

Week 7

Monday:

Warm up

5-minute Jog/walk, Row, Bike, Skip

Mobility

3 Inchworm + Downward dog + Cobra
Lunge + 5 Rotation, left & right side
Hip Bridge with 5 Heel touches each leg

Conditioning

5 Rounds for time of:

600m Run

20 Burpee

rest 3 minutes, then...

Plank - Keep the hip of the ground for 7 minutes using the prone, L & R side and supine plank.

Tuesday:

Cover as much distance as possible in 30 minutes walking and or jogging, rowing or cycling.

Stretch & Mobility.

Wednesday:

Warm up

5 minute Jog/walk, Row, Bike, Skip

Mobility

3 Inchworm + Downward dog + Cobra
Lunge + 5 Rotation, left & right side
Hip Bridge with 5 Heel touches each leg

Conditioning

3 Rounds for max reps in 1 minute of each exercise

Box jumps / step ups 50cm

Push ups

Sit ups

Squats
Burpee

Rest 3 minutes on completion, then...

Plank - Keep the hip of the ground for 7 minutes using the prone, L & R side and supine plank.

Thursday:

Cover as much distance as possible in 30 minutes walking and or jogging, rowing or cycling.
Stretch & Mobility.

Friday:

Warm up

5 minute Jog/walk, Row, Bike, Skip

Mobility

3 Inchworm + Downward dog + Cobra
Lunge + 5 Rotation, left & right side
Hip Bridge with 5 Heel touches each leg

Conditioning

Tabata This, (20 sec work / 10 sec rest)

Push ups
20m Shuttle run
Sit ups
20m Shuttle run
Squats
20m Shuttle run
Burpee
Rest 1 minute
Repeat circuit

rest 3 minutes, then...

Plank - Keep the hip of the ground for 7 minutes using the prone, L & R side and supine plank.

Saturday:

5km Time trial, run or row.

Yoga / Meditation

Sunday:

Rest / Yoga / Meditation