



		<b>Avenirs</b>						
Swim set 4	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	Fly Jack	100	1	1.15/1.30/1.45	straight on		
	2	Banded squat	NA	NA	30/45/60/90	plus 15/20/30 secs		
	3	Banded shoulder pr	NA	NA	30/45/60/90	plus 15/20/30 secs		
	4	Banded row	NA	NA	30/45/60/90	plus 15/20/30 secs		
	5	Breast Jack	100	1	1.15/1.30/1.45	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								
	Fly Jack	<a href="https://www.youtube.com/watch?v=7Qi7s_FXs_Q">https://www.youtube.com/watch?v=7Qi7s_FXs_Q</a>						
	Banded squat	<a href="https://youtu.be/rnITrI4liyU">https://youtu.be/rnITrI4liyU</a>						
	Banded shoulder pr	<a href="https://youtu.be/xrhMpzhz0s4?t=459">https://youtu.be/xrhMpzhz0s4?t=459</a>						
	Banded row	<a href="https://youtu.be/xrhMpzhz0s4?t=280">https://youtu.be/xrhMpzhz0s4?t=280</a>						
	Breast Jack	<a href="https://www.youtube.com/watch?v=d04MuoQ9rCg">https://www.youtube.com/watch?v=d04MuoQ9rCg</a>						
	Kick*/Lat/Squat	Just do the exercise for the time						
Cool down	Complete YouTube video			1	<a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>			
		<b>Strength set August 17th</b>						
		All squads						
		or your own active warm up						
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>							
single leg dead	<a href="https://youtu.be/16LLXIXZgU?t=72">https://youtu.be/16LLXIXZgU?t=72</a>			R leg	10/15/20 secs			<i>first part of video only</i>
Single dealift h	<a href="https://youtu.be/16LLXIXZgU?t=98">https://youtu.be/16LLXIXZgU?t=98</a>			R eg	10/15/20 secs			
Repeat for left leg					10/15/20 secs			
Scap hold	<a href="https://youtu.be/16LLXIXZgU?t=114">https://youtu.be/16LLXIXZgU?t=114</a>				10/15/20 secs			
Scap drive	<a href="https://youtu.be/16LLXIXZgU?t=139">https://youtu.be/16LLXIXZgU?t=139</a>				10/15/20 secs			
Narrow squat	<a href="https://youtu.be/16LLXIXZgU?t=159">https://youtu.be/16LLXIXZgU?t=159</a>				10/15/20 secs			
Squat kneel dc	<a href="https://youtu.be/16LLXIXZgU?t=180">https://youtu.be/16LLXIXZgU?t=180</a>				10/15/20 secs			
Plank					10/15/20 secs			
Plank scorpion	<a href="https://youtu.be/16LLXIXZgU?t=227">https://youtu.be/16LLXIXZgU?t=227</a>				10/15/20 secs			
60 seconds rest, repeat 3-4 time								
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>							
		<b>Run set 9 (This can be walk/run or cycle-adapt to your ability or preference!)</b>						
		Avenirs/Poussin/Benjamin						
7.0 (14.0K)KM circuit								
Warm up 2	Black eyed peas	<a href="https://youtu.be/BvOnN62hPBQ">https://youtu.be/BvOnN62hPBQ</a>						
1.0K	2.0k	Easy run/cycle building from speed 2 to speed 3						
1.0K	2.0k	Speed 4						
4.0K	8.0K	(0.5K/1.0K speed 6 then 0.5K/1.0K speed 3) x 4						
1.0K	2.0k	Speed 4 to speed 3 to speed 2						
Cool down <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>								
		<b>PLYO 10</b>						
		Avenirs/Poussins/Benjamins						
180 Jumps	<a href="https://youtu.be/rvv0mdu5j4U">https://youtu.be/rvv0mdu5j4U</a>			10/20/30 secs				
Rest				20/40/60 secs				
Power Jacks	<a href="https://youtu.be/alaZwJE20Ds">https://youtu.be/alaZwJE20Ds</a>			10/20/30 secs				
Rest				20/40/60 secs				
Backward Jumps	<a href="https://youtu.be/zP-eRWyrKZg?t=68">https://youtu.be/zP-eRWyrKZg?t=68</a>			10/20/30 secs				
Rest				20/30/40 secs				
Forward jumps	<a href="https://youtu.be/zP-eRWyrKZg?t=51">https://youtu.be/zP-eRWyrKZg?t=51</a>			10/20/30 secs				
Rest				1-2 mins				
Repeat				2 times				

MONDAY

MONDAY

Tuesday

Tuesday

Wednesday

Wednesday

Cardio set 8		
Avenirs		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High knees run on spot	10 secs	<a href="https://youtu.be/QPfoZ0Q">https://youtu.be/QPfoZ0Q</a> Do as many as you can do in time!
Air or pistol squat	10 seconds	<a href="https://youtu.be/C_VtOYc">https://youtu.be/C_VtOYc</a> Do as many as you can do in time!
Jumping Jacks	10 seconds	<a href="https://youtu.be/gG2Z1sj">https://youtu.be/gG2Z1sj</a> Do as many as you can do in time!
REST	30 secs	
High knees run on spot	15 secs	<a href="https://youtu.be/QPfoZ0Q">https://youtu.be/QPfoZ0Q</a> Do as many as you can do in time!
Sumo Squat	15 seconds	<a href="https://youtu.be/sgDGkIB">https://youtu.be/sgDGkIB</a> Do as many as you can do in time!
Skier Jacks	15 seconds	<a href="https://youtu.be/i0ZAs2V">https://youtu.be/i0ZAs2V</a> Do as many as you can do in time!
REST	45 secs	
High knees run on spot	20 secs	<a href="https://youtu.be/QPfoZ0Q">https://youtu.be/QPfoZ0Q</a> Do as many as you can do in time!
Lunge	20 seconds	<a href="https://youtu.be/UjvDdQ">https://youtu.be/UjvDdQ</a> Do as many as you can do in time!
Mountain climbers	20 seconds	<a href="https://youtu.be/w2iTONg">https://youtu.be/w2iTONg</a> Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Strength set August 19th		
All squads		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
Lunge hold	<a href="https://youtu.be/i16LLXIXZgU?t=1068">https://youtu.be/i16LLXIXZgU?t=1068</a>	R leg 10/15/20 secs
Lunge rock	<a href="https://youtu.be/i16LLXIXZgU?t=1085">https://youtu.be/i16LLXIXZgU?t=1085</a>	R leg 10/15/20 secs
Repeat for left leg		10/15/20 secs
Downward dog	<a href="https://youtu.be/i16LLXIXZgU?t=1157">https://youtu.be/i16LLXIXZgU?t=1157</a>	10/15/20 secs
add push forw	<a href="https://youtu.be/i16LLXIXZgU?t=1176">https://youtu.be/i16LLXIXZgU?t=1176</a>	10/15/20 secs
Glute bridge	<a href="https://youtu.be/i16LLXIXZgU?t=1203">https://youtu.be/i16LLXIXZgU?t=1203</a>	10/15/20 secs
add reach over	<a href="https://youtu.be/i16LLXIXZgU?t=1222">https://youtu.be/i16LLXIXZgU?t=1222</a>	10/15/20 secs
Crunch hold	<a href="https://youtu.be/i16LLXIXZgU?t=1251">https://youtu.be/i16LLXIXZgU?t=1251</a>	10/15/20 secs
Sit ups	<a href="https://youtu.be/i16LLXIXZgU?t=1273">https://youtu.be/i16LLXIXZgU?t=1273</a>	10/15/20 secs
60 seconds rest, repeat 3-4 time		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

first part of video only

Thursday

Thursday

Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!)		
Avenirs		
3.5KM (7.0KM)circuit		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
0.5K 1.0K		Speed 4 out of 10
1.0K 2.0K		(20 secs fast 40 secs speed 4) x4 Then speed 4
0.5K 1.0K gentle		Speed 3 out of 10
1.0K 2.0K		(20 secs fast 40 secs speed 4) x4 Then speed 3/2
0.5K 1.0K		Speed 4 slowing to 3 out of 10
Cool down	<a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>	

PLYO 4		
Avenirs		
Warm up	<a href="https://youtu.be/CjYHKWwHJIK">https://youtu.be/CjYHKWwHJIK</a>	
Warm up 2 Dance Monkey	<a href="https://youtu.be/UDlbz9YxKg">https://youtu.be/UDlbz9YxKg</a>	
Squat jumps	<a href="https://youtu.be/bv7as8mDXLQ?list=PLQSMS0">https://youtu.be/bv7as8mDXLQ?list=PLQSMS0</a>	20/30/40 secs
Rest		20/40/60 secs
Sprinter lunges	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSMS0">https://youtu.be/kaFs0XcgUfo?list=PLQSMS0</a>	20/30/40 secs
Rest		20/40/60 secs
Bear crawl	<a href="https://youtu.be/bfT5TaRfKQw?list=PLQSMS0">https://youtu.be/bfT5TaRfKQw?list=PLQSMS0</a>	30/40 secs
Rest		1 or 2 mins
Repeat		2 times
Cool down	<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>	

Friday

Cardio set 9			
Avenirs			
Warm up		<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
Speed skaters	10 secs	<a href="https://youtu.be/KOTEyG">https://youtu.be/KOTEyG</a>	Do as many as you can do in time!
Jumping Jacks	10 seconds	<a href="https://youtu.be/1b98Wr">https://youtu.be/1b98Wr</a>	Do as many as you can do in time!
Breaststroke turn & J	10 seconds	From BSSC Facebook Barr	Do as many as you can do in time!
Rest	30 secs		
Climber taps	15 secs	<a href="https://youtu.be/9pBEEn">https://youtu.be/9pBEEn</a>	Do as many as you can do in time!
Plank	15 seconds	<a href="https://youtu.be/TvxNkmj">https://youtu.be/TvxNkmj</a>	Do as many as you can do in time!
Jumping lunges	15 seconds	<a href="https://youtu.be/6SFgE2">https://youtu.be/6SFgE2</a>	Do as many as you can do in time!
Rest	45 secs		
High knee marching	20 secs	<a href="https://youtu.be/3Q6n9A">https://youtu.be/3Q6n9A</a>	Do as many as you can do in time!
Skier Jack	20 seconds	<a href="https://youtu.be/i02As2V">https://youtu.be/i02As2V</a>	Do as many as you can do in time!
Side lunges	20 seconds	<a href="https://youtu.be/4PknCVj">https://youtu.be/4PknCVj</a>	Do as many as you can do in time!
Rest	2 minutes		
Cycles	2		
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Friday

CORE & LOWER 4	
Avenirs	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
15 secs Calf raise (with theraband or use a step)	<a href="https://youtu.be/a2xjhbP4MkY">https://youtu.be/a2xjhbP4MkY</a>
15 secs 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>
15 secs 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 45 seconds	
20 secs Calf raises	<a href="https://youtu.be/a2xjhbP4MkY">https://youtu.be/a2xjhbP4MkY</a>
20 secs Dbl leg lifts	<a href="https://youtu.be/l-mPHKQFMkk">https://youtu.be/l-mPHKQFMkk</a>
20 seconds crab walk	<a href="https://youtu.be/Xwcbm93mM-o">https://youtu.be/Xwcbm93mM-o</a>
Recovery 60 seconds	
30 secs Calf raises	<a href="https://youtu.be/a2xjhbP4MkY">https://youtu.be/a2xjhbP4MkY</a>
3 minute standing core entire video	<a href="https://youtu.be/oQ--HZDG2ew">https://youtu.be/oQ--HZDG2ew</a>
1-2 minutes rest	
Repeat 2 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Saturday

Avenirs						
Swim set 5	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	A stroke Jack	25	12	45/60/1.15	60/90
	2	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	3	IM order Jacks	25	12	45/60/1.15	plus 15/20/30 secs
	4	Kick*	NA	NA	30/45/60/90	plus 15/20/30 secs
	5	Split Band squat	100	1	1.15/1.30/1.45	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	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>				
	Kick*	<a href="https://youtu.be/WRng49TAy-">https://youtu.be/WRng49TAy-</a>				
	Split squat band up	<a href="https://youtu.be/-7Ea6SKtqUg">https://youtu.be/-7Ea6SKtqUg</a>				
	Kick*/Lat/Squat	he exercise for the time				

Saturday

CORE & UPPER 4	
Avenirs	
Warm up 1	Name that tune? <a href="https://youtu.be/wH3MOQY4B1c">https://youtu.be/wH3MOQY4B1c</a>
Warm up 2	Black eyed peas <a href="https://youtu.be/BvOnN62hPBQ">https://youtu.be/BvOnN62hPBQ</a>
10 Pulse rows	<a href="https://youtu.be/MHFewo6HTUk">https://youtu.be/MHFewo6HTUk</a>
10 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
Recovery 30 seconds	Adjust recovery if needed
10 secs Supine Push up	<a href="https://youtu.be/8H-TsjVRCUA">https://youtu.be/8H-TsjVRCUA</a>
15 secs Vertical leg crunches	<a href="https://youtu.be/gt62sf7khlU?list=PLCEFCFA54">https://youtu.be/gt62sf7khlU?list=PLCEFCFA54</a> (modifications; lift shoulders/bend knees)
Recovery 35 seconds	Adjust recovery if needed
Therband routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
15 secs Dragon press ups	<a href="https://youtu.be/sfirxv53L-o?list=PLQMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/sfirxv53L-o?list=PLQMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>