Spark Intent

Week 12

ARE YOU READY?



An example structure*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga	S quat Routine 2.0	Yoga	Yoga	S quat R outine 2.0	
S trength	S trength & 'Finisher'	S trength	Low Intensity Walk / Hike / Bike / S wim	Power & Strength	Power
Speed & Pitch 'Snake & Bake'	S port Time	Power & Pitch 'Mother Bucker'		S peed & Pitch 'Defence EMOM'	S port Time

^{*}Using or following this structure is at your own free will ©

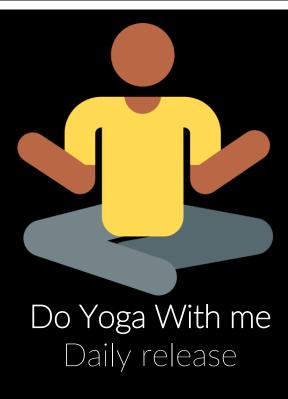
Batch Cooking Recap



Disclaimer

-No food supplied when we return to training
 - The 3 Ps
 - 1. Plan write down your 3 batch cooking meals
- 2. Prepare Source the ingredients, cost, volume, how many meals per week
- 3. Practice refine your method / learn how to cook it

Yoga



Squat Routine 2.0



SPORT TIME

THE HARDEST ISOLATION TRAINING IS THE 'COMPETITIVE LOAD'...

Dodging - Duck - Dive - Twisting - Turning - Reacting - Stepping - Evading



Scroll down for ideas!

SPORT TIME

- Tennis or even a bit of garden tennis/ badminton
- Street Handball yo (click here for example)
- Basketball 1v1, 2v2 etc
- Football 1v1 or Football Wall-ball
- Touch rugby
- Wrestling
- Tag
- Dodgeball
- Chase a farm animal