



Poussins / Benjamins						
Swim set 2	Stroke	Distance (m)	Reps	Rep Cycle time	Rest after set	
Warm up	https://www.youtube.com/watch?v=20xtYX1NF5c					
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	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				
	IM	https://www.youtube.com/watch?v=IjdfaQgyrUQ				
	Turns	https://youtu.be/WRnq49TAV-				
	Kick*	https://youtu.be/WRnq49TAV-w?list=PLQSMS0J6jbrKdSOSbyjXaQ_zN_HSSp7				
	Pull*	https://youtu.be/dl8_opV0A0Y				
Kick*/Pull*	Just do the exercise for the time					

CORE & LOWER 1	
Poussins / Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
10 right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&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/YRqoIM0u0PY
10 Oblique dble twists	https://youtu.be/-vVOfdwaaY?list=PLCEFA54D665B88080
Recovery 60 seconds	
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Run set 1 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins/Benjamins	
2.5KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
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	https://youtu.be/ar3BGF8do7l

PLYO 1		
Poussins/Benjamins		
Warm up	Dance Monkey	https://youtu.be/UDlBz9YxKg
Plyo jumps		https://youtu.be/OE8k1wjxu9s
Rest		20/30/40 secs
Broad jumps		https://youtu.be/96zJg3nimHI
Rest		20/40/60 secs
Monkey Jumps		https://youtu.be/Vj7dtTv1MaA
Rest		20/30/40 secs
Repeat		1 or 2 mins
Repeat		2/3 times
Cool down		https://youtu.be/2TzewWk-fdk

Swim set 3	Stroke	Distance (m)	Reps	Rep Cycle time	Rest after set
Warm up	https://www.youtube.com/watch?v=Z0xtYX1NF5c				
Main set	1	Back Jack	25	12	30/45/60
	2	Kick*	NA	NA	30/45/60/90
	3	Lat band pull down	NA	NA	30/45/60/90
	4	Air Squat	NA	NA	30/45/60/90
	5	Free Jack	25	12	30/45/60
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	Back Jack	https://www.youtube.com/watch?v=WIHv_LF40x8			
	Free Jack	https://www.youtube.com/watch?v=AlmUpibQQsg			
	Kick*	https://youtu.be/WRnq491Avr			
	Lat band pull down	w?list=PLQSM50J6brkD5S0SbvjXaQ_zN_HSSp7zZ			
	Air Squat	https://youtu.be/n-lzgCIH99Q?t=33			
	Kick*/Lat/Squat	https://youtu.be/Zqc_lC93hak?list=PLQSM50J6brkD5 Just do the exercise for the time			

Wednesday

Wednesday

CORE & UPPER 1 Poussins/Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 Snow Angel	https://youtu.be/7YIH3m6UCo
10 Tricep dips	https://youtu.be/3ydgLFLK8e0
Recovery 60 seconds	
10 Glute bridges	https://youtu.be/YRqolM0u0PY
10 Oblique dble twists	https://youtu.be/-vVOFsdwqay?list=PLCFCA54D665B8080
Recovery 60 seconds	
TheraBand routine (10 each)	https://youtu.be/lb1srzH_g0A
10 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rnIF8E
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Run set 2 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins/Benjamins	
2.5KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
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	https://youtu.be/u5Hr3rNUZ24
PLYO 2 Poussins/Benjamins	
Warm up	https://youtu.be/CYHKWwHJlk
Warm up 2	Dance Monkey https://youtu.be/1JDIbz9Yxkg
180 bounds	https://youtu.be/rv0mdu5j4U
Rest	20/30/40 secs
In an out squat jumps	https://youtu.be/Sl3od04PeZA
Rest	20/40/60 secs
Lizard walk	https://youtu.be/SIKZikW4do0
Rest	20/30/40 secs
Repeat	1 or 2 mins
Cool down	2/3 times
	https://youtu.be/2TzewWk-fdk

Thursday

Thursday

Cardio set 5	
Poussins/Benjamins	
Warm up	https://youtu.be/E7ghNKOH9To or your own active warm up
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Push ups (knees)	20 secs https://youtu.be/LIKLE2K_Dl?list Do as many as you can do in time!
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Tricep dips	20 secs https://youtu.be/3ydgLFLK8e0 Do as many as you can do in time!
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Push up shoulder touch (Knees)	20 secs https://www.youtube.com/watch Do as many as you can do in time!
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Push up diamond (knees)	20 secs https://youtu.be/dmoHFWt-Mm Do as many as you can do in time!
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	80 secs
Cycles	3
Total time	18 min
Cool down	https://youtu.be/u5Hr3rNUZ24

CORE & LOWER 2	
Poussins/Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
12 Dynamic side planR	https://youtu.be/rdjF5FKMY
12 Dynamic side plan L	https://youtu.be/rdjF5FKMY
Recovery 30 seconds	
12 Sumo Squat	https://youtu.be/sqDGkiBYPak
12 Fwd squat jumps	https://youtu.be/6aXK5SY8r8U
Recovery 30 seconds	
12 Bicycle abs	https://youtu.be/9FGiXcBdz8
12 V sits scissors to flutter kick	https://youtu.be/KytiFQ94_qo
Recovery 1-2 mins	
Repeat 2/3/ times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Cardio set 6	
Poussins/Benjamins	
Warm up	https://youtu.be/E7ghNKOH9To or your own active warm up
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Jumping Jacks	20 secs https://youtu.be/1b98WrRmUs Do as many as you can do in time!
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Back Extensions	20 secs https://youtu.be/9q_uz605P_k Do as many as you can do in time!
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Squat Thrusts side Kick	20 secs https://youtu.be/1aC0JJoqKIY?list Do as many as you can do in time!
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Squat Jumps	20 secs https://youtu.be/Az15tkCzDcc Do as many as you can do in time!
High Knee marching	40 secs https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	80 secs
Cycles	3
Total time	18 min
Cool down	https://youtu.be/u5Hr3rNUZ24

CORE & UPPER 2	
Poussins/Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
12 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rnif8E
Escalate difficulty on each round (diamond shape hands/push with rotation)	https://youtu.be/dmoHFWt-Mms
12 Snow Angel	https://youtu.be/ZYIH3m6UCo
Recovery 60 seconds	Adjust recovery if needed
15 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50J6JbrKdS0SbyjXaQ_zN_HSSp7zZ
15 secs Plank shoulder taps	https://youtu.be/gWHQpMud7vw?list=PLQSM50J6JbrKdS0SbyjXaQ_zN_HSSp7zZ
Recovery 60 seconds	Adjust recovery if needed
15 secs Supine Push up	https://youtu.be/8H-TsjVRcUA
TheraBand routine (12 each)	https://youtu.be/ib1srzH_q0A
Recovery 1-2 mins	Adjust recovery if needed
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24