



MONDAY

MONDAY

| Poussins/Benjamins  |   |   |      |   |                |                    |
|---|---|---|------|---|----------------|--------------------|
| 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 press   | 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/rnITrI4IiyU">https://youtu.be/rnITrI4IiyU</a>                               |      |   |                |                    |
|   | Banded shoulder press   | <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> |                |                    |

| Strength set August 17th         |   |
|----------------------------------|---|
| All squads                       |   |
| 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>   |
| Single dealift hi                | <a href="https://youtu.be/16LLXIXZgU?t=98">https://youtu.be/16LLXIXZgU?t=98</a>   |
| Repeat for left leg              |   |
| Scap hold                        | <a href="https://youtu.be/16LLXIXZgU?t=114">https://youtu.be/16LLXIXZgU?t=114</a> |
| Scap drive                       | <a href="https://youtu.be/16LLXIXZgU?t=139">https://youtu.be/16LLXIXZgU?t=139</a> |
| Narrow squat                     | <a href="https://youtu.be/16LLXIXZgU?t=159">https://youtu.be/16LLXIXZgU?t=159</a> |
| Squat kneel do                   | <a href="https://youtu.be/16LLXIXZgU?t=180">https://youtu.be/16LLXIXZgU?t=180</a> |
| Plank                            |   |
| Plank scorpion:                  | <a href="https://youtu.be/16LLXIXZgU?t=227">https://youtu.be/16LLXIXZgU?t=227</a> |
| 60 seconds rest, repeat 3-4 time |   |
| Cool down                        | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>           |
| <i>first part of video only</i>  |   |

Tuesday

Tuesday

| Run set 9 (This can be walk/run or cycle-adapt to your ability or preference!) |   |
|--|---|
| Poussins/Benjamins   |   |
| 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>                 |

| PLYO 10                    |   |               |
|----------------------------|---|---------------|
| Avenirs/Poussins/Benjamins |   |               |
| 180 Jumps                  | <a href="https://youtu.be/rv0mdu5j4U">https://youtu.be/rv0mdu5j4U</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   |               |

Wednesday

| Cardio set 8           |   |   |
|------------------------|---|---|
| Poussins/Benjamins     |   |   |
| Warm up                | <a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a> | or your own active warm up  |
| High knees run on spot | 15 secs   | <a href="https://youtu.be/QPFOZO">https://youtu.be/QPFOZO</a> Do as many as you can do in time!   |
| Air or pistol squat    | 15 seconds  | <a href="https://youtu.be/C_VtOY">https://youtu.be/C_VtOY</a> Do as many as you can do in time!   |
| Jumping Jacks          | 15 seconds  | <a href="https://youtu.be/gGZ71si">https://youtu.be/gGZ71si</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/QPFOZO">https://youtu.be/QPFOZO</a> Do as many as you can do in time!   |
| Sumo Squat             | 20 secs   | <a href="https://youtu.be/sqDGklf">https://youtu.be/sqDGklf</a> Do as many as you can do in time! |
| Skier Jacks            | 20 secs   | <a href="https://youtu.be/i02As2V">https://youtu.be/i02As2V</a> Do as many as you can do in time! |
| REST                   | 60 secs   |   |
| High knees run on spot | 30 secs   | <a href="https://youtu.be/QPFOZO">https://youtu.be/QPFOZO</a> Do as many as you can do in time!   |
| Lunge                  | 30 seconds  | <a href="https://youtu.be/UpyDdC">https://youtu.be/UpyDdC</a> Do as many as you can do in time!   |
| Mountain climbers      | 30 seconds  | <a href="https://youtu.be/w2ITOn">https://youtu.be/w2ITOn</a> Do as many as you can do in time!   |
| Rest between cycles    | 1-2 minutes   |   |
| Cycles                 | 2/3   |   |
| Cool down              | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a> |   |

Wednesday

| 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/16LLXIXZgU?t=1068">https://youtu.be/16LLXIXZgU?t=1068</a> | R leg 10/15/20 secs        |
| Lunge rock                       | <a href="https://youtu.be/16LLXIXZgU?t=1085">https://youtu.be/16LLXIXZgU?t=1085</a> | R leg 10/15/20 secs        |
| Repeat for left leg              |   | 10/15/20 secs              |
| Downward dog                     | <a href="https://youtu.be/16LLXIXZgU?t=1157">https://youtu.be/16LLXIXZgU?t=1157</a> | 10/15/20 secs              |
| add push forward                 | <a href="https://youtu.be/16LLXIXZgU?t=1176">https://youtu.be/16LLXIXZgU?t=1176</a> | 10/15/20 secs              |
| Glute bridge                     | <a href="https://youtu.be/16LLXIXZgU?t=1203">https://youtu.be/16LLXIXZgU?t=1203</a> | 10/15/20 secs              |
| add reach over                   | <a href="https://youtu.be/16LLXIXZgU?t=1222">https://youtu.be/16LLXIXZgU?t=1222</a> | 10/15/20 secs              |
| Crunch hold                      | <a href="https://youtu.be/16LLXIXZgU?t=1251">https://youtu.be/16LLXIXZgU?t=1251</a> | 10/15/20 secs              |
| Sit ups                          | <a href="https://youtu.be/16LLXIXZgU?t=1273">https://youtu.be/16LLXIXZgU?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

| Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!) |   |  |
|---|---|--|
| Poussins/Benjamins  |   |  |
| 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> |  |

Thursday

| PLYO 4                 |   |               |
|------------------------|---|---------------|
| Poussins/Benjamins     |   |               |
| Warm up                | <a href="https://youtu.be/CiYHKWwHJlk">https://youtu.be/CiYHKWwHJlk</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=PLQSMS0J6Jb">https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6Jb</a>     | 20/30/40 secs |
| Rest                   |   | 20/40/60 secs |
| Sprinter lunges        | <a href="https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6Jbrk">https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6Jbrk</a> | 20/30/40 secs |
| Rest                   |   | 20/40/60 secs |
| Bear crawl             | <a href="https://youtu.be/bfT5TaRFKQw?list=PLQSMS0J6Jbr">https://youtu.be/bfT5TaRFKQw?list=PLQSMS0J6Jbr</a>   | 30/40 secs    |
| Rest                   |   | 1 or 2 mins   |
| Repeat                 |   | 2/3 times     |
| Cool down              | <a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>                                       |               |

Friday

| Cardio set 9             |   |   |
|--------------------------|---|---|
| Poussins/Benamins        |   |   |
| Warm up                  | <a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a> | or your own active warm up  |
| Speed skaters            | 15 secs   | <a href="https://youtu.be/KOTEyG">https://youtu.be/KOTEyG</a> Do as many as you can do in time!   |
| Jumping Jacks            | 15 seconds  | <a href="https://youtu.be/1b98WV">https://youtu.be/1b98WV</a> Do as many as you can do in time!   |
| Breaststroke turn & Jump | 15 seconds  | From BSSC Facebook Barr Do as many as you can do in time!   |
| Rest                     | 45 secs   |   |
| Climber taps             | 20 secs   | <a href="https://youtu.be/9pBEn">https://youtu.be/9pBEn</a> : Do as many as you can do in time!   |
| Plank                    | 20 secs   | <a href="https://youtu.be/TvxNkm">https://youtu.be/TvxNkm</a> Do as many as you can do in time!   |
| Jumping lunges           | 20 secs   | <a href="https://youtu.be/6SFgE2">https://youtu.be/6SFgE2</a> Do as many as you can do in time!   |
| Rest                     | 60 secs   |   |
| High knee marching       | 30 secs   | <a href="https://youtu.be/3Q6n9A">https://youtu.be/3Q6n9A</a> Do as many as you can do in time!   |
| Skier Jack               | 30 seconds  | <a href="https://youtu.be/i02As2V">https://youtu.be/i02As2V</a> Do as many as you can do in time! |
| Side lunges              | 30 seconds  | <a href="https://youtu.be/4PknCV">https://youtu.be/4PknCV</a> Do as many as you can do in time!   |
| Rest                     | 2 minutes   |   |
| Cycles                   | 2/3   |   |
| Cool down                | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a> |   |

Friday

| CORE & LOWER 4                                    |   |
|---|---|
| Poussins/Benamins                                 |   |
| Warm up   | <a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>   |
| 20 secs Calf raise (with theraband or use a step) | <a href="https://youtu.be/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</a>   |
| 20 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> |
| 20 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 60 seconds                               |   |
| 30 secs Calf raises                               | <a href="https://youtu.be/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</a>   |
| 30 secs Dbl leg lifts                             | <a href="https://youtu.be/l-mPHKQFMkk">https://youtu.be/l-mPHKQFMkk</a>   |
| 30 seconds crab walk                              | <a href="https://youtu.be/Xwcbm93mM-o">https://youtu.be/Xwcbm93mM-o</a>   |
| Recovery 60 seconds                               |   |
| 40 secs Calf raises                               | <a href="https://youtu.be/a2xjbp4MkY">https://youtu.be/a2xjbp4MkY</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 2/3 times                                  |   |
| Cool down   | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>   |

Saturday

| Poussins/Benamins    |   |   |      |                |                |                    |
|----------------------|---|---|------|----------------|----------------|--------------------|
| Swim set 5           | Stroke  | Distance  | Reps | Rep Cycle time | Rest after set |                    |
| Warm up              | <a href="https://www.youtube.com/watch?v=Z0xtYX1Nf5c">https://www.youtube.com/watch?v=Z0xtYX1Nf5c</a>           |   | (m)  | secs or mins   |                |                    |
| 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/WRnq49TAv-">https://youtu.be/WRnq49TAv-</a>                                 |      |                |                |                    |
|                      | Split squat band up   | <a href="https://youtu.be/-7Ea6SKtgUg">https://youtu.be/-7Ea6SKtgUg</a>                               |      |                |                |                    |
|                      | Kick*/Lat/Squat   | Just do the exercise for the time   |      |                |                |                    |

Saturday

| CORE & UPPER 4               |  |
|------------------------------|--|
| Poussins/Benamins            |  |
| 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>  |
| 12 Pulse rows                | <a href="https://youtu.be/MHFewo6HTUk">https://youtu.be/MHFewo6HTUk</a>  |
| 12 Snow Angel                | <a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>  |
| Recovery 30 seconds          | Adjust recovery if needed  |
| 10 sec Supine Push up        | <a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>  |
| 15 sec Vertical leg crunches | <a href="https://youtu.be/gt62sf7khLU?list=PLCEfCA54D665">https://youtu.be/gt62sf7khLU?list=PLCEfCA54D665</a> (modifications; lift shoulders/bend knees) |
| Recovery 35 seconds          | Adjust recovery if needed  |
| Therband routine (12 each)   | <a href="https://youtu.be/lb1srzH_q0A">https://youtu.be/lb1srzH_q0A</a>  |
| 20 secs Dragon press ups     | <a href="https://youtu.be/sflrxv53L-o?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/sflrxv53L-o?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>  |
| Recovery 1-2 mins            |  |
| Repeat 2/3 times             |  |
| Cool down                    | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>  |