

Strength and conditioning 21-10-2014

Strength : Preparation core workout 1

Duration (P):1:00:00

Workout Description:

This is a preparation core session to strengthen tendons and muscles in preparation for higher training loads

Warm up and mobility movements

Neural stretches - Straight leg Foot pulls with towel - Lay on back one knee bent and pull across body. - Ankle across knee straight leg stretch - Sit up and pull knee across chest - Legs out flat and touch toes - Feet together push knees down

Tendon strengthening - Rotor cuff work - Calf raises - Hip flexor stretches 3 x hold for 20 secs and 20 reps each side - Hamstring stretch 3 x 20 each side - Calf Raises - Adductor stretch 3 x 10 - Balance each leg x 3 hold up/single leg run/spell alphabet

Core and Strength Work Plank holds x 1min Cat stretches x 3 Dorsal raises x 10 Sit ups 6 x 10 Press ups 33 hold - 10 hold - 3 hold - 1 hold

Main Set

Each exercise for 30 seconds

- Press ups with feet elevated
- Tuck Abs: balance on your bum and tuck legs up to your chest as you lift yourself in a sit up. Legs can't touch the floor.
- Squats with small weights (use anything...a sibling/partner!)
- Sit ups touching alternate knee to elbow. Feet can't touch floor.
- Jump Lunges (switch legs each time) Keeping body vertical and strong. Go all the way down.
- Side sit ups with legs straight (Side V - Sit) - 30 seconds each side
- Tricep dips, straight legs
- Mountain climbs. Press up position, and then 'high knee' drill while in that position!
- B@stards! Burpees with a press up.
- Single Leg Squats aim to get a large range of motion.
- Overhead sit ups. Hands reaching upwards use a weight if you want to. Don't let your arms swing yourself up.
- Jump lunges, as above
- Frog Jumps, squats jump forwards and backwards...like a frog.

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Cool Down

Stretching, compression and ice on your back