



**TERM 2
TRAINING
PROGRAM**

WEEK 2

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 2 – Running Sessions

Session 1 – Fartlek Training

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

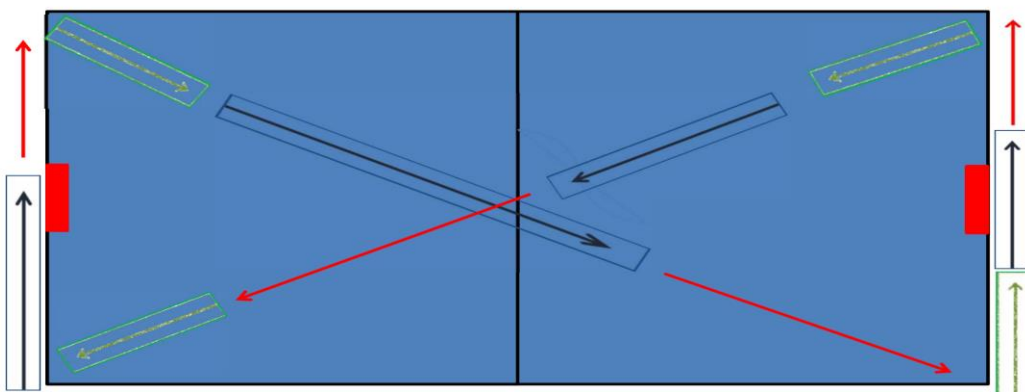
Please see attached video: <https://www.youtube.com/watch?v=aGenN54Xwgc>

Fartlek Session

You will need to find an oval to complete this activity.

- 2 sets x 3 laps of the oval with a 2 min rest after the 1st set.

Walk  Jog (2nd gear)  Stride (5th gear) 



Session 2 (Shuttle Runs)

Warm- Up

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

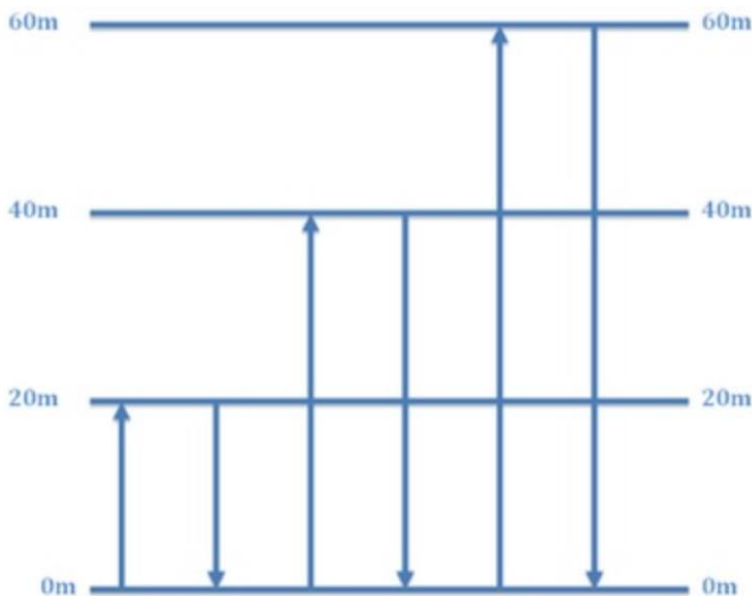
1. 1 x 40m continuous back and forth. (or however many meters you have available)
2. Forward Skip with alternating arms
3. Backward Skip with swinging arms across
4. Side Shuffle with overhead arm swing
5. Forward Skip with Lunge & Reach
6. Backward Reaching Long Walk
7. Carioca with criss-cross arms

SHUTTLE RUNS (240m Shuttles)

240m Shuttle (out 20m & back 20m, out 40m & back 40m, out 60m & back 60m)

60 sec rest

5 sets



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 15 min AMRAP (As many rounds as possible).

5 x 10m out & back

10 x hand release push ups

15 Push Ups

20 Squats

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

Week 2- Home Strength Session 1				
Exercise	Sets-	Reps-	Rest-	Demonstration-
Pull Ups	4	Max	120s	https://www.youtube.com/watch?v=HRV5YKKaeVw
Patrick Step Ups	3	20 (ea)	90s	https://www.youtube.com/watch?v=16AjEFQADvI
Bar Dips	4	Max	120s	https://www.youtube.com/watch?v=2z8JmcrW-As
Glute Bridge	3	15	90s	https://www.youtube.com/watch?v=8bbE64NuDTU
Wall Sit	3	1min	As needed	https://www.youtube.com/watch?v=-cdph8hv000
Hollow Hold	3	30s	30s	https://www.youtube.com/watch?v=4xRpGgtca8
Modified Movement Options				
<ul style="list-style-type: none">• 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.• 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 2- Home Strength Session 2

Exercise	Sets-	Reps-	Rest-	Demonstration-
BW Tricep Extension	3	Max	90s	https://www.youtube.com/watch?v=VYgVTinbx_A
Bodyweight Pause Squat	3	20 (3sec pause)	90s	https://www.youtube.com/watch?v=MzBc7lQxOrE
Side Plank	2 (ea)	1min	90s	https://www.youtube.com/watch?v=lkMmABQ9SkM
Single Leg Pistol Box Squat	3	8 (ea)	90s	https://www.youtube.com/watch?v=H1rzQW48aoE
Calf Raises	2	30	120s	https://www.youtube.com/watch?v=fQiMiUHWubw
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.
- Bodyweight Tricep Extension- Scale to a diamond push up if needed.
- Pause Squat- If you have weigh you can use it for more resistance.
- 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

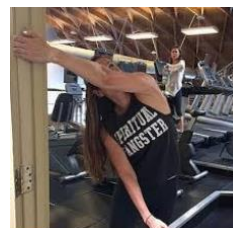
10. Shoulders

- 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



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