

		Avenirs				
Swim set 2	Stroke	Distance	Reps	Rep Cycle time	Rest after set	
Warm up		(m)		secs or mins		
	<a href="https://www.youtube.com/watch?v=Z0xtYX1Nf5c">https://www.youtube.com/watch?v=Z0xtYX1Nf5c</a>					
Main set	1	Free Jack	50	6	45/60/1.15	60/90
	2	Kick*	NA	NA	30/45/60/90	60/90
	3	IM Jack	100	3	1.15/1.30/1.45	60/90
	4	Pull*	NA	NA	30/45/60/90	60/90
	5	A Stroke	50	6	45/60/1.15	60/90
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>			
		IM	<a href="https://www.youtube.com/watch?v=IJdfaQgyrUQ">https://www.youtube.com/watch?v=IJdfaQgyrUQ</a>			
		Turns	<a href="https://www.youtube.com/watch?v=OOnEthEhRks">https://www.youtube.com/watch?v=OOnEthEhRks</a>			
		Kick*	<a href="https://youtu.be/WRnq49TAw-w?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zz">https://youtu.be/WRnq49TAw-w?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zz</a>			
		Pull*	<a href="https://youtu.be/dl8_opV0A0Y">https://youtu.be/dl8_opV0A0Y</a>			
		Kick*/Pull*	Just do the exercise for the time			

Monday

Monday

CORE & LOWER 1	
Avenirs	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 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>
10 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 30 seconds	
10 Stationary lunge	<a href="https://youtu.be/w2Qbxb6nJKc">https://youtu.be/w2Qbxb6nJKc</a>
10 Reverse lunge and knee lift	<a href="https://youtu.be/TsFU7f6TaR0">https://youtu.be/TsFU7f6TaR0</a>
Recovery 30 seconds	
10 Glute bridges	<a href="https://youtu.be/YRqoIM0u0PY">https://youtu.be/YRqoIM0u0PY</a>
10 Oblique dble twists	<a href="https://youtu.be/-vVOfsdwgaY?list=PLCEFCA54D665B8080">https://youtu.be/-vVOfsdwgaY?list=PLCEFCA54D665B8080</a>
Recovery 60 seconds	
Repeat 2 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Run set 1 (This can be walk/run or cycle-adapt to your ability or preference!)	
Avenirs	
2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
0.5K	Speed 4 out of 10
0.5K	Speed 6 (out of 10)
0.5K	Speed 4 slowing to 3 out of 10
Cool down	<a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>

Tuesday

Tuesday

PLYO 1	
Avenirs	
Warm up	Dance Monkey <a href="https://youtu.be/IJdlbz9YxKg">https://youtu.be/IJdlbz9YxKg</a>
Plyo jumps	<a href="https://youtu.be/QE8k1wjxu9s">https://youtu.be/QE8k1wjxu9s</a>
Rest	20/30/40 secs
Broad jumps	<a href="https://youtu.be/96zJo3nlmHI">https://youtu.be/96zJo3nlmHI</a>
Rest	20/40/60 secs
Monkey Jumps	<a href="https://youtu.be/YJ7dITv1MaA">https://youtu.be/YJ7dITv1MaA</a>
Rest	20/30/40 secs
Repeat	1 or 2 mins
Cool down	2 times
	<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>

Wednesday

Swim set 3	Stroke	Distance (m)	Reps	Rep Cycle time secs or mins	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	Back Jack	25	12	30/45/60	straight on
	2	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	3	Lat band pull down*	NA	NA	30/45/60/90	plus 15/20/30 secs
	4	Air Squat	NA	NA	30/45/60/90	plus 15/20/30 secs
	5	Free Jack	25	12	30/45/60	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	Back Jack	<a href="https://www.youtube.com/watch?v=WIHv_LF40x8">https://www.youtube.com/watch?v=WIHv_LF40x8</a>				
	Free Jack	<a href="https://www.youtube.com/watch?v=AlmUpibQQsg">https://www.youtube.com/watch?v=AlmUpibQQsg</a>				
	Kick*	<a href="w?list=PLQSMS0J6JbrKdSOsbyjXaQ_zN_HSSp7zz">w?list=PLQSMS0J6JbrKdSOsbyjXaQ_zN_HSSp7zz</a>				
	Lat band pull down*	<a href="https://youtu.be/n-lzgCIH99Q?t=33">https://youtu.be/n-lzgCIH99Q?t=33</a>				
	Air Squat	<a href="https://youtu.be/Zqc_lC93hak?list=PLQSMS0J6JbrKdSO">https://youtu.be/Zqc_lC93hak?list=PLQSMS0J6JbrKdSO</a>				
	Kick*/Lat/Squat	Just do the exercise for the time				

Wednesday

**CORE & UPPER 1**  
**Avenirs**

Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
10 Tricep dips	<a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a>
Recovery 60 seconds	
10 Glute bridges	<a href="https://youtu.be/YRqoIM0u0PY">https://youtu.be/YRqoIM0u0PY</a>
10 Oblique dble twists	<a href="https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080</a>
Recovery 60 seconds	
TheraBand routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
10 Push up (use wall/knee/floor)	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 1-2 mins	
Repeat 2 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Thursday

**Run set2 (This can be walk/run or cycle-adapt to your ability or preference!)**

**Avenirs**

2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
1.0K	(15 secs fast 45 secs speed 4) x3 Then speed 4
0.5K	Speed 5 (out of 10)
0.5K gentle	Speed 4 slowing to 3 out of 10
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Thursday

**PLYO 2**

**Avenirs**

Warm up	<a href="https://youtu.be/CjYHKWwHJk">https://youtu.be/CjYHKWwHJk</a>	
Warm up 2	Dance Monkey	<a href="https://youtu.be/IJDIbz9YxKg">https://youtu.be/IJDIbz9YxKg</a>
180 bounds		<a href="https://youtu.be/rv0mdu5j4U">https://youtu.be/rv0mdu5j4U</a>
Rest		20/30/40 secs
In an out squat jumps		<a href="https://youtu.be/Sl3od04PeZA">https://youtu.be/Sl3od04PeZA</a>
Rest		20/40/60 secs
Lizard walk		<a href="https://youtu.be/SIKZikW4do0">https://youtu.be/SIKZikW4do0</a>
Rest		20/30/40 secs
Repeat		1 or 2 mins
Cool down		2 times
		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>



Friday

Friday

Cardio set 5		
Avenirs		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Push ups (knees)	15 seconds <a href="https://youtu.be/LiKfLE2K_DI?list=R">https://youtu.be/LiKfLE2K_DI?list=R</a>	Do as many as you can do in time!
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Tricep dips	15 seconds <a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a>	Do as many as you can do in time!
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Push up shoulder touch (Knees)	15 seconds <a href="https://www.youtube.com/watch?v">https://www.youtube.com/watch?v</a>	Do as many as you can do in time!
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Push up diamond (knees)	15 seconds <a href="https://youtu.be/dmoHFWt-Mms">https://youtu.be/dmoHFWt-Mms</a>	Do as many as you can do in time!
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

CORE & LOWER 2	
Avenirs	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 Dynamic side plan R	<a href="https://youtu.be/_rdfiFSFKMY">https://youtu.be/_rdfiFSFKMY</a>
10 Dynamic side plan L	<a href="https://youtu.be/_rdfiFSFKMY">https://youtu.be/_rdfiFSFKMY</a>
Recovery 30 seconds	
10 Sumo Squat	<a href="https://youtu.be/sqDGkIBYPAk">https://youtu.be/sqDGkIBYPAk</a>
10 Fwd squat jumps	<a href="https://youtu.be/6qXK5SY8r8U">https://youtu.be/6qXK5SY8r8U</a>
Recovery 30 seconds	
10 Bicycle abs	<a href="https://youtu.be/9FGilxCbdz8">https://youtu.be/9FGilxCbdz8</a>
10 V sits scissors to flutter kick	<a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>
Recovery 1-2 mins	
Repeat 2 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Saturday

Saturday

Cardio set 6		
Avenirs		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Jumping Jacks	15 seconds <a href="https://youtu.be/1b98WrrmUs">https://youtu.be/1b98WrrmUs</a>	Do as many as you can do in time!
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Back Extensions	15 seconds <a href="https://youtu.be/9q_uz605P_k">https://youtu.be/9q_uz605P_k</a>	Do as many as you can do in time!
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Squat Thrusts side kick	15 seconds <a href="https://youtu.be/1qC0lJoqKjY?list=F">https://youtu.be/1qC0lJoqKjY?list=F</a>	Do as many as you can do in time!
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Squat Jumps	15 seconds <a href="https://youtu.be/AzI5tkCzDcc">https://youtu.be/AzI5tkCzDcc</a>	Do as many as you can do in time!
High Knee marching	30 secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>	Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

CORE & UPPER 2	
Avenirs	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
10 Push up (use wall/knee/floor)	(diamond shape hands/push with rotation) <a href="https://youtu.be/dmoHFWt-Mms">https://youtu.be/dmoHFWt-Mms</a>
Escalate difficulty on each round	
10 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
Recovery 60 seconds	Adjust recovery if needed
10 secs Body saw planks	<a href="https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
10 secs Plank shoulder taps	<a href="https://youtu.be/gWHQpMud7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/gWHQpMud7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Recovery 60 seconds	Adjust recovery if needed
10 secs Supine Push up	<a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>
TheraBand routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
Recovery 1-2 mins	Adjust recovery if needed
Repeat 2/3 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>