

Spark Intent

Week 12

ARE YOU READY?



An example structure*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga	Squat Routine 2.0	Yoga	Yoga	Squat Routine 2.0	
Strength	Strength & 'Finisher'	Strength	Low Intensity Walk / Hike / Bike / Swim	Power & Strength	Power
Speed & Pitch 'Snake & Bake'	Sport Time	Power & Pitch 'Mother Bucker'		Speed & Pitch 'Defence EMOM'	Sport 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



Do Yoga With me
Daily release

Squat Routine 2.0

**THERE IS NO
WRONG MOVEMENT.
THERE IS
LACK OF PREPARATION
AND LACK OF AWARENESS.**

- IDO PORTAL



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