



Youth Land Training

Week 13

Complete these sessions throughout the week

Exercise alternatives:

Exercises should only be adapted if you are physically unable to perform the written exercise through injury. If anyone needs an alternative I have missed please get in touch, do not just miss out the exercise.

Squats – Glute bridge / lateral lunges / Step ups / Reverse lunge

Press ups – Press up on knees or press ups against a wall

Lunges – Single leg glute bridge / Lateral lunge / Step ups

Mountain climbers – Flutter kick on back in streamline / toe taps

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up





Warm up of the week:

(Complete before each session)

2:00 Skipping

00:30 Pogos

00:30 Heel flicks

00:30 High knees

10x Walkouts

10x Bushwhackers

20 x Press up position shoulder taps

10x Cat cow

20 x Press up position reach outs

10x Thoracic spine rotations

10x I Y T s (<https://www.youtube.com/watch?v=Npo6E6rAn8U>)

5 minutes foam rolling and tennis ball myofascial release or any other prescribed work e.g. if you have any pains (sore hips for example) complete your stretches for these.





Session 1

Skipping and core

100 Skips

50 Russian twists

125 Skips

40 Penguins

150 Skips

30 Crunches

175 Skips

20 Leg raises

200 Skips

10 Crunch bridges





Session 2

Set 1

(lower body – 50 on 10 off)

1. Step ups
2. Lateral lunges
3. Donkey kicks
4. Wall sits
5. Single leg glute bridge
6. Wall sits with knee raise
7. Reverse lunges
8. Glute bridge crunch
9. Streamline squats
10. In out jump squats
11. Pistol squats
12. Wall sit knee raise

Set 2

(core)

- 1 minute plank
- 30 leg raises
- 1 minute side plank
- 30 v-sits
- 1 minute side plank





Session 3

Option A:

Go for a jog for either 35 minutes or 5KM at a steady A2 pace

Option B:

Go for a cycle for 60 minutes at A2

Option C:

Skipping circuit 30 mins – two minutes rest between rounds

(3x)

4 alt minutes as normal steady pace & double unders

3 minutes Build each min 1-3

2 minutes steady pace

1 minute Double unders

Option D:

Get a 14,000 step count as quickly as you can.

Core set (to be completed post cardio)

30 sec Side plank (left)

60 sec Leg raises

90 sec Plank up downs

60 sec Leg raises

30 sec Side plank (right)





Session 4

Wednesday Zoom call session – Prepare for land training

Session 5

Thursday Zoom call session – Prepare for land training





Session 6

Set 1

(upper body 40 on 20 off)

1. Pike push ups
2. Front arm raise (use tin of beans)
3. Walkouts with press
4. Dips
5. Wide press ups
6. Dips (alternate 1 leg off floor)
7. Lateral arm raise (use a tin of beans)
8. Press up shoulder taps
9. Plank up downs
10. Narrow press ups

Set 2

(core and lower body)

Superset

Mountain climbers and Crunch bridges

20/8 30/10 40/12 50/14 60/16

Superset

Squats and Leg raises

10/10 12/12 14/14 16/16 18/18 20/20





Bonus session

(Complete more than once if you would like)

2-4-6-8-10-12-14-16-18-20 Reps of Burpees after each set of burpees
complete 20 squats

