

Day 1 - (65 minutes)	
Primer (10 minutes)	Primer Primer Heart raiser: 10 minutes of state cardio preferably on a Rower/Assault Bike/Turbo trainer/Ski Erg or a Run if not.
Assistance Work (15 minutes)	Day 1 - Assistance Work To start the week grab yourself a barbell and complete 6 x Sets of 4 x Back Step Lunges with Front Foot Raised on 2 x 20kg plates(each leg) Rest 1 Minute between sides and <u>2 minutes</u> in-between sets. (*Try to keep all sets within 10%) Back Step Lunge – With a barbell on your back, step backwards with one leg until your knee touches the ground. Brace through your core to maintain a safe position and keep your front shin vertical. Return to standing to complete the movement. Please watch video for movement demonstrations, scaling options and loading suggestions.
Workout (30 minutes)	Day 1 - Workout Set a running timer and complete 21 , 15 & 9 Reps of the following movements as quickly as you can while maintaining good form Ring Dips Push Ups Thrusters (50-60% 3RM Press) *so complete 21 x Ring Dips, 21 x Push Ups, 21 x Thrusters then on to 15 x reps of each movement and finally 9 x reps of each movement. Then rest exactly 5 minutes before resetting the timer and completing 3 x Rounds of 150% of 2 minute Max Calories (or 60 cal bike/row/ski/3:30 effort if you haven't tested) 7 x Toes to Bar 7 x Double Squat Box Jumps 7 x Toes to Bar

7 x Double Squat Box Jumps

7 x Toes to Bar

7 x Double Squat Box Jumps

*there is quite a bit going on in this workout, so if you are unsure please watch the demo video for further explanation.

Toes to Bar – Hanging from a secure pull up bar and using what we call a kipping motion raise your toes to meet the bar. To make this movement most efficient, thinking about engaging your lats and pulling the bar down in front of you with straight arms, trying to force it to meet your toes. That way you work from both ends of your body. Your legs don't have to be completely locked out/straight to count a rep but it does make this movement more effective.

Thrusters – The thruster consists of a front squat and press in one fluid movement. Time the extension of the front squat to increase speed in the final part of the stand. Once at the top of the squat, press the barbell overhead until locked out. Return the barbell to the front rack position on your shoulder to finish the rep.

Push Ups – Resting on your hands and toes, with your body inline and no dip at the hips. Lower your chest to the floor on your arms, once your chest has met the ground, push up out of the position. Don't drop your hips or arch your back to complete the movement badly.

Ring Dips – Your starting position should be to get above the rings with your arms stretched and supporting your body on them whilst having your legs bent or straight to do the exercise. This is also called the 'support hold' position. To start, lower yourself down by bending your elbows and keeping your shoulders and hands close to your body. It is important that you keep these movements controlled in order not to lose your posture.

Box Jumps – Using a suitable height box, starting from a standing position, lower to a short squat and extend to jump and land with both feet at the same time. Use your arms to help the extension of the hip unless otherwise stated. Stand fully on top of the box before returning to the starting position by either jumping or stepping off the box.

Squat – With feet shoulder width apart, squat to a depth you can maintain your spinal curve. Use your arms to counter balance you and keep your torso as vertical as possible. Draw your knees over your toes matching the angle.

Please watch video for movement demonstrations and a workout explanation if you are unsure.

Core
(10 minutes)

Day 1 - Core

For your final section today complete

3-5 x Rounds

of

15-20 x Banded Wood Choppers Kneeling (each side)

rest as needed.

Banded Wood Choppers –Tightly secure one end of a resistance band towards the top of a door or rig. Hold the free end of the resistance band in both hands and stretch arms overhead. Keeping your abs engaged, in one smooth motion, pull the resistance band across your body and down towards your left knee. Don't be stiff—bend at the knees and twist at the waist! Slowly return to starting position and that's one rep!

Watch video for movement demonstrations & workout explanation.

Day 2 - (61 minutes)

Primer (10 minutes)

Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Row**/**Assault Bike**/**Turbo trainer**/**Ski Erg** or a **Run** if not.

Assistance Work (15 minutes)

Day 2 - Assistance Work

To start today's session we have

4 x Supersets

of

12-15 x Double Dumbbell Bent Over Row

into

4-6 x Overhead Strict Press (90-97% 3RM)

Rest as needed in-between sets.

Double Dumbbell Bent Over Row – With a dumbbells or kettlebells in each your, hinge forward at the hip with soft knees to the limit of your mobility and a safe and neutral spine. With the weight hanging directly under your shoulder, pull your hand to your arm pits, keeping your elbow tight into your body.

Strict Press Overhead – Holding the weight in 'front rack', which is arms under the bar or weights, elbows high, with the weight on your shoulder muscles and not your collarbones. Lock your core down and keep your back neutral and safe (no arching under the bar), move your head back push the weight up, bringing your head through your arms and locking out at the top.

Watch video for movement demonstrations and workout explanation.

Workout (20 minutes)

Day 2 - Workout

Set a timer for

20 Minutes

At the start of every minute complete exercise 1,2,3 or 4 for as many reps as you can in that minute, before moving onto the next movement at the start of the next minute.

1: Alternating Weighted Pistols (from seated)

2: Banded Pull-Ups (aim for 15+ each round)

3: Banded Alternating Curtsey Squat

4: Rest

Pistols – The one legged squat! Take your weight on one leg and raise your other leg in front of you off the floor. Squat as far down as possible on one leg. If you struggle with ankle mobility, put a small plate or wedge under your heel, this really helps get some depth without reducing the strength element of this movement. You can always do this to a box, step or chair that allows you to get depth without getting stuck at the bottom. Adding a little weight can help to counter balance this.

Banded Pull Ups – Holding a pull up bar, engage your shoulders by thinking about pulling your shoulder blades back and down. Pull your weight to their, aiming to get your chin above the bar. You can use a band attached to the bar and wrapped around your feet to help with this if you struggle.

Curtsey Squat – Take your weight on one leg and move the other leg around behind you as far as possible whilst squatting as low as possible on the leg you're standing on. You'll feel a lot of stretch in

your front leg through the ankle and upper joints. This is a great hip stretch!
Please watch the video for a full demonstrations, loading suggestions and workout explanation.

Sprints
(6 minutes)

Day 2 - Sprints

Set a running timer then complete an
ALL OUT SPRINT EFFORT
on a Turbo Trainer/Assault Bike/Running or Rowing.

The **Rest** to **Work** Ratios are
40 seconds **ON** / 20 second **REST**
30 seconds **ON** / 30 second **REST**
20 seconds **ON** / 40 second **REST**
10 seconds **ON** / 50 second **REST** (3 x rounds for this last one)

Please watch the video for a full demonstrations on these sprints.

Core Work
(10 minutes)

Day 2- Core Work

Complete
3-5 x Max Rep Rounds
of
Hanging Over-Target Wipers
&
Side Plank Pumps (each Side)
Rest as needed in-between rounds

Hanging Over Target Wipers – Using a box or something stood up on end that you can get your legs over. Start by hanging from a rig with your feet together on one side . Lift your feet up and over the object and lightly touch the floor on the other side, keeping tension in your core as you move.

Side Plank Pumps – Resting on your forearm and the side of your foot with your other foot resting on top. Hold your body inline and slowly drop your hips to the floor. Once it touches, power up quickly back to centre with your body inline.

Please watch video for full movement explanation and scaling options

Day 3 - (50 minutes)

Primer (10 minutes)

Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Row**/**Assault Bike**/**Turbo trainer**/**Ski Erg** or a **Run** if not.

Strength (15 minutes)

Day 3 - Strength

Start by working upto a

3 x Reps Max Rack Deadlift

then reduce the weight and come

4 x Sets

of

7 x Rack Deadlifts

Push your limits of weight on these sets but maintain you form and lower back curve.

*Rack Deadlift – Raise the bar from the ground with plates or from a rack.

Deadlift – Build up to your working weight with plenty of warm up sets starting with an empty bar. Focus on making sure that you're engaging your glutes and hamstrings for the hinge not your lower back, which should be straight and kept inline at all times. When lifting from the floor, try not to come out of the hinge until the bar is above your knees and don't overextend at the top which can be just as dangerous!

Watch video for movement full demonstrations and Loading options.

Assistance Work (5 minutes)

Day 3 - Assistance Work

Complete

3 x Sets

of

12-15 x Rear Foot Elevated Split Squat

Rear Foot Elevated Split Squat – Using a bench, box or anything you can rest the top of your foot on, laces down. Assume a split foot style position with a Dumbbell/kettlebell/loaded bag held in your hands at chest height. Squat into your front leg loading onto it as much as possible.

Watch video for movement full demonstrations and Loading options.

Workout (15 minutes)

Day 3 - Workout

Set a running timer then complete

20 seconds of WORK

with

40 seconds of REST

for the following workouts

4 x Rounds

of

Feet Raised Shoulder Taps

Jumping Back Squats (35% 3RM)

then, rest 5 minutes before completing another

4 x Rounds

of

Halos

Back Squat Pumps (middle 1/2 section of the squat)

Elevated Shoulder Taps – Place feet on box and get into a plank position. Tap the opposite shoulder with one hand. Repeat with the other hand.

Jumping Back Squats –With a barbell on your back, resting on your traps and not your neck, perform a squat as you would an air squat. Ensure your spinal curve is priority throughout the movement, keeping your torso as vertical as possible. Squat as deep as you can while maintaining your lower back curve, the appropriate depth is determined by your mobility and not a “movement standard”. Your knees should track the direction of your toes with your feet about shoulder width apart. The weight of the barbell should rest on your traps and not in your wrists. Pull the bar onto your shoulders to avoid bounce at the top.

Halos –As the name suggests, the halo is performed by making tight circles around the head with the kettlebell. If you don't have a kettlebell, you can also use a dumbbell.

Back Squat Pumps – Pulse up and down in the middle portion of your usual squat. this is like a mini more intense squat.

Again, please watch the video for a full movement demonstrations and workout explanation if you are unsure of the workout.

Core
(5 minutes)

Day 3 - Core

Spend

5 Minutes

working on

Dragon Flag Core exercise

Rest as needed.

Dragon Flag – Get into proper position by locking your arms in a fixed overhead position. You can do this on a bench, with your hand next to your head and gripping the sides of the bench, or you can grip a stable object overhead. Some people use kettlebells or a barbell, but using something fixed and stable is a bit more practical, and quite a bit safer. Contract your torso and drive your legs up as if you are performing a reverse crunch, but keep your body rigid from your shoulders to toes, and avoid bending the hips. Point your toes to help maintain proper body alignment. Once lifted, slowly lower your legs in a controlled motion without letting any part of your body touch the bench other than the upper back and shoulder. If you cave in, drop your hips, or arch your back, you don't have the strength yet and you should not continue the exercise. Lower your body until it is hovering just over the bench. Repeat as possible. Once you break form, you are done.

Please watch the video for a full movement demonstrations of the **dragon flag** if you haven't done one before.

Day 4 - (10 minutes)

Mobility (10 minutes)

Day 4 - Workouts

This week for your final session we would like you to spend

5-10 Minutes Daily

working on a

Duck Walk

and

Inch Worm

These movement are fantastic for mobility and helping you feel looser and ultimately better on the bike. They also help strengthen your glutes, quads and hip flexors.

*please watch the demonstration video for a full detail explanation of this, if you are unsure.

Duck Walk – Stand with your feet about shoulder-width apart. Squat down by bending at your knees to lower your hips down and behind you. (Pretend you're going to sit in a chair.) Go as deep as you can while keeping a straight spine and without lifting your toes or heels. You can lift your arms in front of you to help you balance. Keeping your hips the same distance from the floor, take a step forward with one foot, landing with a flat foot. Step forward with your other foot. Repeat forward as needed, then reverse to walk backward.

Inch Worm – Start from standing, lean forward like you're touching your toes. Place your hands on the floor bending slightly at the knee if you have to, and walk your hands out in front of you until you're in a push up position. From this position, walk your feet back towards your hands until they meet, then stand tall.

For a **full** demonstration of this session or any other workouts from this weeks training **please** watch the description video, where Jonny runs through all exercises the in greater detail.

And, if you have any questions about this please do fire them over, and we do hope you enjoy this weeks training.

Cardio Options

Additional Cardio Options

If you would like to add any additional cardio to your training this week the complete one, two or all of the cardio sessions below.

1: 90-120 minutes on a Turbo Trainer at a Zone 2 Heart Rate.

2: Row 10,000 meters, whilst trying to maintain a consistent pace throughout.

3: Run 10,000 meters again try to maintain a consistent pace during this run.