



Monday

Cardio Upper 5 X 5
Avenirs

Warm up x2		https://youtu.be/CjYHKWwH	https://youtu.be/LRLx32lioCg	(do both)
16	10	4	10	12
Shoulder press band	Theraband Lat	Burpee	Push Ups	Dips
https://youtu.be/0rLjkQweIDg				
REST 60				
Dips	Shoulder press band	Burpee	Theraband Lat	Push ups
https://youtu.be/dl8_opVOA0Y				
REST 80				
Push ups	Dips	Burpee	Shoulder press band	Theraband Lat
https://youtu.be/Eh00_rniF8E				
REST 60/90				
Theraband Lat	Push ups	Burpee	Dips	Shoulder press
https://youtu.be/DBHusZ9VqRo				
REST 60/100				
Shoulder press	Theraband Lat	Burpee	Push ups	Dips

Make sure you get a good warm up for this!
So you have a cycle of 5 exercises as an inverse pyramid which rotates the exercises between the number of reps each cycle.
Try and do each cycle straight through!

Cool down [Complete YouTube video https://youtu.be/ar38GF8do7l](https://youtu.be/ar38GF8do7l)

Monday

CORE & LOWER 1
Avenirs

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

Rest 1-2 mins

10 left leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCfc&t=1s>

10 right leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCfc&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/YRqoIM0uOPY>

10 Oblique dble twists <https://youtu.be/-vOfsdwqaY?list=PLCEFCA54D665B8080>

Recovery 60 seconds

Repeat 2 times

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

Tuesday

Swim Cardio
Avenirs

Warm up		https://youtu.be/Kdgv6DPAZBU
Fly Jacks	20 secs	https://youtu.be/7Qi7s_FXs_Q
Easy March	10 secs	
Backstroke skier Jacks	20 secs	https://youtu.be/WIHv_LF40x8
Easy March	10 secs	
Breastroke Squat jacks	20 secs	https://youtu.be/d04MuoQ9rCg
Easy March	10 secs	
Free Jacks	20 secs	https://youtu.be/AlmUpibQQsg
Easy March	10 secs	
Rest 1-2 mins		
Flutter kicks	10 secs	
Mountain climbers	15 secs	
Flutter Kicks	20 secs	
Plank	30 secs	
Flutter kicks	20 secs	
Plank	15 secs	
Flutter kicks	10 secs	
Rest 1-2 mins		
Repeat whole set 2 times		
Cool down		https://youtu.be/u5Hr3rNUZ24

Tuesday

Upper body 1
Avenirs

Warm up 2	Dance Monkey	https://youtu.be/JDlbz9YxKg	
Slow cross punches		https://youtu.be/NDw5dxst	30 secs
Bicep curl extension		https://youtu.be/NDw5dxst	30 secs
Hi Low extensions		https://youtu.be/NDw5dxst	30 secs
Ventral and lateral raise extension		https://youtu.be/NDw5dxst	30 secs
Ext shoulder rotation		https://youtu.be/NDw5dxst	30 secs
Rhomboid squeeze		https://youtu.be/NDw5dxst	30 secs
Double cross extension		https://youtu.be/NDw5dxst	30 secs
Plyometric push up		https://youtu.be/NDw5dxst	30 secs
Rest 1-2 mins			Work through as continuous
Repeat			2 times
Cool down		https://youtu.be/2TzewWk-fdk	

Cardio Lower 5 X 5
Avenirs

Warm up <https://youtu.be/CiYHKWwH>, <https://youtu.be/LRLx32lioCg> (do both)

16 reps Side Hops	10 reps Forward Lunge	4 reps Plank Jump in	10 reps Glute Bridge	12 reps Squat jumps
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https://youtu.be/OZxLHEkzBp4?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ

REST 1-2 mins

Squat jumps	Side Hops	Plank Jump in	Forward Lunge	Glute Bridge
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https://youtu.be/bv7as8mDXLQ?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ

REST 1-2 mins

Glute Bridge	Squat jumps	Plank Jump in	Side Hops	Forward Lunge
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<https://youtu.be/YRqolM0u0PY> https://youtu.be/b-83f_fz-H0?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ

REST 1-2 mins

Forward Lunge	Glute Bridge	Plank Jump in	Squat jumps	Side Hops
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https://youtu.be/UpyDdQjBTa0?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ

REST 1-2 mins

Side Hops	Forward Lunge	Plank Jump in	Glute Bridge	Squat jumps
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Cool down <https://youtu.be/u5Hr3rNUZ24>

Make sure you get a good warm up for this!
So you have a cycle of 5 exercises as an inverse pyramid which rotates the exercises between the number of reps each cycle.
Try and do each cycle straight through!

Wednesday

Wednesday

CORE 1
Avenirs

Warm up	https://youtu.be/Kdgv6DPAZBU	
Scissors	https://youtu.be/tugL2IM4Syk?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ	30 secs
Superman	https://youtu.be/67rpxYnkbZY?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ	30 secs
Side plank rotations	https://youtu.be/RrXJTxyiC8?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ	30 secs
Rest		60 secs
Bridge taps	https://youtu.be/8Imxy4QKLbo?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ	30 secs
Sit outs	https://youtu.be/RvDPD_hWX6E?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ	30 secs
Body saw plank	https://youtu.be/ZTN2mCuYi2Y?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ	30 secs
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Thursday

Thursday

Run set 7 (This can be walk/run or cycle-adapt to your ability or preference!)
Avenirs

3.0 (6.0K)KM circuit

Warm up		https://youtu.be/Kdgv6DPAZBU
0.5K	1.0k	Speed start 3 build to 4 out of 10
0.5K	1.0k	Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
1.0K	2.0k	Speed 3
0.5K	1.0k	Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
0.5K gentle	1.0k	Speed 4 slowing to 3 out of 10
Cool down		https://youtu.be/u5Hr3rNUZ24

PLYO 9
Avenirs

Plyo jumps	https://youtu.be/QE8k1wixu9s	20/30/40 secs
Rest		20/40/60 secs
Broad jumps	https://youtu.be/96zJo3nlmHI	20/30/40 secs
Rest		20/40/60 secs
Monkey Jumps	https://youtu.be/YJ7dITv1MaA	20/30/40 secs
Rest		20/30/40 secs
Forward jumps	https://youtu.be/zP-eRWyrKZg?t=51	20/30/40 secs
Rest		1-2 mins
Repeat		2 times

Cardio corner 2 only 3 minutes of MAX exercise (plus warm up and cool down)

Avenirs

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees marching	15 seconds	https://youtu.be/3C
Mountain climbers	15 seconds	https://youtu.be/w
Diver push ups*	15 seconds	https://youtu.be/tQ
Thigh taps	15 seconds	https://youtu.be/sg
Stacked push ups*	15 seconds	https://youtu.be/YE
Flutter kicks	15 seconds	https://youtu.be/W
Pike push up*	15 seconds	https://youtu.be/x7
High knees marching	15 seconds	https://youtu.be/3C
Rest	2 mins	
Repeat 2 times		Do as many as you can do in time!
* use previous adaptations if necessary		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Friday

Lower Body 1

Avenirs

Warm up		https://youtu.be/Kdgv6DPAZBU
Lunge step ups Left leg	15 secs	https://youtu.be/KM6-6xTRpow?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Lunge step ups Right leg	15 secs	https://youtu.be/KM6-6xTRpow?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Rest	30 secs	
Right side lunge	15 secs	https://youtu.be/dTGZS-WCH4U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Left side lunge	15 secs	https://youtu.be/dTGZS-WCH4U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Rest	30 secs	
Dynamic squats	15 secs	https://youtu.be/EHUeE1ShiYU?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Sprinter lunges	15 secs	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Rest	30 secs	
Calf raises	15 secs	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Pike Calf raise	15 secs	https://youtu.be/Wk5FtesRSsE
1-2 minutes rest		Try active recovery
Repeat 2 times		
Cool down		https://youtu.be/u5Hr3rNUZ24

Cardio corner 3 only 3 minutes of MAX exercise (plus warm up and cool down)

Avenirs

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLC
Squat jumps	15 seconds	https://youtu.be/bv7as8mDXLQ?list=PL
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
Squat jumping jacks	15 seconds	https://youtu.be/VZF5Gwd7t9E?list=PL
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
Sprinter lunges	15 seconds	https://youtu.be/kaFs0XcgUfo?list=PLQ
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
Squat cross step	15 seconds	https://youtu.be/8JLMA-Z5S1o?list=PLC
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
In and out squats	15 seconds	https://youtu.be/SI3od04PeZA
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
Squat hold calf raise	15 seconds	https://youtu.be/wYoE11arXlw?list=PLC
Repeat 2 times		Do as many as you can do in time!
Cool down		https://youtu.be/u5Hr3rNUZ24

Saturday

Saturday

Run set 8 (This can be walk/run or cycle-adapt to your ability or preference!)

Avenirs

5.0 (10.0K)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
2.0K	4.0K	(0.5K/1.0K speed 5 then 0.5K/1.0K speed 4) x 2
1.0K	2.0k	Speed 4 to speed 3
Cool down		https://youtu.be/u5Hr3rNUZ24