



**TERM 2
TRAINING
PROGRAM**

WEEK 3

HOME ISOLATION



The attached program is designed to provide students at St Brendan's College with the opportunity to continue to build on their current strength and fitness levels. The programs have been designed to cater to all ability levels. The sessions have been designed with progression in mind therefore the sessions will increase in difficulty across the term. It is important that you continue to get a minimum of 30 minutes of physical activity daily and these programs will assist in this area. If you have any questions please feel free to email either Dallas Williams (williamsd@sbc.qld.edu) or Mr Luke Guinane (guinanel@sbc.qld.edu.au).

Suggested timetable for the sessions below:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength – Session 1	Running – Session 1	HIIT	Running – Session 2	Strength – Session 2

- Please note that the stretching and foam rolling routines can be performed daily.

Week 3 – Running

Session 1 – Hill Efforts

Warm- Up

Like every exercise, it is key that we warm-up properly. Start your warm up with a 5 minute jog, and then perform the following series of dynamic mobility exercises, designed to prepare the body for the intense training to follow. Try to achieve big, open movements that are fluid and smooth. These should be done rhythmically at a comfortable speed.

DYNAMIC MOBILITY

1. 1 x 40m continuous back and forth. (or however many meters you have available)
2. Forward Skip with alternating arms
3. Backward Skip with swinging arms across
4. Side Shuffle with overhead arm swing
5. Forward Skip with Lunge & Reach
6. Backward Reaching Long Walk
7. Carioca with criss-cross arms

Please see attached video: <https://www.youtube.com/watch?v=aGenN54Xwgc>

MAIN SET

Find a moderately steep hill

Run hard up the hill for 1 minute

Slow recovery run back down to the bottom

Standing rest of 30 seconds

Repeat 7 times

COOL DOWN

Make sure you take some time after the workout to loosen up and recover from the session. We recommend at least 5 minutes of skipping and jogging, and then 5-10 minutes rolling out some of your tight tissues. It will no doubt take a few workouts to get comfortable with the workouts. This is totally normal!

Session 2 (MAS RUNS)

Warm- Up

DYNAMIC MOBILITY – same as above.

MAIN SET

MAS RUNS (15:15) (Run in a straight line for 15 secs and rest on the spot for 15secs and then go back to where you started)

8 x 15s run:15s rest

3 min rest

6 x 15s run:15s rest

2 min rest

4 x 15s run:15s rest

1 min rest

COOL DOWN

Make sure you take some time after the workout to loosen up and recover from the session. We recommend at least 5 minutes of skipping and jogging, and then 5-10 minutes rolling out some of your tight tissues. It will no doubt take a few workouts to get comfortable with the workouts. This is totally normal!

Strength & HIIT Sessions

The HIIT (High Intensity Interval Training) workout for Week 3 is called the Bodyweight Beep Test.

Set a timer for 1 minute:

Minute 1- 1 Shuttle Run + 1 Push Up + 1 Squat

Minute 2- 1 Shuttle Run + 2 Push Ups + 2 Squats

Minute 3- 1 Shuttle Run + 3 Push Ups + 3 Squats

And so on until you can no longer complete the required work in the allocated minute.

Post your score (Rds) to your Class Teams page.

Week 3- Home Strength Session 1

Exercise	Sets-	Reps-	Rest-	Demonstration-
Weighted Pull Ups	4	5	120s	https://www.youtube.com/watch?v=HRV5YKKaeVw
Poliquin Step Ups	3	20 (ea)	90s	https://www.youtube.com/watch?v=eHjRfW-UVWY
Bar Dips	3	Max	120s	https://www.youtube.com/watch?v=2z8JmcrW-As
Cyclist Squat	3	25 (ea)	90s	https://www.youtube.com/watch?v=KLhb1Hbd3gg
Single Leg Glute Bridge	3	12 (ea)	90s	https://www.youtube.com/watch?v=3NXv0Nany-Q
Hollow Rocks	3	30s	30s	https://www.youtube.com/watch?v=MDgezR1uEkl

Modified Movement Options

If you are not sure how to do any of the movements from the session, please watch the video attached.

Pull Ups- If you do not have a bar, use a table or bench and pull yourself towards the object. Add weight between feet or using a vest or backpack if possible.

Dips- Dips can be done at home between two stools. If you cannot do this use a chair to do chair dips.

Mobility-

Pancake Stretch- 1min
Couch Stretch- 1min each side
Sumo Squat- 2mins

Week 3- Home Strength Session 2

Exercise	Sets-	Reps-	Rest-	Demonstration-
Push Ups	4	20	As needed	https://www.youtube.com/watch?v=IODxDxX7oi4
Back Extensions	3	20	90s	https://www.youtube.com/watch?v=Bw9YuQTTc58
Front Plank	2	90s	90s	https://www.youtube.com/watch?v=8wih-ZMdGzo
Single Leg Pistol Box Squat	3	12 (ea)	90s	https://www.youtube.com/watch?v=H1rzQW48aoE
Straight Arm Side Plank	2 (ea)	40s	60s	https://www.youtube.com/watch?v=Km284AwWgho
Chin Ups	3	Max	120s	https://www.youtube.com/watch?v=AmLIVJErw5s

Modified Movement Options

If you are not sure how to do any of the movements from the session, please watch the video attached.

Single Leg Pistol Box Squat- If this is too difficult, substitute for a forward lunge.

Chin Ups- If you do not have a bar, use a table or bench and pull yourself towards the object.

Mobility-

Tabletop Stretch- 1min
 Standing Pike- 1min
 Samson Stretch- 1 min each side

Stretching Routine

Hold each position for 30 secs

1. Back Rolls

- Hug knees to chest, rock back and forth.



2. Double Knee side to side

- Knees at 90° feet off the floor, rocking side to side.



3. Lower Back Stretch

- Bottom leg out straight, top leg bent rolling over the top.
- Keep shoulders flat on the ground.
- Repeat both sides



4. Glute Pretzel

- Repeat position on both sides



4. Figure 7

- Front leg – knee at right angles, Back leg – Out straight behind.



5. Hip Flexor

- ½ Kneeling, Tuck glutes under or tilt hips to sky. (30sec)
- Front Leg placed further forward. (30sec)
- Raise arm (side of knee that's on the ground). (30sec)
- Repeat both sides



6. Hamstrings

- Bent Leg – Hand behind knee pulling close to chest, foot to the sky.
- Straight Leg – Grab toes and try straighten knee
- Repeat both sides



7. Quadriceps

- Lying on one side, grab the ankle and pull towards the glutes.
- At the same time pull knee under hips.
- Repeat both sides



8. Calf

- In Downward Dog position, push heel into the ground
- Repeat both sides



9. Pectorals (Pecs)

- Bent arm – standing in a door way, place elbow and wrist on the frame and walk through.
- Straight arm – place palm of hand on frame and walk through.
- Repeat both sides



10. Shoulders

- Place one arm across the body, wrap the other arm underneath it and pull across the body.
- Repeat both sides

11. Latissimus Dorsi (Lats)

- Find a railing, grab with one arm.
- Rotate body so that head is looking under the Armpit.
- Repeat both sides



12. Triceps

- Place one hand behind the head.
- With the other hand grab the opposite elbow and pull down.
- Repeat both sides



Foam Rolling

Foam rolling is a way to perform self-massage and helps improve tissue quality, mobility and flexibility. Foam rolling can be done at the start of each workout (before the Dynamic Warm-up) or anytime throughout the week (you don't have to do every muscle group; just focus on the ones you think need the most work). Foam roll each area for 30 seconds.

Calf Muscles



Peroneals



Tibialis Anterior



Hamstrings



Glutes



Piriformis



IT Band



Hip Flexors



Quadriceps



Adductors



Thoracic Spine



T-Spine Extension



Lats

Chest
(tennis ball)

Posterior Shoulder (tennis ball)

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