

MONDAY

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Older Squads						
Swim set 4	Stroke	Distance	Reps	Rep Cycle time	Rest after set	
		(m)		secs or mins		
Warm up	https://www.youtube.com/watch?v=Z0xtYX1NF5c					
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	https://youtu.be/u5Hr3rNUZ24					
Video links for demo						
	Fly Jack	https://www.youtube.com/watch?v=7Qi7s_FXs_Q				
	Banded squat	https://youtu.be/rniTrI4IiyU				
	Banded shoulder press	https://youtu.be/xrhMpzhz0s4?t=459				
	Banded row	https://youtu.be/xrhMpzhz0s4?t=280				
	Breast Jack	https://www.youtube.com/watch?v=d04MuoQ9rCg				
	Kick*/Lat/Squat	Just do the exercise for the time				
Cool down	Complete YouTube video		1	https://youtu.be/ar3BGF8do7I		

Tuesday

Tuesday

Strength set August 17th		
All squads		
or your own active warm up		
Warm up	https://youtu.be/E7ghNKH9To	
single leg deadlift	https://youtu.be/I16LLXIXZgU?t=72	
Single deadlift hing	https://youtu.be/I16LLXIXZgU?t=98	
Repeat for left leg		
Scap hold	https://youtu.be/I16LLXIXZgU?t=114	
Scap drive	https://youtu.be/I16LLXIXZgU?t=139	
Narrow squat hol	https://youtu.be/I16LLXIXZgU?t=159	
Squat kneel dowr	https://youtu.be/I16LLXIXZgU?t=180	
Plank	10/15/20 secs	
Plank scorpions	https://youtu.be/I16LLXIXZgU?t=227	
60 seconds rest, repeat 3-4 time		
Cool down	https://youtu.be/u5Hr3rNUZ24	

first part of video only

Run set 9 (This can be walk/run or cycle-adapt to your ability or preference!)		
Older Squads		
10.0 (20.0K)KM circuit		
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBQ
2.0K	4.0k	Easy run/cycle building from speed 2 to speed 3
1.5K	3.0k	Speed 4
5.0K	10.0K	(0.5K/1.0K speed 6 then 0.5K/1.0K speed 3) x5
1.5K	3.0k	Speed 4 to speed 3 to speed 2

PLYO 10		
Older Squads		
180 Jumps	https://youtu.be/rvv0mdu5j4U	20/30/40 secs
Power Jacks	https://youtu.be/alaZwJE20Ds	20/30/40 secs
Rest		40/60 secs
Backward Jumps	https://youtu.be/zP-eRWyrKZg?t=68	20/30/40 secs
Forward jumps	https://youtu.be/zP-eRWyrKZg?t=51	20/30/40 secs
Rest		40/60 secs
The Flea (just 1st)	https://youtu.be/SUV2weSZGz?t=8	20/30/40 secs
Plyo push up	https://youtu.be/QlsBDcMK9EY	20/30/40 secs
Rest		1-2 mins
Repeat	2/3/4 times	



Wednesday

Cardio set 8
Older Squads

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees run on spot	20 secs	https://youtu.be/QPFOZ0e30xg Do as many as you can do in time!
Air or pistol squat	20 secs	https://youtu.be/C_VtOYc6j5c Do as many as you can do in time!
Jumping Jacks	20 secs	https://youtu.be/gG2Z1siSvkk Do as many as you can do in time!
REST	30 secs	
High knees run on spot	30 secs	https://youtu.be/QPFOZ0e30xg Do as many as you can do in time!
Sumo Squat	30 secs	https://youtu.be/sqDGkiBYPAk Do as many as you can do in time!
Skier Jacks	30 secs	https://youtu.be/i02As2W8Nw Do as many as you can do in time!
REST	60 secs	
High knees run on spot	40 secs	https://youtu.be/QPFOZ0e30xg Do as many as you can do in time!
Lunge	40 seconds	https://youtu.be/UpyDdQjBTaI Do as many as you can do in time!
Mountain climbers	40 seconds	https://youtu.be/w2ITOneGPd Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2/3/4/5	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

Thursday

Strength set August 19th
All squads

or your own active warm up

Warm up	https://youtu.be/E7ghNKOH9To	
Lunge hold	https://youtu.be/I16LLXIXZgU?t=1068	R leg 10/15/20 secs
Lunge rock	https://youtu.be/I16LLXIXZgU?t=1085	R leg 10/15/20 secs
Repeat for left leg		10/15/20 secs
Downward dog	https://youtu.be/I16LLXIXZgU?t=1157	10/15/20 secs
add push forward	https://youtu.be/I16LLXIXZgU?t=1176	10/15/20 secs
Glute bridge	https://youtu.be/I16LLXIXZgU?t=1203	10/15/20 secs
add reach overs	https://youtu.be/I16LLXIXZgU?t=1222	10/15/20 secs
Crunch hold	https://youtu.be/I16LLXIXZgU?t=1251	10/15/20 secs
Sit ups	https://youtu.be/I16LLXIXZgU?t=1273	10/15/20 secs
60 seconds rest, repeat 3-4 time		
Cool down	https://youtu.be/u5Hr3rNUZ24	
Cool down	https://youtu.be/u5Hr3rNUZ24	

first part of video only

Thursday

Run set 10 (This can be walk/run or cycle-adapt to your ability or preference!)
Older Squads

5.0KM (10.0KM)circuit

Warm up	https://youtu.be/Kdgv6DPAZBU
1.0K 2.0K	Speed 4 out of 10
2.0K 4.0K	(20 secs fast 40 secs speed 4) x4 Then speed 4 or (30 secs fast 60 secs speed 4) x4 Then speed 4
1.0K 1.0K	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 3 out of 10
Cool down	https://youtu.be/ar3BGF8do7I

PLYO 4
Older Squads

Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2	Dance Monkey https://youtu.be/UDlbz9YxKg
Squat jumps	https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSby 20/30/40 secs
Rest	20/40/60 secs
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSby 20/30/40 secs
Rest	20/40/60 secs
Bear crawl	https://youtu.be/bfT5TaRfKQw?list=PLQSMS0J6JbrKdSOSby 30/40 secs
Rest	1 or 2 mins
Repeat	2/3/4 times
Cool down	https://youtu.be/2TzewWk-fdk

Friday

Friday

Cardio set 9 Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
Speed skaters	20 secs	https://youtu.be/ Do as many as you can do in time!
Jumping Jacks	20 secs	https://youtu.be/ Do as many as you can do in time!
Breaststroke turn & Jump	20 secs	From BSSC Faceb Do as many as you can do in time!
Rest	30 secs	
Climber taps	30 secs	https://youtu.be/ Do as many as you can do in time!
Plank	30 secs	https://youtu.be/ Do as many as you can do in time!
Jumping lunges	30 secs	https://youtu.be/ Do as many as you can do in time!
Rest	60 secs	
High knee marching	40 secs	https://youtu.be/ Do as many as you can do in time!
Skier Jack	40 seconds	https://youtu.be/ Do as many as you can do in time!
Side lunges	40 seconds	https://youtu.be/ Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2/3/4/5	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & LOWER 4 Older Squads		
Warm up	https://youtu.be/Kdgv6DPAZBU	
30 secs Calf raise (with theraband or use a step)	https://youtu.be/a2xjhbP4MkY	
30 secs left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s	
30 secs right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s	
Recovery 45 seconds		
40 secs Calf raises	https://youtu.be/a2xjhbP4MkY	
40 secs Dbl leg lifts	https://youtu.be/l-mPHKQFMkk	
40 seconds crab walk	https://youtu.be/Xwcbm93mM-o	
Recovery 60 seconds		
45 secs Calf raises	https://youtu.be/a2xjhbP4MkY	
60 secs Plank	https://youtu.be/TyiuJcZHVY?list=PLQSM50j6JbrKdSOSbyjXaQ_zN_HSSp7zZ	
2 minutes rest	Try active recovery	
Repeat 3/4/5 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Older Squads						
Swim set 5		Stroke	Distance	Reps	Rep Cycle time	Rest after set
			(m)		secs or mins	
Warm up	https://www.youtube.com/watch?v=Z0xtYX1Nf5c					
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	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=AlmUpibQQsg			
		Kick*	https://youtu.be/WRnq49TAy-			
		Split squat band up	https://youtu.be/-7Ea6SKtqUg			
	Kick*/Lat/Squat			Just do the exercise for the time		

CORE & UPPER 4 Older Squads		
Warm up 1	Name that tune?	https://youtu.be/wH3MOQY4B1c
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBQ
12-18 Pulse rows		https://youtu.be/MHFewo6HTUk
12-18 Snow Angel		https://youtu.be/ZYIHJ3m6UCo
Recovery 30 seconds		
15 sec Supine Push up		https://youtu.be/8H-TSjVRCUA
30 sec Vertical leg crunches		https://youtu.be/gt62sf7khlU?list=PLCEFA54D6658B8080
Recovery 45 seconds		
Therband routine (12 - 18each)		https://youtu.be/ib1srzH_q0A
30 secs Dragon press ups		https://youtu.be/sflrxv53L-o?list=PLQSM50j6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Recovery 1-2 mins		Adjust recovery if needed
Repeat 3/4 times		
Cool down		https://youtu.be/u5Hr3rNUZ24