



MONDAY

TUESDAY

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Older Squads			
Cardio Mountain			
Exercise	Work time	Rest	Video link
Mountain climbers	15/20/30	15/20/30 sec	https://youtu.be/w2iOneGpdU
Mountain climbers	15/20/30		
Half burpees	15/20/30	15/20/30 sec	https://youtu.be/om09kGWIm8w?t=2
Mountain climbers	15/20/30		
Half burpees	15/20/30		
Standing lunges	15/20/30	15/20/30 sec	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/ar38GF8do7I

CORE & LOWER 3			
Older Squads			
Warm up	https://youtu.be/Kdgv6DPAZBU		
30 second Superman hold	https://www.youtube.com/watch?v=R4cbB38p_q8		
12-18 Air or pistol Squat	https://youtu.be/C_VtOYc6j5c	https://youtu.be/sHpBSJehFMs	
30 secs plank try & toes touch	https://www.youtube.com/watch?v=0c6rLDG9NyA		
Recovery 30/60 seconds			
12 -18 half squat T's (6-9 each leg)	https://youtu.be/2r70AJDILQ?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ	optional +10 secs rest if needed	
12-18 (each side) alternating planks	https://youtu.be/DFk3yGZv62U?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ	optional +10 secs rest if needed	
30 seconds Flutter kick	https://youtu.be/BJUQtCzEA	optional +10 secs rest if needed	
Recovery 60 seconds			
12 Power Jacks	https://youtu.be/alaZwJE20Ds		
18 Calf raises (plus theraband if preferred)	https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ		
18 Mountain climbers	https://youtu.be/w2iOneGpdU		
2 minutes rest	Try active recovery		
Repeat 3/4/5 times			
Cool down	https://youtu.be/u5Hr3rNUZ24		

Run set 9 (This can be walk/run or cycle-adapt to your ability or preference!)			
Older Squads			
10.0 (20.0K)KM circuit			
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBQ	
2.0K	4.0K	Easy run/cycle building from speed 2 to speed 3	
1.5K	3.0K	Speed 4	
5.0K	10.0K	(0.5K/1.0K speed 6 then 0.5K/1.0K speed 3) x5	
1.5K	3.0K	Speed 4 to speed 3 to speed 2	

PLYO 10			
Older Squads			
180 Jumps	https://youtu.be/rvv0mdu5j4U	20/30/40 secs	
Power Jacks	https://youtu.be/alaZwJE20Ds	20/30/40 secs	
Rest		40/60 secs	
Backward Jumps	https://youtu.be/zP-eRWyrKzG?t=68	20/30/40 secs	
Forward jumps	https://youtu.be/zP-eRWyrKzG?t=51	20/30/40 secs	
Rest		40/60 secs	
The Flea (just 1st)	https://youtu.be/SUV2weS2Gzg?t=8	20/30/40 secs	
Plyo push up	https://youtu.be/QLsBDcMK9EY	20/30/40 secs	
Rest	1-2 mins		
Repeat	2/3/4 times		

Wednesday

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Cardio set 8 Older Squads			
Warm up	https://youtu.be/E7ghNKOH9To		or your own active warm up
High knees run on spot	20 secs	https://youtu.be/OPfOZ0e30xg	Do as many as you can do in time!
Air or pistol squat	20 secs	https://youtu.be/C_VtOYc6I5c	Do as many as you can do in time!
Jumping Jacks	20 secs	https://youtu.be/gG2Z1sj5vkk?list=PLQSM50J6i	Do as many as you can do in time!
REST	30 secs		
High knees run on spot	30 secs	https://youtu.be/OPfOZ0e30xg	Do as many as you can do in time!
Sumo Squat	30 secs	https://youtu.be/sqDgkIBYPAK	Do as many as you can do in time!
Skier Jacks	30 secs	https://youtu.be/i02As2W8NWU	Do as many as you can do in time!
REST	60 secs		
High knees run on spot	40 secs	https://youtu.be/OPfOZ0e30xg	Do as many as you can do in time!
Lunge	40 seconds	https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6i	Do as many as you can do in time!
Mountain climbers	40 seconds	https://youtu.be/w2iTOncGPdU	Do as many as you can do in time!
Rest between cycles	1-2 minutes		
Cycles	2/3/4/5		
Cool down	https://youtu.be/u5Hr3rNUZ24		

Thursday

Thursday

CORE & UPPER 3 Older Squads			
Warm up	https://youtu.be/Kdgv6DPAZBU		
10/12/14 Side Push up or 15/20/30 secs		https://youtu.be/5tJdNd3K3M	
10/12/14 (5 each) Staggered arm push up or build		https://youtu.be/oWK_4kM-M9M	
Recovery 30/60 seconds			
10/12/14 (each side) alternating superman or 20/30secs		https://youtu.be/DFk3yGzV62U?list=PLQSM50J6i	brKdSOSbyjXaQ_zN_HSSp7zZ
Flutter kick 30/40/60		https://youtu.be/BIJQtdcCzeA	
Recovery 30/60 seconds			
Therband routine (16 each)		https://youtu.be/lb1srzH_q0A	
12/14/16 Triceps dips		https://youtu.be/3vdgLFk8e0	
Recovery 1-2 mins			
Repeat 3/4 times			
Cool down	https://youtu.be/u5Hr3rNUZ24		

Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!) Older Squads			
5.0KM (10.0KM) circuit			
Warm up	https://youtu.be/Kdgv6DPAZBU		
1.0K 2.0K	Speed 4 out of 10		
2.0K 4.0K	(20 secs fast 40 secs speed 4) x4 Then speed 4 or (30 secs fast 60 secs speed 4) x4 Then speed 4		
1.0K 1.0K	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 3 out of 10		
Cool down	https://youtu.be/ar38GF8do7I		

PLYO 4 Older Squads			
Warm up	https://youtu.be/CjYHKWwHJk		
Warm up 2 Dance Monkey	https://youtu.be/lJdIbz9YxKg		
Squat jumps	https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6i	brKdSOSbyjXaQ_zN_HSSp7zZ	20/30/40 secs
Rest			20/40/60 secs
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6i	brKdSOSbyjXaQ_zN_HSSp7zZ	20/30/40 secs
Rest			20/40/60 secs
Bear crawl	https://youtu.be/bfT5TaRFKQw?list=PLQSM50J6i	brKdSOSbyjXaQ_zN_HSSp7zZ	30/40 secs
Rest			1 or 2 mins
Repeat			2/3/4 times
Cool down	https://youtu.be/2TzewWk-fdk		

Friday

Friday

Cardio set 9
Older Squads

Warm up <https://youtu.be/E7ghNKOH9To> or your own active warm up

Speed skaters 20 secs <https://youtu.be/KOTeYgY93OY> Do as many as you can do in time!

Jumping Jacks 20 secs <https://youtu.be/1b98WrrRmUs> Do as many as you can do in time!

Breaststroke turn & Jump 20 secs From BSSC Facebook Barry demo Do as many as you can do in time!

Rest 30 secs

Climber taps 30 secs https://youtu.be/9pBEn_zQhoc?lis Do as many as you can do in time!

Plank 30 secs <https://youtu.be/TvxNkmjdMm> Do as many as you can do in time!

Jumping lunges 30 secs https://youtu.be/65FgE2_og_s Do as many as you can do in time!

Rest 60 secs

High knee marching 40 secs <https://youtu.be/3Q6n9AVN4Yc> Do as many as you can do in time!

Skier Jack 40 seconds <https://youtu.be/i02As2W8NwU> Do as many as you can do in time!

Side lunges 40 seconds <https://youtu.be/4PknCVJ5aqY> Do as many as you can do in time!

Rest between cycles 1-2 minutes

Cycles 2/3/4/5

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

Saturday

Saturday

CORE & LOWER 4
Older Squads

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

30 secs Calf raise (with theraband or use a step) <https://youtu.be/a2xibhP4MkY>

30 secs left leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCc&t=1s>

30 secs right leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCc&t=1s>

Recovery 45 seconds

40 secs Calf raises <https://youtu.be/a2xibhP4MkY>

40 secs Dbl leg lifts <https://youtu.be/l-mPHKQEMkk>

40 seconds crab walk <https://youtu.be/Xwcbm93mM-o>

Recovery 60 seconds

45 secs Calf raises <https://youtu.be/a2xibhP4MkY>

60 secs Plank https://youtu.be/TyIuJcZHYV7?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

2 minutes rest Try active recovery

Repeat 3/4/5 times

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

Older Squads

Swim set 5	Stroke	Distance (m)	Reps	Rep Cycle time (secs or mins)	Rest after set
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
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				
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=AlmUjibQQsg			
	Kick*	https://youtu.be/WRnq49TAw-w?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ			
	Split squat band up	https://youtu.be/-7Ea6SKtUg			
	Kick*/Lat/Squat	Just do the exercise for the time			

CORE & UPPER 4
Older Squads

Warm up 1 Name that tune? <https://youtu.be/wH3MOQY4B1c>

Warm up 2 Black eyed peas <https://youtu.be/BvOnN6zhPBQ>

12 -18 Pulse rows <https://youtu.be/MHFewo6HTUK>

12-18 Snow Angel <https://youtu.be/ZYIHJ3m6UCo>

Recovery 30 seconds

15 sec Supine Push up <https://youtu.be/8H-TSjVRcUA> Adjust recovery if needed

30 sec Vertical leg crunches <https://youtu.be/gt62sf7khlU?list=PLCEFCAS4D665B8080>

Recovery 45 seconds

Therband routine (12 - 18each) https://youtu.be/ib1srzH_q0A Adjust recovery if needed

30 secs Dragon press ups https://youtu.be/sflrxv53L-o?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

Recovery 1-2 mins Adjust recovery if needed

Repeat 3/4 times

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