

Week 5

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

4 rounds for time of:
20 DB Bulgarian split squats,
20 Push ups
Run 400m

rest 3 minutes, then...

In 3 Minutes complete max:
Commando's (lunge L + Lunge R + Burpee = 1)

rest 3 minutes, then...

Plank - Keep the hip of the ground for 6 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

Complete as many rounds as possible in 20 minutes of:

20 DB Squat Press

20 Ring Rows

20 Burpee

Rest 1 minute

Rest 3 minutes on completion, then...

Plank - Keep the hip of the ground for 6 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.

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:

15 DB Snatch Men 12.5kg (Women 10kg)

20 Lunges

30 Lying knee tucks

400m Run

rest 3 minutes, then...

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

Saturday:

Run / Jog 5k time trial

Yoga / Meditation

Sunday:

Rest / Yoga / Meditation