



MONDAY

Older Squads			
EMOM Cardio 10 A			
(Every minute on the minute for 10 minutes)			
Warm up	Dance along warm up		https://youtu.be/_DnVz-oHuB4
Round 1		Reps	
	1 180 degree Jumps	6,8,10	https://youtu.be/rvv0mdu5j4U
	2 Speed Skaters	10	https://youtu.be/1b98WrRrmUs
	3 Skier Jacks	10	https://youtu.be/iQ2As2W8NwU
	Rest until minute up		
Round 2	Fly Jacks	10	https://www.youtube.com/watch?v=7Qi7s
	Curtsey Lunge	10	https://youtu.be/MUKzbODTURg
	Breastroke Jacks	10	https://www.youtube.com/watch?v=d04M
	Rest until minute up then go back to round 1		
So each round will be done 5 times i.e. R1R2,R1R2,R1R2,R1R2,R1R2			
Make sure you focus on technique on each exercise			
Cool down	Complete YouTube video	1	https://youtu.be/ar3BGF8do7I

MONDAY

Older Squads			
EMOM Lower 10 A			
(Every minute on the minute for 10 minutes)			
Warm up			https://youtu.be/Kdgv6DPAZBU
Round 1			
	1 Dynamic squats	10	https://youtu.be/EHUEE1ShiYU?list=PLQSMSOJ6
	2 Jumping Lunges	6,8,10	https://youtu.be/6SFgE2_og_s
	3 180 degree Jumps	6,8,10	https://youtu.be/rvv0mdu5j4U
	Rest until minute up		
Round 2	Pulse lunge R	10	https://youtu.be/npFQHBFdNzQ
	Pulse lunge L	10	https://youtu.be/npFQHBFdNzQ
	Squat Jumping Jack	6,8,10	https://youtu.be/VZF5GWd7t9E?list=PLQSMSOJ6
	Rest until minute up then go back to round 1		
So each round will be done 5 times i.e. R1R2,R1R2,R1R2,R1R2,R1R2.			
Make sure you focus on technique on each exercise			
Cool down			https://youtu.be/u5Hr3rNUZ24

Tuesday

Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!)			
Older Squads			
2.5KM circuit	or 5.0KM		
Warm up			https://youtu.be/Kdgv6DPAZBU
0.5K 1.0km			Speed start 3 build to 4 out of 10
0.5K 1.0km			Speed 5 30secs speed 4 30 secs for 0.5K
0.5K 1.0km			Speed 6 20secs speed 3 40 secs for 0.5K
0.5K 1.0km			Speed 8 10secs speed 3 50 secs for 0.5K
0.5K 1.0km			Speed 4 slowing to 3 out of 10
Cool down			https://youtu.be/ar3BGF8do7I

Tuesday

PLYO 5			
Older Squads			
Warm up			https://youtu.be/CiYHKWwHJk
Warm up 2	Dance Monkey		https://youtu.be/UDlBz9YxKg
Plyo jumps			https://youtu.be/QE8k1wixu9s
Rest			20/30/40 secs
Broad jumps			https://youtu.be/96zjo3nlmHI
Rest			20/40/60 secs
Monkey Jumps			https://youtu.be/YJ7dITv1MaA
Rest			20/30/40 secs
Hop Heel clicks			https://youtu.be/4XcGTvcSRxY?list=PLQSMSOJ6JbrKdSOSbyjX
Rest			20/30/40 secs
Repeat			1 or 2 mins
Cool down			2/3/4 times
			https://youtu.be/2TzewWk-fdk

Wednesday

Cardio set 4 Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y Easy
Burpee or	30/40 secs	https://youtu.be/TU8QYVW0gI Do as many as you can do in time!
Burpee modification		https://youtu.be/wVQ8-yAeU9I Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y Easy
Jumping lunge (alternate legs)	30/40 secs	https://youtu.be/6SFgE2_og_s Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9AVN4Y Easy
Leg Lifts	30/40 secs	https://youtu.be/l-mPHKQFMkI Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y Easy
Plank 1 or	40 secs	https://youtu.be/TvxNkmjdhMI Hold!
Plank 2 or		https://youtu.be/_rdfjFSFKMY Hold!
Plank 3		https://youtu.be/-LRjkbEy-qU Hold!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y Easy
Rest between cycles	1 min 40 secs	
Cycles	3/4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

Older Squads EMOM Upper 10 A (Every minute on the minute for 10 minutes)		
Warm up https://youtu.be/Kdgv6DPAZBU		
Round 1		
	1 Res. band shoulder press	10,12 https://youtu.be/0rLkQweldG
	2 Chest press band	10,12 https://youtu.be/mfH8NoB-koU
	3 Snow Angels	10,12 https://youtu.be/ZYHJ3m6UCo
	Rest until minute up	
Round 2		
	Plyo Push up	6,8,10 https://youtu.be/QIsBDcMK9EY
	Pulse rows	10,12 https://youtu.be/MHFewo6HTUk
	Lat Pull downs	10,12 https://youtu.be/i6nBrxClkLQ?t=35
	Rest until minute up then go back to round 1	
So each round will be done 5 times i.e. R1R2,R1R2,R1R2,R1R2,R1R2.		
Make sure you focus on technique on each exercise When using a band, make sure you use a tension that challenges you!		
Cool down https://youtu.be/u5Hr3rNUZ24		

Thursday

Run set 6 (This can be walk/run -adapt to your ability or preference!)		
Older Squads		
3.0 KM circuit		
Warm up https://youtu.be/Kdgv6DPAZBU		
0.5K	Speed start 3 build to 4 out of 10	
0.5K	Speed 5 plus 10 air squats every 60seconds	
1.0K	Speed 3	
0.5K	Speed 5 plus 10 air squats every 60seconds	
0.5K gentle	Speed 4 slowing to 3 out of 10	
Cool down https://youtu.be/u5Hr3rNUZ24		

Thursday

PLYO 6 Older Squads		
Warm up https://youtu.be/CiYHKWwHJk		
Warm up 2	Dance Monkey	https://youtu.be/IJDlbz9YxKg
Sprinter lunges		https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyjX 20/40/60 secs
Rest		20/40/60 secs
180 bounds		https://youtu.be/rvv0mdu5i4U 20/30/40 secs
Rest		20/40/60 secs
In an out squat jumps		https://youtu.be/Sl3od04PeZA 20/30/40 secs
Rest		20/40/60 secs
Ape Hops		https://youtu.be/XG6eViFp0hw?list=PLQSMS0J6JbrKdSOSbyjX 20/30/40 secs
Rest		1 or 2 mins
Repeat		2/3/4 times
Cool down https://youtu.be/2TzewWk-fdk		

Cardio set 11 Older Squads		
Warm up		https://youtu.be/E7ghNKOH9To or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y Easy
Staggered arm push up (change arms)	40 secs	https://youtu.be/oWK_4kM-MI Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y 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/3Q6n9AVN4Y Easy
Shoulder Press theraband	18 Reps	https://youtu.be/0rLkOweIDg Use weight if u have no bands
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y Easy
Diamond push up	40 secs	https://youtu.be/dmoHFwT-MI Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down		https://youtu.be/u5Hr3rNUZ24

LOWER 2 Older Squads		
Warm up		
Squat cross step	20	https://youtu.be/8JLMA-Z551o?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7
Curtsey lunge	20	https://youtu.be/MUKzbODTURg
Squat hold calf raises	20	https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7
Calf raises	20	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7
Rest	40	
Pulse lunge R	20	https://youtu.be/npFQHBfDnZQ
Pulse lunge L	20	https://youtu.be/npFQHBfDnZQ
Split squat R with or without band	20	https://youtu.be/-7Ea6SKtgUg
Split squat L with or without band	20	https://youtu.be/-7Ea6SKtgUg
Rest	40	Try active recovery
Dynamic squats	30	https://youtu.be/EHUE1ShiYU?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7
Squat jumping jack	30	https://youtu.be/VZF5Gwd7t9E?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7
1-2 minutes rest		Try active recovery
Repeat 2/3/4 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/3Q6n9AVN4Y Easy
Jumping Jacks	40 secs	https://youtu.be/1b98WrrmU Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y 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/3Q6n9AVN4Y Easy
Squat Thrusts side kick	40 secs	https://youtu.be/1qC0JoaKiY? Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Y 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/3Q6n9AVN4Y Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down		https://youtu.be/u5Hr3rNUZ24

CORE & UPPER 2 Older Squads		
Warm up		https://youtu.be/Kdgv6DPAZBU https://youtu.be/Eh00_rniF8
12-18 Push up (use wall/knee/floor)		https://youtu.be/dmoHFwT-Mms
Escalate difficulty on each round		
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=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zz
30 secs Plank shoulder taps		https://youtu.be/gWHQpMud7vw?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zz
Recovery 30 seconds		Adjust recovery if needed
30 secs Supine Push up		https://youtu.be/8H-TSIVRCUA
TheraBand routine (12-18 each)		https://youtu.be/ib1srzH_g0A
Recovery 60 seconds		Adjust recovery if needed
Repeat 3/4/5 times		
Cool down		https://youtu.be/u5Hr3rNUZ24