



Performance Squad Land Conditioning  
21<sup>st</sup> – 27<sup>th</sup> March 2020

| Saturday   | Sunday | Monday        | Tuesday    | Wednesday  | Thursday      | Friday     |
|------------|--------|---------------|------------|------------|---------------|------------|
| Upper Body | OFF    | Energy System | Lower Body | Upper Body | Energy System | Lower Body |

**Warm Up Protocol**

- 5-10 minutes of heart rate raising such as skipping, little jogging.
- Mobility exercises: refer to the Pre-Pool sheets for extra ideas.
- Any physio exercises, Theraband exercise or targeted stretching.

**Recovery Protocol:**

- Tennis ball, Foam Roll, Theraband & Stretching for 10 minutes



## Upper Body Workout 1:

55 Minutes Circuit: 3x (15x 0:50 ON, 0:15 OFF – 3 minutes between Rounds)

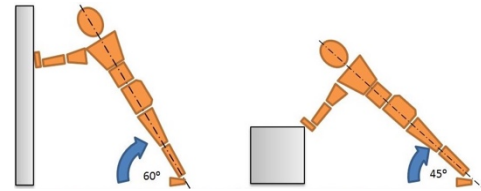
I normally use Tabata Pro when running circuits in land, here is a link to the app.

<https://apps.apple.com/gb/app/tabata-pro-tabata-timer/id346432063>

### Exercises:

#### 1. Press ups

- Alter the position based on ability: at an angle against the wall & on the side of the sofa to decrease the difficulty, and to make the exercise more challenging, elevate the legs.



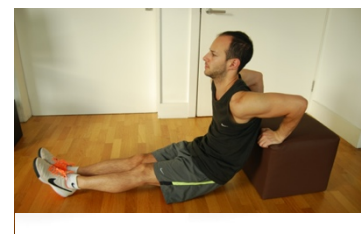
#### 2. Hands to Elbows Plank

- Hold the body tight/strong and move from straight arm plank to elbow plank every 3 seconds. Don't let the body bend or buckle.



#### 1. Tricep Dips

- Use a chair or the side of the sofa, dip down holding your body relaxed, allowing your body weight to strain the triceps.



#### 2. Shoulder Tap Plank

- Hold the body tight/strong and lift the hand towards the shoulder (tap) every 3 seconds. Don't let the body bend or buckle.



#### 3. Fast Mountain Climbers

- Hold the body tight/strong and drive alternative knees towards the elbow in the same side. Don't let the body bend or buckle.





## Energy System Workout 2:

We have multiple options for this session:

1. If you have access to a spin bike, you can do one of the pre-prepared spinning sessions. These can be found on the main webpage.
2. Go for a 5km or 40 minute run at steady pace and feel free to spics it up with some sprints every so often.
3. Complete a 30-40 minute HIIT circuit, example below:  
  
4x (10x 30 on (On = High Intensity) 10 Off) + 3 Minutes Rest Between Rounds
  1. High Knees
  2. Jumping Jacks
  3. Cross Climbers
  4. Burpees
  5. Bicycle Crunches



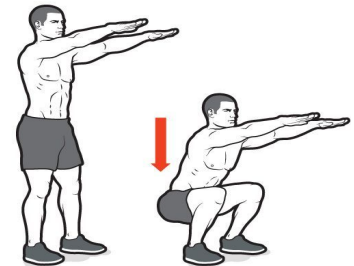
## Lower Body Workout 3:

55 Minutes Circuit: 3x (15x 0:50 ON, 0:15 OFF – 3 minutes between Rounds)

### Exercises:

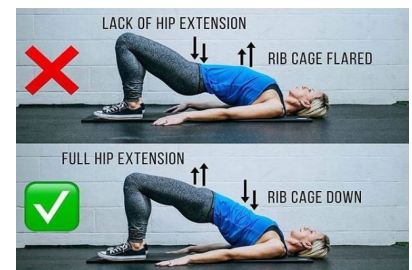
#### 1. Squats (Weighted?)

- Knees in line with feet, straight back, lower down as if your sitting down on a chair, 90 degree angle through the knees. If your technique is good and you are looking to weight bear more, fill your school bags with books? Tins of beans or other items to increase the difficulty of the movement.



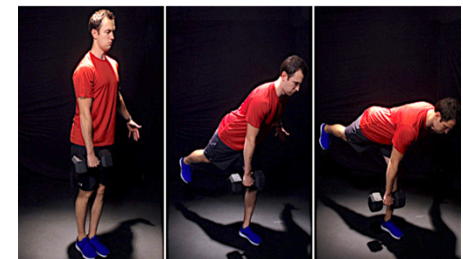
#### 2. Glute Bridge

- Squeeze your glutes and abdominal muscles, then lift your hips off the ground until knees, hips and shoulders are in a straight line.



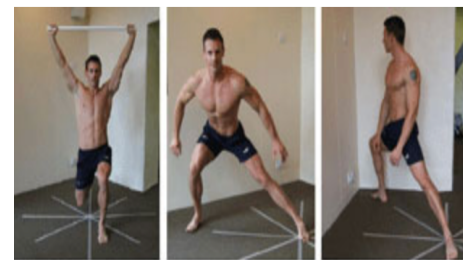
#### 3. Single Leg Romanian Dead Lift (Weighted)

- Hold a weight (Anything works) in the opposite hand from the supporting leg. Hold the body, from foot to head, strong and in a straight line (Neck strong and not moving head as the body pivots forward). This is a slow movement and the focus must be holding the body in place.



#### 4. Multi Directional Lunges

- Keep the upper body strong, hinging from the hips not from the abdomen. Place the foot in the desired locational relax the leg down into the lunge position, challenging the groin but not over stretching it.



#### 5. Wall Sit

- Plant the feet in a strong and comfortable position, knees are right angles to the feet and hips, arms crossed against the upper chest (as per the picture).



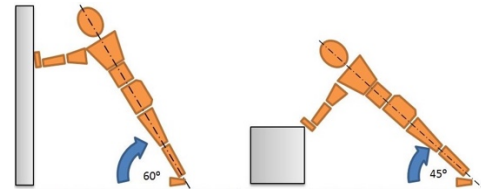
## Upper Body Workout 4:

55 Minutes Circuit: 3x (15x 0:50 ON, 0:15 OFF – 3 minutes between Rounds)

### Exercises:

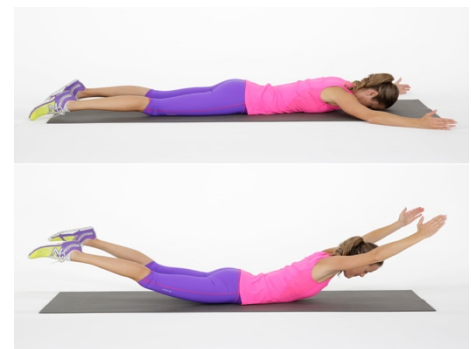
#### 1. Press ups

- Alter the position based on ability: at an angle against the wall & on the side of the sofa to decrease the difficulty, and to make the exercise more challenging, elevate the legs.



#### 2. Supermans

- Lie face down on your stomach with arms and legs extended. Keep your neck in a neutral position. Keeping your arms and legs straight and torso stationary, simultaneously lift your arms and legs up toward the ceiling to form a "u" shape with your body. Hold for two to five seconds and lower back down to complete one.



#### 3. Down Dog into 3 Fast Press Ups

- Lift the hips into the down dog position, hips high, straight legs and press the chest towards the thighs. Move back into a straight arm plank position and then perform 3 powerful press ups.



#### 4. Quadruped Limb Raises

- Extend right arm forward and the left leg backwards while keeping the back straight and strong. Hold this position for 3 seconds and then repeat on the other side.



#### 5. Bicycle Crunches

- Rest body weight on the glutes, hand next to ears, opposite elbow and knee come together. Make sure a straight line from elbow to elbow, across the shoulder is maintained for the duration for the exercise, twist from the abdomen.





## Energy System Workout 5:

We have multiple options for this session:

1. If you have access to a spin bike, you can do one of the pre-prepared spinning sessions. These can be found on the main webpage.
2. Go for a 5km or 40 minute run at steady pace and feel free to spice it up with some sprints every so often.
3. Complete a 30-40 minute HIIT circuit, example below:  
  
4x (10x 30 on (On = High Intensity) 10 Off) + 3 Minutes Rest Between Rounds
  1. Burpees
  2. V Sits
  3. Star Jump Tuck Jump
  4. Rapid non weighted Squats
  5. Walkouts into three press ups



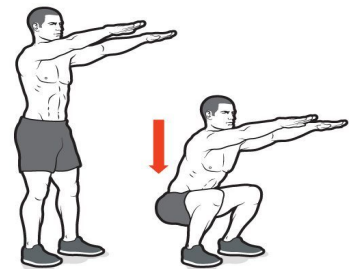
## Lower Body Workout 6:

55 Minutes Circuit: 3x (15x 0:50 ON, 0:15 OFF – 3 minutes between Rounds)

### Exercises:

#### 1. Squats (Weighted?)

- Knees in line with feet, straight back, lower down as if your sitting down on a chair, 90 degree angle through the knees. If your technique is good and you are looking to weight bear more, fill your school bags with books? Tins of beans or other items to increase the difficulty of the movement.



#### 2. Figure of 8 (weighted)

- Squat down in a wide squat position and pass a weight (Hand weight if you have them, or something to the same effect) through and around the legs in a figure of 8 shape.



#### 3. Lunges

- Strong/straight back, lift the knee up and moving the foot forward, maintaining the 90 degree angle, taking the strain through the groin and hamstrings.



#### 4. Multi Squat Widths

- Sumo squat, Normal squat and Jump squat. Repeat, at a good pace, for the duration of the work interval.

#### 5. Skipping

- Skipping continuously at a good pace for the whole duration.