



## TERM 2 - TRAINING PROGRAM (HOME ISOLATION)

Week 1

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](mailto:williamsd@sbc.qld.edu)) or Mr Luke Guinane ([guinanel@sbc.qld.edu.au](mailto: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 1 – Running

### Session 1 – Testing (Determine MAS – Max Aerobic Speed)

#### 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 x 40m continuous back and forth. (or however many meters you have available)

Forward Skip with alternating arms

Backward Skip with swinging arms across

Side Shuffle with overhead arm swing

Forward Skip with Lunge & Reach

Backward Reaching Long Walk

Carioca with criss-cross arms

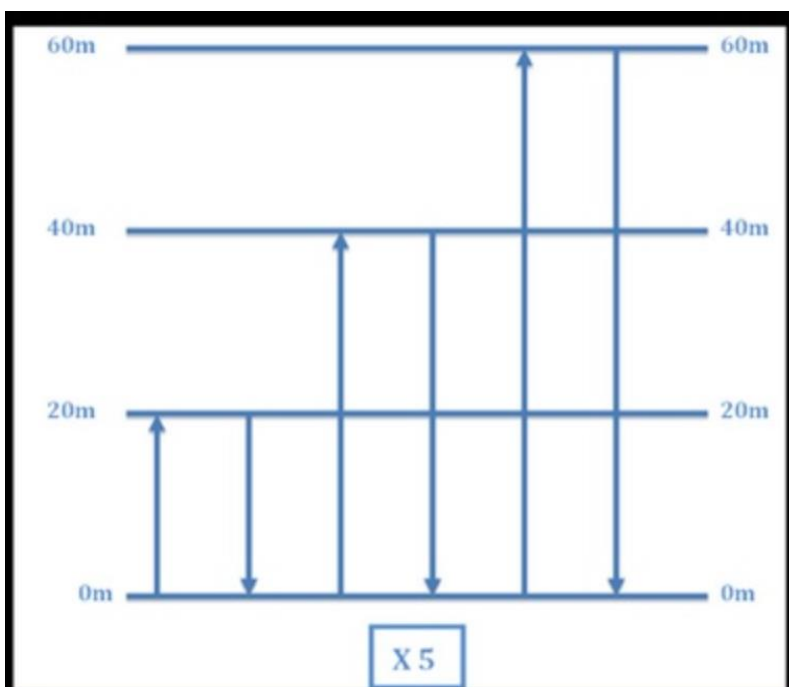
Please see attached video: <https://www.youtube.com/watch?v=aGenN54Xwgc>

#### Option 1: 1.2 km

You will need to find an oval or an open space where you are able to run a minimum distance of 60 metres. If you can't find an oval or an area of this size then you can run 1.2km wherever suitable. Remember to record your time and email [williamsd@sbc.qld.edu.au](mailto:williamsd@sbc.qld.edu.au)

### 1.2 KM Run

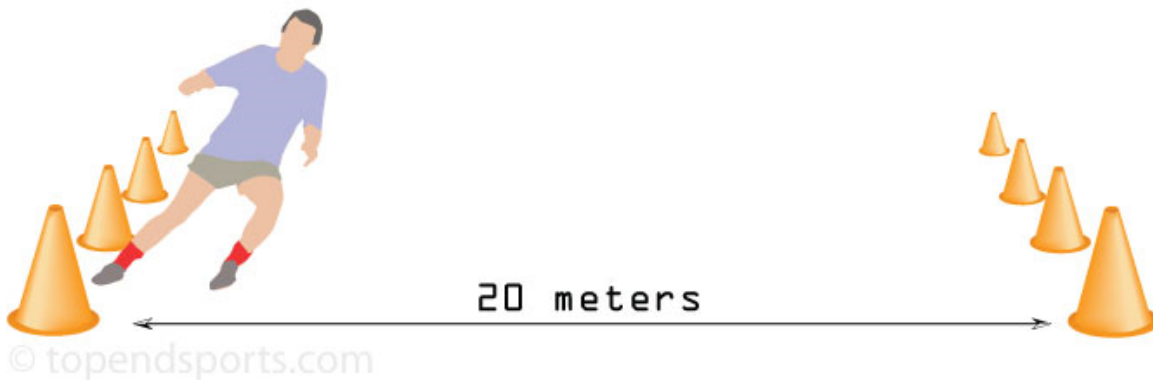
**Out 20 Back**  
**Out 40 Back**  
**Out 60 Back**  
**X 5 – Record Total Time**



## Option 2 – Beep Test

The test is performed by running between two markers placed 20 meters apart, at an increasing pace as indicated by the beeps. The test ends when you can no longer keep pace, or level 21 is completed. Link for the test can be found here [https://www.youtube.com/watch?v=e0U\\_yQITBks](https://www.youtube.com/watch?v=e0U_yQITBks)

Please record your time and email [williamsd@sbc.qld.edu.au](mailto:williamsd@sbc.qld.edu.au)



<b>BEEP TEST</b>						
<b>MALES</b>	<b>poor</b>	<b>fair</b>	<b>average</b>	<b>good</b>	<b>very good</b>	<b>excellent</b>
12 - 13 yrs	3/4	5/2	6/5	7/6	8/9	10/9
14 - 15 yrs	4/7	6/2	7/5	8/10	9/9	12/2
16 - 17 yrs	5/1	6/9	8/3	9/10	11/4	13/7
18 - 25 yrs	5/2	7/2	8/6	10/2	11/6	13/10
26 - 35 yrs	5/2	6/6	7/10	8/10	10/7	12/9
36 - 45 yrs	3/8	5/4	6/5	7/8	8/10	11/3
46 - 55 yrs	3/6	4/7	5/6	6/7	7/8	9/5
56 - 65 yrs	2/7	3/7	4/9	5/7	6/9	8/4
> 65 yrs	2/2	2/6	3/8	4/9	6/2	7/2

## Session 2 (Short Intervals)

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

1 x 40m continuous back and forth. (or however many meters you have available)

Forward Skip with alternating arms

Backward Skip with swinging arms across

Side Shuffle with overhead arm swing

Forward Skip with Lunge & Reach

Backward Reaching Long Walk

Carioca with criss-cross arms

**TECHNICAL DRILLS** - Please see attached video:

<https://www.youtube.com/watch?v=HKDya2BmB3c&feature=youtu.be>

2 x 20m with walking, or lightly skipping, back between each drill.

These drills will help you understand some of the postures, movements, and forces of sprinting, and get you ready to sprint more intensely.

A-March

A-Skip

A-Run

### **SHORT INTERVALS** (15:15 x 10 reps x 3 sets)

Run as far as you can in 15 seconds and then have a 15 second stationary rest. Try to get back to your starting point each time. Do this 10 times with a 2 min rest at the end of each set.

### **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 1 is a 12 min AMRAP (As many rounds as possible).

5 Burpees

10 Sit Ups

15 Push Ups

20 Squats

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

<b>Week 1- Home Strength Session 1</b>				
<b>Exercise</b>	<b>Sets-</b>	<b>Reps-</b>	<b>Rest-</b>	<b>Demonstration-</b>
Pull Ups	3	Max	120s	<a href="https://www.youtube.com/watch?v=HRV5YKkaeVw">https://www.youtube.com/watch?v=HRV5YKkaeVw</a>
Patrick Step Ups	3	20 (ea)	90s	<a href="https://www.youtube.com/watch?v=16AjEFQADvI">https://www.youtube.com/watch?v=16AjEFQADvI</a>
Bar Dips	3	Max	120s	<a href="https://www.youtube.com/watch?v=2z8JmcrW-As">https://www.youtube.com/watch?v=2z8JmcrW-As</a>
Bulgarian Split Squat	3	20 (ea)	90s	<a href="https://www.youtube.com/watch?v=fabxgslEkEM">https://www.youtube.com/watch?v=fabxgslEkEM</a>
Single Leg Glute Bridge	3	8 (ea)	90s	<a href="https://www.youtube.com/watch?v=3NXv0Nany-Q">https://www.youtube.com/watch?v=3NXv0Nany-Q</a>
Hollow Rocks	3	20s	40s	<a href="https://www.youtube.com/watch?v=MDgezR1uEkI">https://www.youtube.com/watch?v=MDgezR1uEkI</a>
<b>Modified Movement Options</b>				
<p>If you are not sure how to do any of the movements from the session, please watch the video attached.</p> <p>Pull Ups- If you do not have a bar, use a table or bench and pull yourself towards the object.</p> <p>Dips- Dips can be done at home between two stools. If you cannot do this use a chair to do chair dips.</p>				
<b>Mobility-</b>				
<p>Pancake Stretch- 1min Couch Stretch- 1min each side Sumo Squat- 2mins</p>				

**Week 1- Home Strength Session 2**

<b>Exercise</b>	<b>Sets-</b>	<b>Reps-</b>	<b>Rest-</b>	<b>Demonstration-</b>
Diamond Push Ups	3	Max	90s	<a href="https://www.youtube.com/watch?v=kGhDnFwMY3E">https://www.youtube.com/watch?v=kGhDnFwMY3E</a>
Goblet Squat	4	15	90s	<a href="https://www.youtube.com/watch?v=MeliIdhvXT4">https://www.youtube.com/watch?v=MeliIdhvXT4</a>
Front Plank	3	1min	90s	<a href="https://www.youtube.com/watch?v=8wih-ZMdGzo">https://www.youtube.com/watch?v=8wih-ZMdGzo</a>
Single Leg Pistol Box Squat	3	8 (ea)	90s	<a href="https://www.youtube.com/watch?v=H1rzQW48aoE">https://www.youtube.com/watch?v=H1rzQW48aoE</a>
Calf Raises	3	25	120s	<a href="https://www.youtube.com/watch?v=fQiMiUHWubw">https://www.youtube.com/watch?v=fQiMiUHWubw</a>
Chin Ups	3	Max	120s	<a href="https://www.youtube.com/watch?v=AmLIVJErw5s">https://www.youtube.com/watch?v=AmLIVJErw5s</a>

**Modified Movement Options**

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

Diamond Push Up- If this is too difficult, do a regular push up.

Goblet Squat- If you have weight, use it. If not, hold a heavy object or fill a bag with weight.

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

### Back Rolls

- Hug knees to chest, rock back and forth.



### Double Knee side to side

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



### Lower Back Stretch

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



### Glute Pretzel

- Repeat position on both sides



### Figure 7

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



### 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



### 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



### Quadriceps

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



### Calf

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



### 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



## Shoulders

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

## Latissimus Dorsi (Lats)

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



## 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)

