRWYrKZg?t=68">https://youtu.be/zP-eRWYrKZg?t=68</a>	10/20/30 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>	10/20/30 secs
Rest		1-2 mins
Repeat		2 times

Wednesday

Cardio set 8		
Poussins/Benamins		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High knees run on spot	15 secs	<a href="https://youtu.be/QPFOZO">https://youtu.be/QPFOZO</a> Do as many as you can do in time!
Air or pistol squat	15 seconds	<a href="https://youtu.be/C_VtOYI">https://youtu.be/C_VtOYI</a> Do as many as you can do in time!
Jumping Jacks	15 seconds	<a href="https://youtu.be/gGZ71si">https://youtu.be/gGZ71si</a> Do as many as you can do in time!
REST	45 secs	
High knees run on spot	20 secs	<a href="https://youtu.be/QPFOZO">https://youtu.be/QPFOZO</a> Do as many as you can do in time!
Sumo Squat	20 secs	<a href="https://youtu.be/sqDGklE">https://youtu.be/sqDGklE</a> Do as many as you can do in time!
Skier Jacks	20 secs	<a href="https://youtu.be/i02As2V">https://youtu.be/i02As2V</a> Do as many as you can do in time!
REST	60 secs	
High knees run on spot	30 secs	<a href="https://youtu.be/QPFOZO">https://youtu.be/QPFOZO</a> Do as many as you can do in time!
Lunge	30 seconds	<a href="https://youtu.be/UpyDdC">https://youtu.be/UpyDdC</a> Do as many as you can do in time!
Mountain climbers	30 seconds	<a href="https://youtu.be/w2ITOn">https://youtu.be/w2ITOn</a> Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2/3	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Wednesday

Thursday

CORE & UPPER 3		
Poussins/Benamins		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
10 Side Push up or 20 secs	<a href="https://youtu.be/5JtdNd3K3M">https://youtu.be/5JtdNd3K3M</a>	
10 (5 each) Staggered arm push up or normal push up	<a href="https://youtu.be/oWK_4kM-M9M">https://youtu.be/oWK_4kM-M9M</a>	
Recovery 30/60 seconds		
10 (each side) alternating superman or 20 secs	<a href="https://youtu.be/DFk3yGzv62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz">https://youtu.be/DFk3yGzv62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz</a>	
Flutter kick 30 secs	<a href="https://youtu.be/BIJQtdcCzeA">https://youtu.be/BIJQtdcCzeA</a>	
Recovery 60 seconds		
Therband routine (12 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>	
12 Triceps dips	<a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a>	
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Thursday

Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!)		
Poussins/Benamins		
3.5KM (7.0KM) circuit		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
0.5K 1.0K	Speed 4 out of 10	(20 secs fast 40 secs speed 4) x4 Then speed 4
1.0K 2.0K		
0.5K 1.0K gentle	Speed 3 out of 10	(20 secs fast 40 secs speed 4) x4 Then speed 3/2
1.0K 2.0K		
0.5K 1.0K	Speed 4 slowing to 3 out of 10	
Cool down	<a href="https://youtu.be/ar3BGF8do7l">https://youtu.be/ar3BGF8do7l</a>	

PLYO 4		
Poussins/Benamins		
Warm up	<a href="https://youtu.be/CjYHKWwHJlk">https://youtu.be/CjYHKWwHJlk</a>	
Warm up 2 Dance Monkey	<a href="https://youtu.be/JDlbz9YxKg">https://youtu.be/JDlbz9YxKg</a>	
Squat jumps	<a href="https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz">https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz</a>	20/30/40 secs
Rest		20/40/60 secs
Sprinter lunges	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz">https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz</a>	20/30/40 secs
Rest		20/40/60 secs
Bear crawl	<a href="https://youtu.be/bfT5TaRfKQw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz">https://youtu.be/bfT5TaRfKQw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zz</a>	30/40 secs
Rest		1 or 2 mins
Repeat		2/3 times
Cool down	<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>	

Friday

Friday

Cardio set 9		
Poussins/Benamins		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
Speed skaters	15 secs	<a href="https://youtu.be/KOTEyG">https://youtu.be/KOTEyG</a> Do as many as you can do in time!
Jumping Jacks	15 seconds	<a href="https://youtu.be/1b98Wv">https://youtu.be/1b98Wv</a> Do as many as you can do in time!
Breaststroke turn & Jump	15 seconds	From BSSC Facebook Barr Do as many as you can do in time!
Rest	45 secs	
Climber taps	20 secs	<a href="https://youtu.be/9pBEn">https://youtu.be/9pBEn</a> : Do as many as you can do in time!
Plank	20 secs	<a href="https://youtu.be/TvxNkm">https://youtu.be/TvxNkm</a> Do as many as you can do in time!
Jumping lunges	20 secs	<a href="https://youtu.be/6SFgE2">https://youtu.be/6SFgE2</a> Do as many as you can do in time!
Rest	60 secs	
High knee marching	30 secs	<a href="https://youtu.be/3Q6n9A">https://youtu.be/3Q6n9A</a> Do as many as you can do in time!
Skier Jack	30 seconds	<a href="https://youtu.be/i02As2V">https://youtu.be/i02As2V</a> Do as many as you can do in time!
Side lunges	30 seconds	<a href="https://youtu.be/4PknCV">https://youtu.be/4PknCV</a> Do as many as you can do in time!
Rest	2 minutes	
Cycles	2/3	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Saturday

Saturday

CORE & LOWER 4	
Poussins/Benamins	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
20 secs Calf raise (with theraband or use a step)	<a href="https://youtu.be/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</a>
20 secs left leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
20 secs right leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
Recovery 60 seconds	
30 secs Calf raises	<a href="https://youtu.be/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</a>
30 secs Dbl leg lifts	<a href="https://youtu.be/l-mPHKQFMkk">https://youtu.be/l-mPHKQFMkk</a>
30 seconds crab walk	<a href="https://youtu.be/Xwcbm93mM-o">https://youtu.be/Xwcbm93mM-o</a>
Recovery 60 seconds	
40 secs Calf raises	<a href="https://youtu.be/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</a>
3 minute standing core entire video	<a href="https://youtu.be/oQ-HZDG2ew">https://youtu.be/oQ-HZDG2ew</a>
1-2 minutes rest	
Repeat 2/3 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Poussins/Benamins						
Swim set 5	Stroke	Distance	Reps	Rep Cycle time	Rest after set	
Warm up	<a href="https://www.youtube.com/watch?v=Z0xtYX1Nf5c">https://www.youtube.com/watch?v=Z0xtYX1Nf5c</a>					
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
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	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>					
Video links for demo	Fly Jack	<a href="https://www.youtube.com/watch?v=7Qi7s_FXs_Q">https://www.youtube.com/watch?v=7Qi7s_FXs_Q</a>				
	Back Jack	<a href="https://www.youtube.com/watch?v=WIHv_LF40x8">https://www.youtube.com/watch?v=WIHv_LF40x8</a>				
	Breast Jack	<a href="https://www.youtube.com/watch?v=d04MuoQ9rCg">https://www.youtube.com/watch?v=d04MuoQ9rCg</a>				
	Free Jack	<a href="https://www.youtube.com/watch?v=AlmUpibQQsg">https://www.youtube.com/watch?v=AlmUpibQQsg</a>				
	Kick*	<a href="https://youtu.be/WRnq49TAv-">https://youtu.be/WRnq49TAv-</a>				
	Split squat band up	<a href="https://youtu.be/-7Ea6SKtqUg">https://youtu.be/-7Ea6SKtqUg</a>				
Kick*/Lat/Squat	Just do the exercise for the time					

CORE & UPPER 4		
Poussins/Benamins		
Warm up 1	Name that tune?	<a href="https://youtu.be/wH3MOOQ4B1c">https://youtu.be/wH3MOOQ4B1c</a>
Warm up 2	Black eyed peas	<a href="https://youtu.be/BvOnN62hPBQ">https://youtu.be/BvOnN62hPBQ</a>
12 Pulse rows		<a href="https://youtu.be/MHFewo6HTUK">https://youtu.be/MHFewo6HTUK</a>
12 Snow Angel		<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
Recovery 30 seconds		Adjust recovery if needed
10 sec Supine Push up		<a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>
15 sec Vertical leg crunches		<a href="https://youtu.be/gt62sf7khLU?list=PLCEfCA54D665">https://youtu.be/gt62sf7khLU?list=PLCEfCA54D665</a> (modifications; lift shoulders/bend knees)
Recovery 35 seconds		Adjust recovery if needed
Therband routine (12 each)		<a href="https://youtu.be/lb1srzH_q0A">https://youtu.be/lb1srzH_q0A</a>
20 secs Dragon press ups		<a href="https://youtu.be/sflrxv53L-o?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/sflrxv53L-o?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	