

Week 10

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

Every minute on the minute for 24 minutes

1st minute – 150m run

2nd minute – 15 Push ups

3rd minute – 20 Squats

4th minute – 10 Burpee

rest 3 minutes, then...

Accumulate 5minute prone plank on elbows

Tuesday:

Cover as much distance as possible in 45 minutes walking and or jogging, rowing or cycling.
Stretch & Mobility.

Plank - Keep the hip of the ground for 8 minutes using the prone, L & R side and supine plank.

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

100 Dumbbell Squat press for time.

10 Burpee every time you break.

Men: 7.5kg DB's

Women: 5kg DB's

Rest 3 minutes on completion, then...

Plank - Keep the hip of the ground for 8 minutes using the prone, L & R side and supine plank.

Thursday:

Run / Jog 6km time trial

Plank - Keep the hip of the ground for 6 minutes using the prone, L & R side and supine plank.

Yoga / Meditation

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

5 Rounds for time of:

Run 400m

50 Squats

rest 3 minutes, then...

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

Saturday:

Cover as much distance as possible in 45 minutes walking and or jogging, rowing or cycling.

Stretch & Mobility.

Yoga / Meditation

Sunday:

200m Walking lunge for time.

Stretch / Mobility