



Youth Land Training

Week 8

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 the exercise.

Squats – Glute bridge

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

Lunges – Single leg glute bridge

Mountain climbers – Flutter kick on back in streamline

Squats thrusts – Wall sits

Walkouts with press up – walkouts without press up





Warm up of the week:
(Complete before each session)

10x Crab walks

10x lunges with a twist

10x Walking bushwhackers

10x Reverse lunges

10x Spiderman crawls

10x Reverse spiderman crawls

00:30 Sprint

00:30 High Knees

00:30 Heel flicks

02:30 Skipping

5 minutes foam rolling and tennis ball myofascial release





Session 1

Superset 1 (2 rounds)

Squat Jacks

Step ups (with knee raise)

Reps: Squat jacks 8 Step ups 8 / 10 10 / 12 12 / 14 14 / 16 16

Core (1 round)

30 Crunches

25 Penguins

20 Toe touches

15 Leg raises

10 Plank up downs

5 Side plank dips (5 each side)

Superset 2 (2 rounds)

01:00 skipping

Pistol Squat (hold on to door if required) (reps are for individual only)

Reps: Skipping always 01:00 Pistol squats 6/8/10/12





Session 2

Set 1

2 x (50 on 10 rest for 10 exercises)

1. Lunge with twist
2. Reverse Sider man crawl
3. Walkouts with press
4. Side plank dips
5. Pogos
6. Mountain climbers
7. Plank shoulder taps
8. Plank
9. Kneeling push ups
10. High knees

Core AMRAP

12 minutes

20 Toe touches

10 Burpees

5 Pike push ups





Session 3

Core Circuit – Spell your favourite stroke

Breaststroke Backstroke Frontcrawl Butterfly

B – Crunches	F – Flutter kicks	R – Russian Twists	E – Side plank	A – toe touches
T – Plank	C – Penguins	W – Leg raises	S – Plank up downs	T – Burpees
Y – Bridge hold	U – Bushwhackers	O – Pike push ups	L – Press up hold	K – Shoulder taps
N – Plank				

Strength set

2 x rounds – 02:00 rest between

1. Wall sits – 1 minute
2. Squat jacks – 15 reps
3. Pistol Squats – 10 each leg
4. Step ups – 10 each leg
5. Split squats – 15 each leg





Session 4 - Group choice session

2 rounds - 2 minutes rest

100 skips

Penguins - 45 seconds

100 skips

Flutter kicks - 45 seconds

100 skips

Crunches - 45 seconds

100 skips

Sit ups - 45 seconds

100 skips

Plank dips - 45 seconds

100 skips

Leg raises - 45 seconds





Session 5

Thursday Zoom call session – Prepare for land training





Session 6 - Group choice session

As fast as you can, complete:

250 Skips

15 Leg raises

250 Skips

15 Roll up things

250 Skips

15 Crunches

250 Skips

15 Penguins





Bonus session

(Complete more than once if you would like – try and beat your score)

Option A:

#FishOutOfWater Mental Health Week Challenge

Get those running shoes on and head for a run. No set distance, time or intensity just get out and go. Clear your head and enjoy it.

Option B:

Pyramid – For time

50 Sit ups

40 Knee push ups

30 Burpees

20 Dips

10 Pistol squats

20 Dips

30 Burpees

40 Knee push ups

50 Sits

