



Older squads						
Swim set 2	Stroke	Distance	Reps	Rep Cycle time	Rest after set	
		(m)		secs or mins		
Warm up	<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=JdfAQgyrUQ">https://www.youtube.com/watch?v=JdfAQgyrUQ</a>				
	Turns	<a href="https://www.youtube.com/watch?v=0OnEhEhRks">https://www.youtube.com/watch?v=0OnEhEhRks</a>				
	Kick*	<a href="https://youtu.be/WRnq49TAV-w?list=PLQSMS0j6JbrKdSOSbyjXaQ_zN_HSSp">https://youtu.be/WRnq49TAV-w?list=PLQSMS0j6JbrKdSOSbyjXaQ_zN_HSSp</a>				
	Pull*	<a href="https://youtu.be/dl8_opV0A0Y">https://youtu.be/dl8_opV0A0Y</a>				
	Kick*/Pull*	Just do the exercise for the time				

CORE & LOWER 1	
Older squads	
Warm up	<a href="https://youtu.be/Kdgy6DPAZBU">https://youtu.be/Kdgy6DPAZBU</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/w2Qxb6nKc">https://youtu.be/w2Qxb6nKc</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/-vOfsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vOfsdwqaY?list=PLCEFCA54D665B8080</a>
Recovery 60 seconds	
Repeat 2/3/4 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!)	
Older Squads	
2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgy6DPAZBU">https://youtu.be/Kdgy6DPAZBU</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>

PLYO 1		
Older Squads		
Warm up	Dance Monkey	<a href="https://youtu.be/IJDbz9YxKg">https://youtu.be/IJDbz9YxKg</a>
Plyo jumps		<a href="https://youtu.be/OE8k1wixu9s">https://youtu.be/OE8k1wixu9s</a>
Rest		20/30/40 secs
Broad jumps		<a href="https://youtu.be/96zlo3nlmHI">https://youtu.be/96zlo3nlmHI</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		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>
		2/3/4 times

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=20xtYX1NF5c">https://www.youtube.com/watch?v=20xtYX1NF5c</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 2/3/4 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=AImUpibQQsg">https://www.youtube.com/watch?v=AImUpibQQsg</a>				
	Kick*	<a href="https://www.youtube.com/watch?v=eWRnq49TAve">https://www.youtube.com/watch?v=eWRnq49TAve</a>				
	Lat band pull down	<a href="https://youtu.be/n-lzgCLH99Q?t=33">https://youtu.be/n-lzgCLH99Q?t=33</a>				
	Air Squat	<a href="https://youtu.be/eZqc_lC93hak?">https://youtu.be/eZqc_lC93hak?</a>				
	Kick*/Lat/Squat	Just do the exercise for the time				

Wednesday

Wednesday

CORE & UPPER 1	
<b>Older Squads</b>	
Warm up	<a href="https://youtu.be/Kdgv6DPAZ8U">https://youtu.be/Kdgv6DPAZ8U</a>
10 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
10 Tricep dips	<a href="https://youtu.be/3vdglFLK8e0">https://youtu.be/3vdglFLK8e0</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/-vOfsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vOfsdwqaY?list=PLCEFCA54D665B8080</a>
Recovery 30 seconds	
TheraBand routine (12-18 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 60 seconds	
Repeat 2/ 3/4 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Run set 2 (This can be walk/run or cycle-adapt to your ability or preference!)	
<b>Older Squads</b>	
2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZ8U">https://youtu.be/Kdgv6DPAZ8U</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>
<b>PLYO 2</b>	
<b>Older Squads</b>	
Warm up	<a href="https://youtu.be/CjYHKWwHJk">https://youtu.be/CjYHKWwHJk</a>
Warm up 2	Dance Monkey <a href="https://youtu.be/UDlbz9YxKg">https://youtu.be/UDlbz9YxKg</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/SI3od04PeZA">https://youtu.be/SI3od04PeZA</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
Repeat	2/3/4 times
Cool down	<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>

Thursday

Thursday

<b>Cardio set 5</b>	
<b>Older Squads</b>	
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
Staggered arm push up (change arms)	40 secs <a href="https://youtu.be/oWK_4kM-M9">https://youtu.be/oWK_4kM-M9</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	40 secs <a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a> Do as many as you can do in time!
High Knee marching	30secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a> Easy
Push up with rotation	40 secs <a href="https://youtu.be/YU0gWh72a3t">https://youtu.be/YU0gWh72a3t</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
Diamond push up	40 secs <a href="https://youtu.be/dmoHFWt-Mn">https://youtu.be/dmoHFWt-Mn</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	50secs
Cycles	4
Total time	24 min
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Friday

Friday

<b>CORE &amp; LOWER 2</b>	
<b>Older Squads</b>	
Warm up	
12-18 Dynamic side planR	<a href="https://youtu.be/rdjiFSFKMY">https://youtu.be/rdjiFSFKMY</a>
12-18 Dynamic side plan L	<a href="https://youtu.be/rdjiFSFKMY">https://youtu.be/rdjiFSFKMY</a>
Recovery 30 seconds	
12-18 Sumo Squat	<a href="https://youtu.be/sqDGkIBYPak">https://youtu.be/sqDGkIBYPak</a>
12-18 Fwd squat jumps	<a href="https://youtu.be/6qXK5SY8r8U">https://youtu.be/6qXK5SY8r8U</a>
Recovery 30 seconds	
12-18 Bicycle abs	<a href="https://youtu.be/9FGilxCbdz8">https://youtu.be/9FGilxCbdz8</a>
12 -18 V sits scissors to flutter kick	<a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>
Recovery 2-3 minutess	<a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>
Repeat 3/4/5 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

<b>Cardio set 6</b>	
<b>Older Squads</b>	
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	40 secs <a href="https://youtu.be/1b98WRrmUj">https://youtu.be/1b98WRrmUj</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	40 secs <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	30secs <a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a> Easy
Squat Thrusts side kick	40 secs <a href="https://youtu.be/1qC0lJoqKjY?l">https://youtu.be/1qC0lJoqKjY?l</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	40 secs <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	50secs
Cycles	4
Total time	24 min
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Saturday

Saturday

<b>CORE &amp; UPPER 2</b>	
<b>Older Squads</b>	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
12-18 Push up (use wall/knee/floor)	<a href="https://youtu.be/Eh00_miF8E">https://youtu.be/Eh00_miF8E</a>
Escalate difficulty on each round	(diamond shape hands/push with rotation) <a href="https://youtu.be/dmoHFWt-Mms">https://youtu.be/dmoHFWt-Mms</a>
12-18 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
Recovery 30 seconds	Adjust recovery if needed
30 secs Body saw planks	<a href="https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50I6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50I6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
30 secs Plank shoulder taps	<a href="https://youtu.be/gWHQpMUd7vw?list=PLQSM50I6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/gWHQpMUd7vw?list=PLQSM50I6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Recovery 30 seconds	Adjust recovery if needed
20 secs Supine Push up	<a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>
TheraBand routine (12-18 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
Recovery 60 seconds	Adjust recovery if needed
Repeat 3/4/5 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>