

## **Week 8**

### **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:

Run 600m

20 Burpee

rest 3 minutes, then...

5 minute prone plank on elbows, at the start of each minute complete 5 Burpees

### **Tuesday:**

Cover as much distance as possible in 30 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

50, 40, 30, 20, 10 reps for time of:

Sit-ups

Squats

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 5k 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

For time:

zoom walking lunge

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:**

Rest / Yoga / Meditation