

Bronze Dryland 26-29/03/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Dynamic Warm Up:	Dynamic Warm Up:	Dynamic Warm Up:
			1. Jumping Jack 1 min	1. Jumping Jack 1 min	1. Jumping Jack 1 min
			2. Streamlined Lunges 10 times with 3 sec hold	2. Streamlined Lunges 10 times with 3 sec hold	2. Streamlined Lunges 10 times with 3 sec hold
			3. Sumon Squat 10 times with 3 sec hold	3. Sumon Squat 10 times with 3 sec hold	3. Sumon Squat 10 times with 3 sec hold
			4. Spider-Man Stretching 10 times each side	4. Spider-Man Stretching 10 times each side	4. Spider-Man Stretching 10 times each side
			5. Horizontal Arm Circle 20 times	5. Horizontal Arm Circle 20 times	5. Horizontal Arm Circle 20 times
			6. Inverted hamstring 5 times each side with 3 sec hold	6. Inverted hamstring 5 times each side with 3 sec hold	6. Inverted hamstring 5 times each side with 3 sec hold
			7. Stretching Quads 5 times each side	7. Stretching Quads 5 times each side	7. Stretching Quads 5 times
			8. Inch worms 10 times	8. Inch worms 10 times	8. Inch worms 10 times
			9. Shoulder blades protection 20 times	9. Shoulder blades protection 20 times	9. Shoulder blades protection
			Main Set (15 mins)	Main Set (15 mins)	Main Set (15 mins)
			2 set of:	2 set of:	2 set of:
			1. Plank 20s+15s rest	1. Mountain climber 20s+10s rest	1. Plank 20s+15s rest
			2. High plank 20s+15s rest	2. Nordic skiing 20s+10s rest	2. High plank 20s+15s rest
			3. Side plank(right) 20s+15s rest	3. Burpees 15reps+10s rest	3. Side plank(right)
			4. Side plank(left) 20s+15s rest	4. Squat Jump 20reps+10s rest	4. Side plank(left) 20s+15s
			5. V-Sit Flutter kick 20 reps+15s rest	5. High knees 20reps+10s rest	5. V-Sit Flutter kick 20reps
			6. Russian twist 20reps+ 15s rest	6. Heel kicks 20reps+10s rest	6. Russian twist
			1 min extra rest between each set		1 min extra rest between
			Cool down	Cool Down (10 mins)	Cool Down (10 mins)
			Childs pose for 20 sec	Childs pose for 20 sec	Childs pose for 20 sec
			Cobra pose for 20 sec	Cobra pose for 20 sec	Cobra pose for 20 sec
			for every pose deep inhale	for every pose deep inhale	for every pose deep inhale
			exhale	exhale	exhale

Silver Dryland 26-29/03/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Warm up (15 mins)	Warm up (15 mins)	Warm up (15 mins)
			Jog for 5mins	jog for 5 mins	2 sets
			10 jumping jacks	45 sec front plank	Jumping Jack @45s+rest 15s
			10 streamline jumps	45 sec squad	Arm Swings @10 each side
			10 walking lunges	30sec frog jump	Steamline jump @40s+rest 20s
			10 burpees	16 lunges	Squat Jumps @ 30s ,rest 30s
				8 inch worms	Walking Quad Stretch *5s each
			Pre set:	45 sec back bridge	Lunge with Arm reach @5s each
			2 rounds of:		
			15 squad		
			Sumo Squad 10 per side		
			Streamline Lunges 10 per side		
			Main set (20 mins)	Main set (20 mins)	Main set (20 mins)
			3 rounds	30 sec vertical jump	3 sets 20 sec on 10 sec off
			lunges with body rotation 15 times	jump rope	20 push up
			Streamline jump	2 round	incline push up
			Side lunges 15 per side	A: 3x(1min,30s rest)	back up
			30 sec rest	Rest 90s rest	side crunch left
			10 Blast off push ups	high kneel jump 45 sec	side crunch right
					plank
					plank with leg crunch
					burpees
			Cool down (10 mins)	Cool down (10 mins)	Cool down (10 mins)
			Static stretching	5 mins slow run	Static stretching
				5 mins leg stretching	

Gold Dryland 26-29/03/20

			Thursday	Friday	Saturday	Sunday
			Warm up (15 mins)	Warm up (15 mins)	Warm up (15 mins)	Active Rest Day
			Jog for 3-5mins	2 sets	Jog for 3-5mins	Yoga
			10 jumping jacks	Jumping Jack @45s+rest 15s	45 sec front plank	Hike
			10 push ups	Arm Swings @10 each side	45 sec squad	
			10 walking lunges	Steamline jump @40s+rest 20s	30sec frog jump	
			10 Cossacks squats	Squat Jumps @ 30s ,rest 30s	16 lunges	
			Hip circles x 10 in each direction	Walking Quad Stretch *5s each	8 inch worms	
			Big shoulder circles x 10 in each	Lunge with Arm reach @5s each	45 sec back bridge	
			Small shoulder circles x 10 in each			
			Main set (20 mins)	Main set (20 mins)	Main set (20 mins)	
			Jump rope	3 Rounds :	Jump rope	
			3 round :	Mountain climber 45s ,15 rest	3 round :	
			A: 3x(1min,30s rest)	20 Leg Lifts	A: 3x(1min,30s rest)	
			Rest 90s rest	1 min Plank	Rest 90s rest	
			B: 4x(30s fast ,1 min steady)	15 Hang Knee Raise	B: 3x(40 fast ,1 min steady)	
				30 Bicycle Crunches		
			Cool down (10 mins)	Cool down (10 mins)	Cool down (10 mins)	
			3 rounds	Jogging	3 rounds	
			Grounded frog stretch 10s		Grounded frog stretch 10s	
			Grounded glute stretch 10s		Grounded glute stretch 10s	
			Hip flexor stretch 10s		Hip flexor stretch 10s	
			Calf/Achilles stretch 10s		Calf/Achilles stretch 10s	
			1 mins rest		1 mins rest	

Comp Dryland 26-29/03/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Warm Up	Warm Up	Warm Up	
			3*sets	Stretch 5 min	3*sets	
			Jumping Jack @45s+rest 15s	Rope skipping6*(45"+1'30 rest)	Jumping Jack @45s+rest 15s	
			Arm Swings @10 each side		Arm Swings @10 each side	
			Steamline jump @40s+rest 20s		Steamline jump @40s+rest 20s	
			Squad Jumps @ 30s ,rest 30s		Squad Jumps @ 30s ,rest 30s	
			Walking Quad Stretch *5s each		Walking Quad Stretch *5s each side	
			Lunge with Arm reach @5s each		Lunge with Arm reach @5s each side	
			Main Set	Main Set	Main Set	
			4 set	5*set	3* set	
			Push up 15"+45" rest	Mountain climbers 45"+45" rest	Push up 15"+45" rest	
			Sit up 15"+45" rest	Back streamline 30"+30" rest	Sit up 15"+45" rest	
			Squad jump 15"+45" rest	Jumping Jack 1'+1' rest	Squad jump 15"+45" rest	
			Knee lift 15"+45" rest	Each set 2 min rest	Knee lift 15"+45" rest	
			Floor plank 30"+45" rest		Floor plank 30"+45" rest	
			Each set rest 2 min		Back muscle 30"+30" rest	
					Each set 1 min rest	
			Cool Down	Cool Down	Cool Down	
			Backstroke arm 6*30"	Freestyle arm 6*30"	Backstroke arm 6*30"	
			Backstroke kick 4*20"	Freestyle kick 4*20"	Backstroke kick 4*20"	
			Stretch 5min	Stretch 5min	Stretch 5min	

P12&U - Chui's group Dryland 26-29/03/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Warm Up	Warm Up	Warm Up	
			3*sets	Stretch 5 min	3*sets	
			Jumping Jack @45s+rest 15s	Rope skipping6*(45"+1'30 rest)	Jumping Jack @45s+rest 15s	
			Arm Swings @10 each side		Arm Swings @10 each side	
			Steamline jump @40s+rest 20s		Steamline jump @40s+rest 20s	
			Squad Jumps @ 30s ,rest 30s		Squad Jumps @ 30s ,rest 30s	
			Walking Quad Stretch *5s each		Walking Quad Stretch *5s each side	
			Lunge with Arm reach @5s		Lunge with Arm reach @5s each side	
			Main Set	Main Set	Main Set	
			4 set	5*set	3* set	
			Push up 15"+45" rest	Mountain climbers 45"+45" rest	Push up 15"+45" rest	
			Sit up 15"+45" rest	Back streamline 30"+30" rest	Sit up 15"+45" rest	
			Squad jump 15"+45" rest	Jumping Jack 1'+1' rest	Squad jump 15"+45" rest	
			Knee lift 15"+45" rest	Each set 2 min rest	Knee lift 15"+45" rest	
			Floor plank 30"+45" rest		Floor plank 30"+45" rest	
			Each set rest 2 min		Back muscle 30"+30" rest	
					Each set 1 min rest	
			Cool Down	Cool Down	Cool Down	
			Backstroke arm 6*30"	Freestyle arm 6*30"	Backstroke arm 6*30"	
			Backstroke kick 4*20"	Freestyle kick 4*20"	Backstroke kick 4*20"	
			Stretch 5min	Stretch 5min	Stretch 5min	

P12&U - Kevin's group Dryland 26-29/03/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Warm Up	Warm Up	Warm Up	
			Streamline pointed toes	45 sec jumping jacks	30 sec front plank	
			45 sec front plank	20 windmills	40 sec side plank (20 in each)	
			45 sec squad	40 sec Streamline jump	30 sec back bridge	
			30sec frog jump	10 side lunges	5 reps isometric Y-W-T	
			16 lunges	10 inch worms	10 Inch worms	
			8 inch worms	5 mins jog	5 mins jog	
			45 sec back bridge			
			Main set	Main set	Main set	
			3 rounds-	4 rounds	4 rounds	
			40sec streamline jump	2mins skipping	45 sec Mountain climber	
			40sec Plank hips abduction	10 squad	10 burpees	
			2x 10 squad jump	4x30sec skipping fast 30sec rest	30 sec V-sit up	
			10 burpees with push up	10 sumo squad	30 sec V sit backstroke kick	
			10 streamline lunges	10 squat jump streamline	30 sec abs stretch	
			8x Inch worms 1 push up	1 min stretch	45 sec Dead bug	
			Back bridge raise single legs		16 side crunches	
			Cool down	Cool down	Cool down	
			10 mins static stretching	Foam roll (legs focus)	10 mins jog	
					3 mins stretch	

P13&O Dryland 26-29/03/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Warm up (15 min)	Warm up (15 min)	Warm up (15 min)	REST
			3 sets	3 sets	3 sets	
			30 jumping jacks	25 jumping jacks	30 jumping jacks	
			20 streamline jumps	25 stream line jumps	30 streamline jumps	
			5 Inch Worms	8 Inch worms	10 Inch worms	
			10 windmills	15 windmills	20 windmills	
			10 alternate shoulder flexion	15 alternate shoulder flexion	20 alternate shoulder	
			5 single leg Romanian	20 horizontal arm circles	20 backstroke	
			25 backstroke	20 horizontal arm circles back	20 horizontal arm circles	
			5 Quad stretches	8 rotating driangle lunge		
			Main set (20 min.)	Main set (20 min.)	Main set (20 min.)	
			3- rounds	3 rounds	3 rounds	
			9 - push ups	6 push ups	10 push ups	
			18 squads	20 squads	25 squads	
			18 lunges	20 lunges	25 lunges	
			32 dead - bug	20 burpees	25 burpees	
			55 sec. high plank	55 sec. dead bug	1 min. dead bug	
			55 sec. side plank	55 sec. high plank	1 min low plank	
			55 sec. side plank other side	55 sec. side plank	1 min. side plank	
			8 Squad jumps	55 sec. side plank other side	1 min side plank other side	
			Rest 90 sec.	5 V-Ups	10 squad jumps	
				Rest 90 sec.	Rest 90 sec.	
			Cool down (10 mins)	Cool Down (10 min)	Cool Down (10 min)	
			30 sec. quad stretch	30 sec. cat/dog	Foam Rolle -	
			30 sec. hipflexer stretch	30 sec. down dog	systematic	
			30 sec. periformis stretch	30 sec. cobra	from caves to upper back	
			30 sec. quad rolls (foam roller)	5 spider man	10 rolles per type - move on	
			30 sec. down dog	5 side lunges		
			30 sec. trigger point	30 sec. back rolle (foam roller)		
			your choice (tennis ball)	30 sec. tennis ball trigger point		
			20 sec. rest	20 sec. rest		

If possible
go for a 60 min. walk
in the hills