



Week 1 – 12 Training Programme



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK COMPLETE
1	FITNESS SELF ASSESSMENT	CIRCUIT ONE	STEADY STATE RUN Duration: 30 minutes	REST	CIRCUIT ONE	STEADY STATE RUN Duration: 30 minutes	REST	✓
2	STEADY STATE RUN Duration: 30 minutes	CIRCUIT ONE	PACE TEMPO Duration: 20 minutes	REST	WORKOUT ONE	STEADY STATE Duration: 30 minutes	REST	
3	STEADY STATE Duration: 33 minutes	CIRCUIT ONE	PACE TEMPO Duration: 20 minutes	REST	WORKOUT ONE	STEADY STATE Duration: 33 minutes	REST	
4	STEADY STATE Duration: 33 minutes	CIRCUIT ONE	PACE TEMPO Duration: 22 minutes	REST	WORKOUT ONE	REST	FITNESS SELF ASSESSMENT	
5	STEADY STATE Duration: 33 minutes and/or WORKOUT TWO	PACE TEMPO Duration: 22 minutes	CIRCUIT TWO	REST	WORKOUT TWO	FARTLEK Duration: 20 minutes	REST	
6	SHUTTLE PRACTICE + either STEADY STATE Duration: 33 minutes or WORKOUT TWO	PACE TEMPO Duration: 24 minutes	CIRCUIT TWO	REST	WORKOUT TWO	FARTLEK Duration: 20 minutes CORE + BALANCE	REST	
7	STEADY STATE Duration: 36 minutes and/or WORKOUT TWO	PACE TEMPO Duration: 24 minutes	CIRCUIT TWO	REST	WORKOUT TWO	FARTLEK Duration: 20 minutes CORE + BALANCE	REST	
8	SHUTTLE PRACTICE + either STEADY STATE Duration: 36 minutes or WORKOUT TWO	PACE TEMPO Duration: 26 minutes	CIRCUIT TWO	REST	WORKOUT TWO	REST	FITNESS SELF ASSESSMENT	
9	STEADY STATE Duration: 36 minutes and/or WORKOUT THREE	PACE TEMPO Duration: 26 minutes	CIRCUIT THREE	REST	WORKOUT THREE	FARTLEK Duration: 22 minutes CORE + BALANCE	REST	
10	SHUTTLE PRACTICE + either STEADY STATE Duration: 36 minutes or WORKOUT THREE	PACE TEMPO Duration: 26 minutes	CIRCUIT THREE	REST	WORKOUT THREE	FARTLEK Duration: 22 minutes CORE + BALANCE	REST	
11	STEADY STATE Duration: 36 minutes and/or WORKOUT THREE	PACE TEMPO Duration: 28 minutes	CIRCUIT THREE	REST	WORKOUT THREE	FARTLEK Duration: 25 minutes CORE + BALANCE	REST	
12	SHUTTLE PRACTICE + either STEADY STATE Duration: 40 minutes or WORKOUT THREE	PACE TEMPO Duration: 28 minutes	CIRCUIT THREE	REST	WORKOUT THREE	REST	FITNESS SELF ASSESSMENT	

FLEXIBILITY – should be completed after each training session.



WEEK 1

Monday

Fitness self-assessment 20 metre bleep test level _____

Tuesday

Circuit One 2 rounds – 30s on/30s recovery
Active recovery = keep moving, 60s between each round

1. Shuttles	6. Jacks
2. Clean and press	7. Tricep dips
3. Burpees	8. Press ups
4. Squats	9. Abdominal crunches
5. High knees	

Wednesday

Cardio Steady-state run (comfortable)
Duration - 30 minutes

Thursday

Rest day

Friday

Circuits One Repeat Tuesday workout

Saturday

Cardio Steady-state run (comfortable)
Duration - 30 minutes

Sunday

Rest day

Notes use this space to record detail about your week. How sessions felt, likes, dislikes, other factors that may influence performance, such as sleeping patterns, illness, stress and life events.

WEEK 2

Monday

Cardio Steady-state run (comfortable)
Duration - 30 minutes

Tuesday

Circuit One 2 rounds – 30s on/30s recovery
Active recovery = keep moving, 60s between each round

1. Shuttles	6. Jacks
2. Clean and press	7. Tricep dips
3. Burpees	8. Press ups
4. Squats	9. Abdominal crunches
5. High Knees	

Wednesday

Cardio Pace/tempo run (maintain hard or interval hard/light intensity)
Duration - 20 minutes

Thursday

Rest day

Friday

Workout One 1 - 2 sets of 12 – 15 reps

1. Squats	6. Tricep dips
2. Overhead press	7. Abdominal crunches
3. Bent over rows	8. Oblique twists
4. Press ups	9. Back extensions
5. Bicep curls	

Saturday

Cardio Steady-state run (comfortable)
Duration - 30 minutes

Sunday

Rest day

Notes



Training Programme



WEEK 3

Monday

Cardio

Steady-state run (comfortable)
 Duration - 33 minutes

Tuesday

Circuit One

2 rounds – 30s on/30s recovery
 Active recovery = keep moving, 60s between each round

- | | |
|--------------------|-----------------------|
| 1. Shuttles | 6. Jacks |
| 2. Clean and press | 7. Tricep dips |
| 3. Burpees | 8. Press ups |
| 4. Squats | 9. Abdominal crunches |
| 5. High knees | |

Wednesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity)
 Duration - 20 minutes

Thursday

Rest day

Friday

Workout One

1 - 2 sets of 12 – 15 reps

- | | |
|-------------------|-----------------------|
| 1. Squats | 6. Tricep dips |
| 2. Overhead press | 7. Abdominal crunches |
| 3. Bent over rows | 8. Oblique twists |
| 4. Press ups | 9. Back extensions |
| 5. Bicep curls | |

Saturday

Cardio

Steady-state run (comfortable)
 Duration - 33 minutes

Sunday

Rest day

Notes

WEEK 4

Monday

Cardio

Steady-state run (comfortable)
 Duration - 33 minutes

Tuesday

Circuit One

2 rounds – 30s on/30s recovery
 Active recovery = keep moving, 60s between each round

- | | |
|--------------------|-----------------------|
| 1. Shuttles | 6. Jacks |
| 2. Clean and press | 7. Tricep dips |
| 3. Burpees | 8. Press ups |
| 4. Squats | 9. Abdominal crunches |
| 5. High knees | |

Wednesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity)
 Duration - 22 minutes

Thursday

Rest day

Friday

Workout One

1 - 2 sets of 12 – 15 reps

- | | |
|-------------------|-----------------------|
| 1. Squats | 6. Tricep dips |
| 2. Overhead press | 7. Abdominal crunches |
| 3. Bent over rows | 8. Oblique twists |
| 4. Press ups | 9. Back extensions |
| 5. Bicep curls | |

Saturday

Rest day

Sunday

Fitness self-assessment

20 metre bleep test level _____

Notes

Base Training - Circuit One

- ✓ Week One to Four – 2 rounds 30 seconds on/30 seconds active recovery
- ✓ 60 seconds recovery between each round
- ✓ The main session should feel hard (6-9/10). Add resistance to vary the intensity to make the exercise suitable for you.



You can use a variety of equipment to add resistance for the squat, and clean and press exercises. From dumbbells, barbell, kettlebells, or even a weighted fabric rucksack. Ensure correct technique is mastered prior to adding weight.



Exercise with us and follow this session online. Click this link to access our playlist of videos and select Circuit One.

1. Shuttles If you have sufficient space, shuttle run from two points for this station. Alternative options include sprinting on the spot if you are limited for space.

2. Clean and Press Feet shoulder width apart, bend knees, take grip of weight. Push hips backwards, extend legs as bring weight up to chest, keeping elbows in and weight close, extend arms overhead. Keep core engaged throughout.



3. Burpees Drop down into the press up position, jump in and up to the sky. Adjust jump to modify intensity.



5. High Knees

Lift or jump alternate knee up in front.



6. Jacks From standing, jump feet out to side taking arms up. Jump back in.



7. Tricep Dips

Use a step or a chair, hands facing forwards, keep elbows in.



9. Abdominal Crunches

Low – cross hands on chest
High – hands to temples, elbows out



4. Squats

Read squat guidance on page 22. Feet shoulder width apart, bend at hips and knees, keep chest lifted and face forward. Engage core and squat to 90 degrees or where is comfortable, without heels lifting from floor. Keep knees in line with feet. Push through heels to drive back up.



8. Press ups

Low - knees on floor
High - full press up





Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Self-assessment	Circuits One	Cardio	Rest Day	Circuits One	Cardio	Rest Day
2	Cardio	Circuits One	Cardio	Rest Day	Workout One	Cardio	Rest Day
3	Cardio	Circuits One	Cardio	Rest Day	Workout One	Cardio	Rest Day
4	Cardio	Circuits One	Cardio	Rest Day	Workout One	Rest Day	Self-assessment

Base Training
Workout One

Warm up

5-minute walk/light jog or steady bike (3-5 RPE should feel warmer, comfortable, able to talk).

Mobilisation and dynamic stretching – wrist circles, shoulder rolls, arm circles, torso rotations and flexions

Weight preparation – squats x 10 reps slow and controlled no weights, overhead press, rows, light weights (50% working set) 10 reps

Sets 2 **Weight** Start light and master good form, ensuring correct technique is maintained throughout.
Reps 12 – 15 Gradually progress the weight as you become familiar and confident with the
Rest 30 – 60 secs between each set exercise, the last few reps should feel hard achieving muscle fatigue without compromising quality.

Exercise	Week 2			Week 3			Week 4		
	KG	sets	reps/time	KG	sets	reps/time	KG	sets	reps/time
Squats									
Overhead press									
Bent over rows									
Press ups									
Bicep curls									
Tricep dips									
Abdominal crunches									
Oblique twists									
Back extensions									

Post Stretch

General stretches include quadricep, calf, hamstring, inner thigh, tricep, upper back, chest

Hold for 15 – 30 seconds in a position of mild discomfort (not pain).

Complete stretches from page 19.

Workout One Exercise Guidance

1. Squats – Read squat guidance on page 22.

Feet shoulder width apart, bend at hips and knees, keep chest lifted and face forward. Engage core and squat to 90 degrees or where is comfortable, without heels lifting from floor. Keep knees in line with feet. Push through heels to drive back up.



3. Bent Over Rows

Feet shoulder width apart, take overhand grip on dumbbells. Tip forward from the hip, knees soft. Keep a neutral alignment through body, gaze down on the floor in front. Pull shoulder blades back, let gravity take weight of dumbbells with arms extended. Then keeping elbows in, row arms back bringing weight to navel making sure you squeeze shoulder blades together. Return hands down with control to start position.

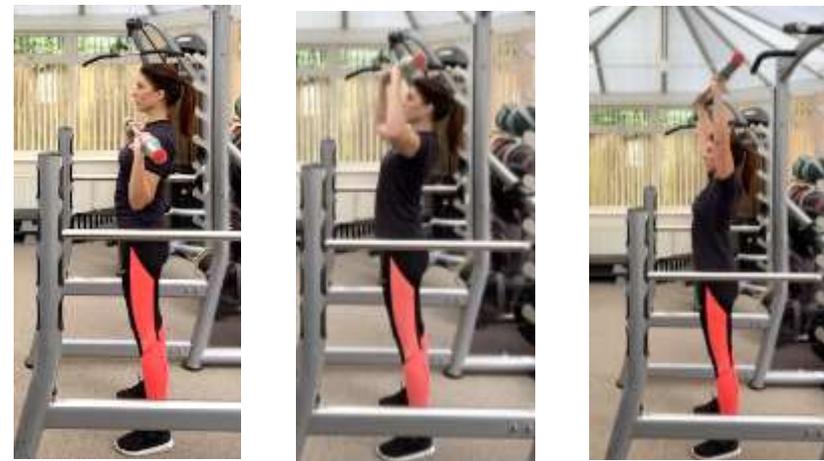


2. Overhead Press

Feet shoulder width apart, take an overhand grip on dumbbells, or barbell. Engage core, wrists rigid, forearms shoulder be vertical. On exhale extend arms up overhead. With dumbbells you will create an arch as you drive them up. Can also use a sandbag or weighed fabric rucksack.



If using a bar, you will need to slightly move your head backwards to ensure bar goes vertically, as pictured below.



Workout One Exercise Guidance

4. Press Ups

Low - knees on floor
High - full press up



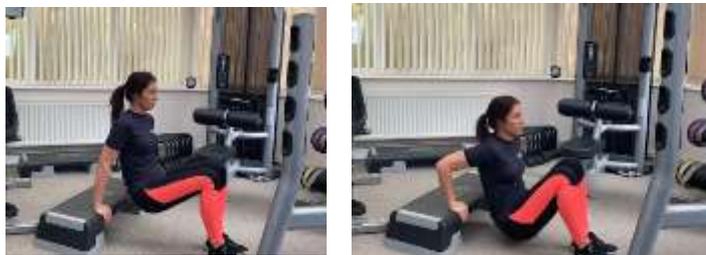
5. Bicep Curls

Feet shoulder width apart.
Take an underhand grip of dumbbells.
Keep shoulders back and down, and elbows in towards your body. With arms extended, bend elbows to curl towards shoulders, then return to starting position.
Make sure you complete full range of movement.



6. Tricep Dips

Use a step or a chair, hands facing forwards, keep elbows in.
Work through full range of movement.



7. Abdominal Crunches

Low – cross hands on chest
High – hands to temples, elbows out



8. Oblique Twists

Knees bent, feet flat on floor.
Keep core engaged, slowly lift weight from right to left, over body, rotate body with movement.
Low – sit more upright
High – tilt back deeper



9. Back Extensions

Lie face down on a mat, feet hip width apart.
Tuck hands under thighs. Keep a neutral alignment nose pointing to the floor, slowly with control lift upper body off the floor, working within your range of movement. Slowly lower back down to starting position.





Training Programme



WEEK 5

Monday

**Cardio and/or
Workout Two**

Steady-state run (comfortable) Duration - 33 minutes

2 sets of 10 – 12 reps

- | | |
|--------------------------|-------------------|
| 1. Squats | 5. Bent over rows |
| 2. Overhead press | 6. Bicep curls |
| 3. Lat pulldown/pull ups | 7. Tricep dips |
| 4. Bench press/press up | |

Tuesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity)
Duration - 22 minutes

Wednesday

Circuits Two

2 rounds – 45s per round
Active recovery = keep moving
30s between each station, 60s between each round

- | | |
|---------------------------------|------------------------|
| 1. Equipment carry | 5. Lunge with rotation |
| 2. Clean and press | 6. Figure of eights |
| 3. Stepping with weights | 7. Abdominal crunches |
| 4. Ball roll out and carry back | 8. The Plank |

Thursday

Rest day

Friday

Workout Two

Complete Monday's Workout Two resistance session

Saturday

Cardio

Fartlek session run/bike (Interval – very hard/recover)
Duration - 20 minutes

Sunday

Rest day

Notes

WEEK 6

Monday

**Cardio shuttles
then either run
or Workout Two**

Ten-minute shuttle practice

Then option of:

Steady-state run (comfortable) Duration - 33 minutes, **or**
2 sets of 10 – 12 reps progress resistance if possible

- | | |
|--------------------------|-------------------|
| 1. Squats | 7. Bent over rows |
| 2. Overhead press | 8. Bicep curls |
| 3. Lat pulldown/pull ups | 9. Tricep dips |
| 4. Bench press/press up | |

Tuesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity)
Duration - 24 minutes

Wednesday

Circuits Two

2 rounds – 45s per round
Active recovery = keep moving
30s between each station, 60s between each round

- | | |
|---------------------------------|------------------------|
| 1. Equipment carry | 5. Lunge with rotation |
| 2. Clean and press | 6. Figure of eights |
| 3. Stepping with weights | 7. Abdominal crunches |
| 4. Ball roll out and carry back | 8. The Plank |

Thursday

Rest day

Friday

Workout Two

Complete Monday's Workout Two resistance session

Saturday

Cardio

Fartlek session run/bike (Interval – very hard/recover)
Duration - 20 minutes

- | | |
|----------------------------|-------------------|
| 12 – 15 reps 2 Sets | 30-60 sec |
| Abdominal crunches | Plank |
| Bicycles | Balance exercises |
| Back extensions | |

Sunday

Rest day

Notes



Training Programme



WEEK 7

Monday

Cardio and/or Workout Two

Steady-state run (comfortable) Duration - 36 minutes

2 sets of 10 – 12 reps progress resistance if possible

1. Squats	5. Bent over rows
2. Overhead press	6. Bicep curls
3. Lat pulldown/pull ups	7. Tricep dips
4. Bench press/press up	

Tuesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity)
Duration - 24 minutes

Wednesday

Circuits Two

2 rounds – 45s per round
Active recovery = keep moving

30s between each station, 60s between each round

1. Equipment carry	5. Lunge with rotation
2. Clean and press	6. Figure of eights
3. Stepping with weights	7. Abdominal crunches
4. Ball roll out and carry back	8. The Plank

Thursday

Rest day

Friday

Workout Two

Complete Monday's Workout Two resistance session

Saturday

Cardio plus Core and balance

Fartlek session run/bike (Interval – to very hard/recover)
Duration - 20 minutes

12 – 15 reps 2 Sets	30-60 sec
Abdominal crunches	Plank
Bicycles	Balance exercises
Back extensions	

Sunday

Rest day

Notes

WEEK 8

Monday

Cardio shuttles then either run or Workout Two

Ten-minute shuttle practice

Then option of:
Steady-state run (comfortable) Duration - 36 minutes, or
2 sets of 10 – 12 reps progress resistance if possible

1. Squats	5. Bent over rows
2. Overhead press	6. Bicep curls
3. Lat pulldown/pull ups	7. Tricep dips
4. Bench press/press up	

Tuesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity)
Duration - 26 minutes

Wednesday

Circuits Two

2 rounds – 45s per round
Active recovery = keep moving

30s between each station, 60s between each round

1. Equipment carry	5. Lunge with rotation
2. Clean and press	6. Figure of eights
3. Stepping with weights	7. Abdominal crunches
4. Ball roll out and carry back	8. The Plank

Thursday

Rest day

Friday

Workout Two

Complete Monday's Workout Two resistance session

Saturday

Rest day

Sunday

Fitness self-assessment

20 metre bleep test level _____

Notes

Development Training – Circuit Two

- ✓ **Week Five to Eight– 2 rounds**
Both rounds – 45 seconds on/30 seconds active recovery
60 seconds recovery between each round
- ✓ **The main session should feel hard (6-9/10). Add resistance to vary the intensity to make the exercise suitable for you.**

1. Equipment Carry

Select a weight that is suitable for you. Shuttle walk between two points.



2. Clean and Press

Feet shoulder width apart, bend knees, take grip of weight. Push hips backwards, extend legs as bring weight up to chest, keeping elbows in and weight close, extend arms overhead. Keep core engaged throughout.



3. Stepping

can add weight



4. Ball Roll Out Carry Back

Roll a weighted ball along the floor around 10 – 15 metres, pick it up and carry it back. Bend your knees to pick up the ball, keeping core engaged.



5. Lunge with Rotation

Lunge with control, forward, down, rotate over forward leg, return. Keep core engaged, shoulders back



6. Figure of Eights

Using a weight, bending at the elbow, move through a figure of 8 motion. Keep hips still and core engaged.



7. Abdominal Crunches

Low – cross hands on chest
High – Hands to temples, elbows out



8. The Plank

Lift from the core, keep hands flat and shoulders soft. The power should come from the abdominal muscles. Remember to avoid holding your breath.



Warm up first...

Details on warming up can be found on page 20.

Time: 5 minutes, gradually increasing movement and intensity to prepare for the circuit session. **Intensity:** comfortable, not causing fatigue.

Cool down and post stretch...

Time: 5 minutes to gradually reduce heart rate, jogging slowly coming down to a light walk on spot. Complete post stretches from page 19.



You can use a variety of equipment to create resistance. dumbbells, kettlebells, a weighted fabric rucksack, water buckets for equipment carry, tyre for ball roll out and carry back.



Exercise with us and follow this session online. Click this link to access our playlist of videos and select Circuit Two.



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5	Cardio OR Workout Two	Cardio	Circuits Two	Rest Day	Workout Two	Cardio	Rest Day
6	Shuttles + Cardio OR Workout Two	Cardio	Circuits Two	Rest Day	Workout Two	Cardio plus core and balance	Rest Day
7	Cardio OR Workout Two	Cardio	Circuits Two	Rest Day	Workout Two	Cardio plus core and balance	Rest Day
8	Shuttles + Cardio OR Workout Two	Cardio	Circuits Two	Rest Day	Workout Two	Rest Day	Self- assessment

Development Training Workout Two

Warm up

5-minute walk/light jog or steady bike (3-5 RPE should feel warmer, comfortable, able to talk).

Mobilisation and dynamic stretching – wrist circles, shoulder rolls, arm circles, torso rotations and flexions

Weight preparation – squats x 10 reps slow and controlled no weights, overhead press, rows, light weights (50% working set) 10 reps

Sets 2

Reps 10-12

Rest 30 – 60 secs between each set

Weight Start light and master good form, ensuring correct technique is maintained throughout.

Gradually progress the weight as you become familiar and confident with the exercise, the last few reps should feel hard, achieving muscle fatigue without compromising quality.

During Covid-19, social distancing restrictions may continue to place limitations, such as spotting may not be permitted. **Please pay attention to your weight selection when lifting**, if you do not have access to equipment to support safe lifting, or you are training on your own, select dumbbells.

Exercise	Week 5 - Mon			Week 5 - Fri			Week 6 - Mon			Week 6 - Fri			Week 7 - Mon			Week 7 - Fri			Week - 8 Mon			Week 8 - Fri			
	KG	Sets	Reps/ time																						
Squats																									
Overhead press																									
Lat pulldown/pull ups																									
Bench press/press ups																									
Bent over rows																									
Bicep curls																									
Tricep dips																									

Post Stretch

General stretches include quadricep, calf, hamstring, inner thigh, tricep, upper back, chest
Hold for 15 – 30 seconds in a position of mild discomfort (not pain).
Complete stretches from page 19.

Workout Two Exercise Guidance

1. Squats

Follow previous guidance from workout one and squat information on page 22.

2. Overhead Press

Follow previous guidance from workout one.

3. Lat Pulldown/Pull Ups

There are various options you can select to complete this exercise.

Focus on keeping shoulders back and down. If you have access to a lat pulldown machine, set yourself up with hips and knees at 90 degrees, take an overhand grip on the bar, lean back slightly and pull the bar down to mid chest level bringing elbows in and squeezing shoulder blades, with control return to start position.



Alternatively, a band can be used to create a lat pulldown exercise as pictured below.

A band can assist with a pull up using an overhand grip if you have a secure object that you can attach the band.



4. Bench Press or Press Ups

If you have access to a bench or a step, you can complete a bench press using dumbbells. Take an overhand grip on the dumbbells, lie down on the bench and place feet onto floor or support to ensure your knees are a maximum of 90-degree bend (if they are greater, it can cause your back to arch). Bring hands in line with your shoulders, forearms vertical. On exhale, extend arms up in an arch to meet in the middle of chest. Return to start position.



You can choose to use a bar to complete your bench press. However, during Covid-19, social distancing restrictions may continue to place limitations, such as having a spotter may not be permitted. **Please pay attention to your weight selection** when lifting, if you do not have access to equipment to support safe lifting, or you are training on your own, select dumbbells for this exercise, or press ups offer a suitable alternative.

5. Bent over rows, 6. Bicep Curls, 7. Tricep Dips

Follow previous guidance from workout one.

SATURDAY CORE AND BALANCE

Abdominal crunches, plank and back extensions – follow previous guidance from circuit one and circuit two.

Balance – choose exercises from page 18.

Bicycles

Lying on your back, hips and knees to 90-degree bend.

Engage core, hands to temples with elbows out to side. Lift upper body, take opposite knee to opposite elbow, whilst extending other leg to just off the floor. Return and repeat on opposite side.





Training Programme



WEEK 9

Monday

**Cardio and/or
Workout Three**

Steady-state run (comfortable) Duration - 36 minutes

1. Deadlift
2. Squats
3. Overhead press
4. Lat pulldown/pull ups
5. Bench press/press up
6. Rows

Reps and sets depend on equipment available. See page 38 for more information.

Tuesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity) Duration - 26 minutes

Wednesday

Circuits Three

2 rounds – 45s per round Active recovery = keep moving 30s after each station, 60s between each round

30 second shuttle run between each station

1. Equipment carry
2. Stepping with weights
3. Medicine ball hold
4. Ball roll out and carry back
5. Lunge with rotation

Thursday

Rest day

Friday

Workout Three

Complete Monday's Workout Three resistance session

Saturday

**Cardio plus
Core and balance**

Fartlek session run/bike (Interval – very hard/recover)
Duration - 22 minutes
12 – 15 reps 2 Sets **30-60 sec**
Abdominal crunches Plank
Bicycles Balance exercises
Back extensions

Sunday

Rest day

Notes

WEEK 10

Monday

**Cardio shuttles
then either run
or Workout Three**

Ten-minute shuttle practice

Then option of:

Steady-state run (comfortable) Duration - 36 minutes, **or**

1. Deadlift
2. Squats
3. Overhead press
4. Lat pulldown/pull ups
5. Bench press/press up
6. Rows

Reps and sets depend on equipment available. See page 38 for more information.

Tuesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity) Duration - 26 minutes

Wednesday

Circuits Three

2 rounds – 45s per round
Active recovery = keep moving
30s after each station, 60s between each round

30 second shuttle run between each station

1. Equipment carry
2. Stepping with weights
3. Medicine ball hold
4. Ball roll out and carry back
5. Lunge with rotation

Thursday

Rest day

Friday

Workout Three

Complete Monday's Workout Three resistance session

Saturday

**Cardio plus
Core and balance**

Fartlek session run/bike (Interval – very hard/recover)
Duration - 22 minutes
12 – 15 reps 2 Sets **30-60 sec**
Abdominal crunches Plank
Bicycles Balance exercises
Back extensions

Sunday

Rest day

Notes



Training Programme



WEEK 11

Monday

Cardio and/or Workout Three

Steady-state run (comfortable) Duration – 36 minutes

1. Deadlift
2. Squats
3. Overhead press
4. Lat pulldown/pull ups
5. Bench press/press up
6. Rows

Reps and sets depend on equipment available. See page 38 for more information.

Tuesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity) Duration - 28 minutes

Wednesday

Circuits Three

2 rounds – 45s per round
Active recovery = keep moving
30s after each station, 60s between each round
Shuttle run between each station after recovery

1. Equipment carry
2. Stepping with weights
3. Medicine ball hold
4. Ball roll out and carry back
5. Lunge with rotation

Thursday

Rest day

Friday

Workout Three

Complete Monday's Workout Three resistance session

Saturday

Cardio

Fartlek session run/bike (Interval – very hard/recover) Duration - 25 minutes

12 – 15 reps 2 sets	30-60 sec
Abdominal crunches	Plank
Bicycles	Balance exercises
Back extensions	

Sunday

Rest day

Notes

WEEK 12

Monday

Cardio shuttles then either run or Workout Three

Steady-state run (comfortable) Duration - 40 minutes

1. Deadlift
2. Squats
3. Overhead press
4. Lat pulldown/pull ups
5. Bench press/press up
6. Rows

Reps and sets depend on equipment available. See page 38 for more information.

Tuesday

Cardio

Pace/tempo run (maintain hard or interval hard/light intensity) Duration - 28 minutes

Wednesday

Circuits

2 rounds – 45s per round
Active recovery = keep moving
30s after each station, 60s between each round
Shuttle run between each station after recovery

1. Equipment carry
2. Stepping with weights
3. Medicine ball hold
4. Ball roll out and carry back
5. Lunge with rotation

Thursday

Rest day

Friday

Workout Three

Complete Monday's Workout Three resistance session

Saturday

Rest day

Sunday

Fitness self-assessment

20 metre bleep test level _____

Notes

S&E Training – Circuit Three

- ✓ **Week Nine to Twelve– 2 rounds**
Both rounds – 45 seconds on/30 seconds active recovery after station
60 seconds recovery between each round
- ✓ **The main session should feel hard (6-9/10). Add resistance to vary the intensity to make the exercise suitable for you.**

Warm up first...

Details on warming up can be found on page 20.

Time: 5 minutes, gradually increasing movement and intensity to prepare for the circuit session. **Intensity:** comfortable, not causing fatigue.

Cool down and post stretch...

Time: 5 minutes to gradually reduce heart rate, jogging slowly coming down to a light walk on spot. **Complete post stretches from page 19.**

Following active recovery, complete 30 seconds shuttle between stations, then commence next station



1. Equipment Carry

Select a weight that is suitable for you. Shuttle walk between two points.



2. Stepping

can add weight



3. Medicine Ball Hold

Using a weight, bending at the elbow, move through a figure of 8 motion. Keep hips still and core engaged.



4. Ball Roll Out Carry Back

Roll a weighted ball along the floor around 10 – 15 metres, pick it up and carry it back. Bend your knees to pick up the ball, keeping core engaged.



5. Lunge with Rotation

Lunge with control, forward, down, rotate over forward leg, return. Keep core engaged, shoulders back



You can use a variety of equipment to create resistance. Dumbbells, kettlebells, a weighted fabric rucksack, water buckets for equipment carry, tyre for ball roll out and carry back.



Exercise with us and follow this session online. Click this link to access our video playlist and select Circuit Three.



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9	Cardio OR Workout Three	Cardio	Circuits Three	Rest Day	Workout Three	Cardio plus core and balance	Rest Day
10	Shuttles then Cardio OR Workout Three	Cardio	Circuits Three	Rest Day	Workout Three	Cardio plus core and balance	Rest Day
11	Cardio OR Workout Three	Cardio	Circuits Three	Rest Day	Workout Three	Cardio plus core and balance	Rest Day
12	Shuttles then Cardio OR Workout Three	Cardio	Circuits Three	Rest Day	Workout Three	Rest Day	Self- assessment

S&E Training Workout Three

Warm up

5-minute walk/light jog or steady bike (3-5 RPE should feel warmer, comfortable, able to talk).

Mobilisation and dynamic stretching – wrist circles, shoulder rolls, arm circles, torso rotations and flexions

Weight preparation – squats x 10 reps slow and controlled no weights, overhead press, rows, light weights (50% working set) 10 reps

Sets 2 -5

Reps 6-12

Rest 60-90 secs between each set

Weight Selection

If you have access to a gym, with safe equipment in place to assist with lifting, such as a rack for overhead press, aim for the lower repetition range (6-8 reps), with higher sets (3-5) for upper body, and lower sets for deadlift and squats (2-3). During Covid-19, social distancing restrictions may continue to place limitations, such as spotting may not be permitted. **Please pay attention to your weight selection when lifting**, if you do not have access to equipment to support safe lifting, or you are training on your own, select dumbbells, working with a higher rep range (8-12), and lower sets (2-3).

Exercise	Week 9 - Mon			Week 9 - Fri			Week 10 - Mon			Week 10 - Fri			Week 11 - Mon			Week 11 - Fri			Week 12 - Mon			Week 12 - Fri			
	KG	Sets	Reps	KG	Sets	Reps	KG	Sets	Reps	KG	Sets	Reps	KG	Sets	Reps	KG	Sets	Reps	KG	Sets	Reps	KG	Sets	Reps	
Deadlift																									
Squats																									
Overhead press																									
Lat pulldown/pull ups																									
Bench press/press ups																									
Rows																									

Post Stretch

General stretches include quadricep, calf, hamstring, inner thigh, tricep, upper back, chest

Hold for 15 – 30 seconds in a position of mild discomfort (not pain).

Complete stretches from page 19.

Workout Three Exercise Guidance

1. Deadlift

There are various ways to deadlift, this is the conventional method.

If using a bar, the bar needs to be over your toe line.

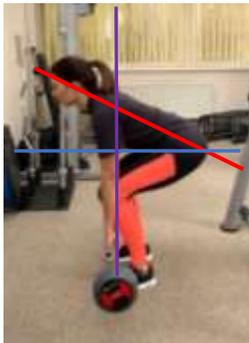
Feet shoulder width apart.

Pull hips backwards, tipping from hip, and then bend knees, if you are using a bar take an overhand grip.

With core engaged, neutral alignment and shoulders retracted, begin the upward phase by pull hips forward to extend back to standing. For the downward phase, first push hips back, then bend knees and keeping shoulders back, lower the weight keeping it close to shins, taking to the floor to complete one deadlift.

You can use other objects such as dumbbell, kettlebell or sandbag to complete deadlifts.

Focus on good form – shoulders back, core engaged, neutral alignment, try to tip from the hip.



The red line above shows a neutral alignment through the spine. The blue line shows the hips equal distance from shoulders and knee, not sitting too deep into a squat. The purple line shows the shoulder blades in-line with the weight.

2. Squats

Follow previous guidance from workout two and squat information on page 22.

3. Overhead Press

Follow previous guidance from workout two. Continuing to use dumbbells or sandbag is fine. If you have access to a rack, then you can use choose to use a bar.



4. Lat Pulldown / Pull Up

Follow previous guidance from workout two.

5. Bench Press / Press Ups

Follow previous guidance from workout two.

6. Rows

Follow previous guidance from workout two for bent over rows.

For an alternative option you could choose standing rows using a cable machine.

Feet shoulder width apart, can take a split stance to aid balance and provide stability. Cable set to waist height, arms extended take an overhand grip on bar. Row the bar towards navel, retract shoulder blades, keep elbows into sides. Return with control to starting position.

