

Day 1 - (50 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 3 x Sets of 6-10 x Back Step Lunges with Front Foot Raised on 2 x 20kg plates(each leg) Rest 30 seconds between sides and <u>2 minutes</u> in-between sets. <i>*Don't go too heavy, say around 70% effort as this is more of a movement familiarisation exercise.</i> 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 (20 minutes)	Day 1 - Workout Set a timer for 20 Minutes Then complete as many rounds of the following movements 5 x Dumbbell Hang Clean & Jerk (left side) 5 x Dumbbell Hang Clean & Jerk (right side) 15 x Air Squats 30 second Side to Side Push Up Hold Dumbbell Clean & Jerk – Holding a dumbbell in one hand between your legs, squat down and slightly and from the bottom, stand tall and use your hips to drive the weight up to your shoulder – trying not to ‘bicep curl’ – catching the weight on your bicep and holding your elbow high. Then dip you need and drive up lifting the dumbbell overhead. Air 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. Push Up hold – In a push up position with very wide hands, lower yourself to the ground towards one arm. The idea is to load each arm and hold for 1-2 seconds before transferring onto the opposite arm. This is a difficult one, so if you need to, perform on your knees. Please watch video for movement demonstrations and a workout explanation if you are unsure.

Core
(5 minutes)

Day 1 - Core

For your final section today complete

3 x Sets

of

15-20 x Side Plank Banded Rows (each side)

Side Plank Banded Rows—In a forearm side plank, hold a solid position whilst holding a band in your upper hand with a straight arm attached to something solid under tension. Pull your hand to your arm pit. Make sure to complete both sides to keep your muscles equal.

Watch video for movement demonstrations & workout explanation.

Day 2 - (75 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

3 x Supersets

of

4 x Supinated Row Hold (chest to bar, then resists to 45 degrees)

into

12 – 15 x Strict Press Overhead (60-70% 3RM)

Rest as needed in-between sets.

Supinated Row Hold – With a barbell in a rack in a safe and secure position, hold onto the bar and hang yourself under it with your hands. The aim is to get your body parallel with the floor, so raise your feet if you need to and keep your body inline. Row your chest to the bar by pulling your hands to your arm pits then resist the downward phase of the movement until your elbows reach 45 degrees.

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 (40 minutes)

Day 2 - Workout

Set a running timer and complete

2 x Total Rounds

of

5 Minutes Cardio @ Zone 4

into

3 x Rounds

6 x Deadlifts

4 x Dirty Cleans

2 x Push Press

into another

5 Minutes Cardio @ Zone 4

and

3 x Rounds

6 x Burpees Over Bar

4 x Jumping Alternating Lunges

2 x Ski Hops Over Bar

Go hard and but maintain your form during this workout. Good Luck.

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!

Dirty Cleans – With a wide grip, similar to your handlebar grip width, hinge forward and take the bar to just below the knee at its lowest on each rep, not the floor. Stand tall and use the momentum in the bar to bring it up and bring your arms from above to below the bar, avoiding any contact with your body. Maintain a grip that's around handlebar width and keep you forearms and elbows vertically under the bar at the top, no change in grip.

Push Press –With weight held at your shoulders, and straight legs. Dip at the knees and drive to extension, use this energy to drive the weight overhead.

Burpees Over Bar – Perform a burpee with chest and thighs hitting the floor but rather than jumping vertically, jump over a barbell. There is no requirement to reach full extension of your hips. Ensure the jump is with both feet at the same time.

Jumping Alternating Lunges – Step forward, bringing your back knee down to the ground. Jump tall from this position, swapping legs as you jump to complete a lunge on the other side.

Ski Hops Over Bar – Start standing with your legs hip-width apart, with hips and knees slightly bent. Shift your weight onto left leg and pick your right foot up from the ground. Bend your left (standing) knee to lower your hips a few inches, then push explosively off your standing left foot to jump to the right side landing on your right leg.

Please watch the video for a full demonstrations, loading suggestions and workout explanation.

Core
(10 minutes)

Day 2- Core

Set a timer for

5 minutes

and accumulate as much time as you can in an

L-Hang Position

during that time.

L- Hang -Hanging from a pull up bar, create active shoulders by pulling your shoulder blades back and down so that there's tension there. From here, raise your straight legs up in front of you, aiming to get them to 90 degrees and hold at that position. If you can't get them all the way up, hold them as high as possible maintaining a tight and engaged core position. Ideally a pull up bar for this as you then get the benefit of the hang, however if you don't have a pull up bar, you can complete an L-sit by resting your hands by your sides on 2 dumbbells/chairs or wall, as long as your butt is off the floor and your legs are raised using your core.

Please watch video for full movement explanation and scaling options

Day 3 - (45 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 (10 minutes)

Day 3 - Strength

Complete

5 x Sets

of

5 x Rack Deadlifts

*Rack Deadlift – Raise the bar from the ground with plates or from a rack. Don't Go Heavy!

Suggestion is 60% 3RM Deadlift

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.

Workout (15 minutes)

Day 3 - Workout

Set a timer for

15 Minutes

Then complete

70 x Over Rower Burpees

In the remaining time you have left

Row

as far as possible.

Over Rower Burpees – Perform a burpee with chest and thighs on the ground and stand. Once standing, jump onto then off the other side of a Rower or Box.

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

Core (10 minutes)

Day 3 - Core

Complete

5-9 x Rounds

of

Max Effort Finger End Hangs

into

Side Plank Pump

Finger End Hangs – From a pull up bar, engage your shoulders by pulling your shoulder blades back and down, whilst engaging your core and bringing your legs slightly forward and pointing your toes. Then hang there for as long as possible holding on with only your finger ends.

Side Plank Pump – 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 the video for a full movement demonstrations and workout explanation if you are unsure of the workout.

Day 4 - (10 minutes)

Strength Endurance (10 minutes)

Day 4 - Workouts

This week for your final session we would like you to complete some.

High Volume Push Up

Depending on where you are with the number of push-ups you can complete in one set or one training session this protocol will be wildly different, but appropriate for almost every rider.

For as long as you can, perform **3 Days ON: 1 Day OFF**

The goal is to perform more than the previous day. Where you start and the number you increase is subjective.

So a suggestion is:

Beginners: Start with **50 x Reps** in **Sets of 5-10 x Push Ups** and increase by **5 per day**

Intermediate: Start with **100 x Reps** in **Sets of 10-15 x Push Up** and increase **10 per day**

Advanced: Use a **Descending Ladder** starting at **15 x Reps** (so 15,14,13,12,11,10...etc) with **30-45 seconds off per set**. Then increase to 16 x Reps the following day.

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

Push Up – 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.

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.