#### Week 9

# Monday:

### Warm up

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

#### <u>Mobility</u>

3 Inchworm + Downward dog + Cobra

Lunge + 5 Rotation, left & right side

Hip Bridge with 5 Heel touches each leg

#### Conditioning

#### Workout

Every 2 minutes for 30 minutes:

Run 200m

Complete in remainder of time for max reps of:

Push ups

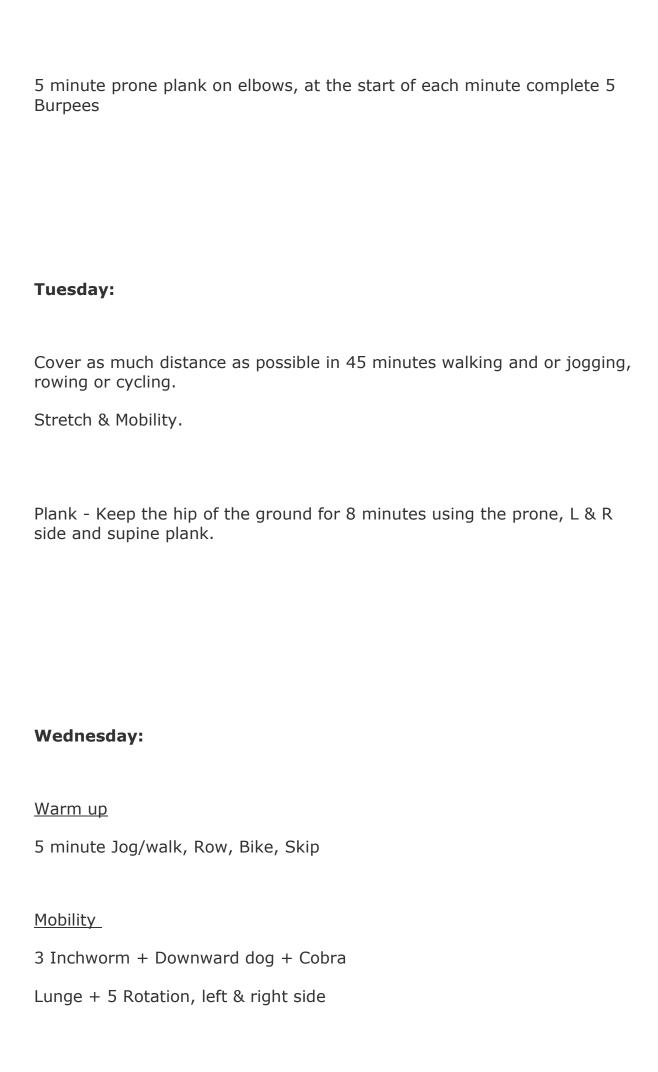
**KB Swing** 

Squats

Sit ups

Burpee

rest 3 minutes, then...



Hip Bridge with 5 Heel touches each leg
Conditioning
Max dumbbell squat press in 20 minutes
Run 200m 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

# <u>Mobility</u>

3 Inchworm + Downward dog + Cobra

Lunge + 5 Rotation, left & right side

Hip Bridge with 5 Heel touches each leg

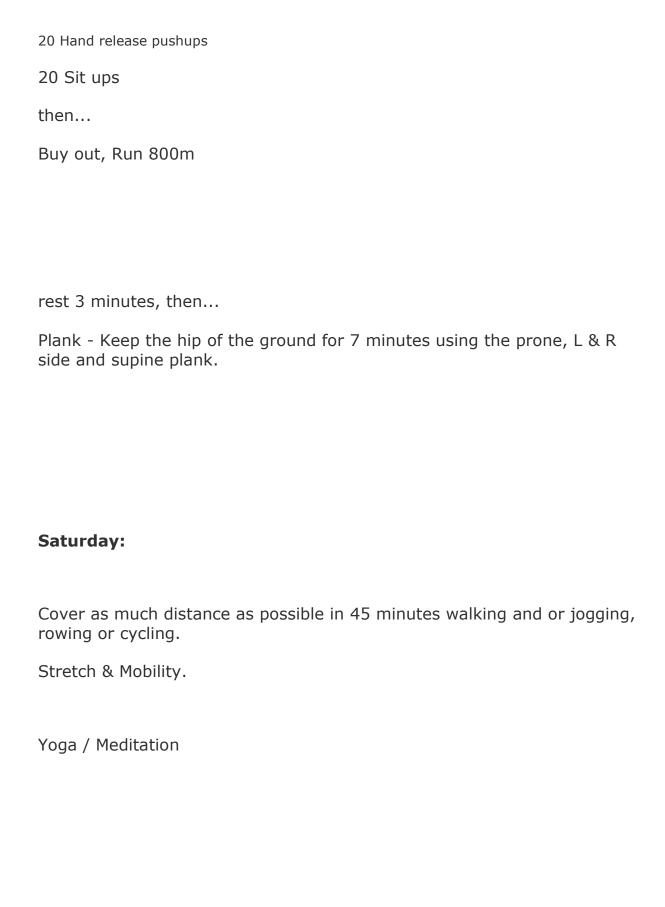
#### Conditioning

Buy in: Run 800m,

then...

5 Rounds for time of:

20 Squats



# Sunday:

100 Burpee for time

Stretch / Mobility