

Week 9

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

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...

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

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

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

Mobility

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

20 Hand release pushups

20 Sit ups

then...

Buy out, Run 800m

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:

100 Burpee for time

Stretch / Mobility