

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

Session Ideas

This set of session ideas is designed for athletes of all ages and sits within a generic conditioning phase for programming, within the current climate the following allows the athlete to work the whole body and develop explosive power and condition the core. All abilities can do this together so empower everyone in the home to take part.

Warm up idea

- raise heart rate, 2-5 minutes, (jog on spot, skip, bike, stairs, star jumps etc)
- alternate lunges- left, right, left sideways, right sideways x 5
- high knee to flamingo x 10 each side
- banded side to side step + banded glute bridge raises (10+10) x3
- inch worm out and back x 5
- squat thrust + foot split x 10

EXAMPLE SESSION:

1. BULGARIAN SPLIT SQUAT(10 E/L)+ HAMSTRING RAISE(10 E/L)+ LUNGE JUMP 10 **X3**
2. CHAIR STEP UP (10 E/L) + 1 LEG S/L DEADLIFT (10 E/L) + SPEED SKATE 10 **X3**
3. PRESS UP +BAND ROW + FLUTTER KICK + DIPS + PULL UP + RUSSIAN TWIST **X12 MINUTES**
20/10s
4. PLANK 1 MIN, SIDE PLANK 45s x2, ADDUCTOR PLANK 30s x2



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Home based Strength & Conditioning workouts, Welsh Athletics 2020

LOWER BODY - ABC

Notes, instructions

1. Pick an exercise from Group A, B and C and perform One set of each in order. Repeat x 3 sets
2. Pick alternative A,B,C and perform 1 set of each in order. Repeat x 3

Progressions

- Use body weight/ weight in one hand/ weight in both hands/ backpack or weight on shoulders/ weight overhead, Bands.
- Rep range (A,B) 10-15 each side initially progressing to 15-20. Record on attached sheet.

Recovery

- 30 seconds between exercises 1-2 mins between sets
 - MOVEMENT QUALITY IS MOST IMPORTANT FACTOR
 - Barefoot if possible (A,B)
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The Exercises

Group A: LOWER BODY COMPOUND

1. BULGARIAN SPLIT SQUAT
 2. 1 LEG CHAIR SQUAT
 3. REVERSE LUNGE
 4. CHAIR STEP UP
 5. GOBLET SQUAT
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Group B: LOWER BODY ASSISTANCE

1. HAMSTRING RAISE STRAIGHT LEG
 2. HIP THRUST 1 LEG
 3. HIP THRUST 2 LEG
 4. STRAIGHT LEG DEADLIFT (KB)
 5. 1 LEG STRAIGHT LEG DEADLIFT
 6. KETTLE BELL SWING
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C: LOWER BODY PLYOMETRIC

1. STAIR SPRINT X 3
2. LUNGE JUMP X10
3. S/L POGO JUMP X10
4. SINGLE VERTICLE JUMPS X5
5. HOP AND STICK X5 E/L
6. SPEED SKATE X5 E/L
7. ISO CHAIR HOLD (IF NOT JUMPING)

NOTES for Group C exercises

- Perform suggested rep range, progressing over time
- If unable to jump use Wall chair hold, 30 sec, progressing.
- Be in control with correct movement pattern and balance

UPPER BODY & CORE - DEF

- Choose 2 exercises from each category and perform as d1,e1,f1,d2,e2,f2 and repeat 20 sec on 10 seconds recovery for 12 minutes.

or

- Choose 2 from each category and perform 10-20 reps of each in the above order x 4.

Record reps achieved on sheet

- All exercises can be used to form smaller circuits for daily use.
 - Finish session with 3 plank hold variations for max duration, starting conservatively!
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The Exercises

Group D: UPPER BODY PUSH

1. PRESS UP
 2. LAT RAISE/ FRONT RAISE
 3. DIPS (CHAIR)
 4. HANDSTAND HOLD (WALL)
 5. FLOOR FLY
 6. FLOOR PRESS
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Group E: UPPER BODY PULL

1. BAND ROW.
 2. 1 ARM 1 LEG ROW
 3. BAND REVERSE FLY
 4. BAND OVERHEAD MOB
 5. CHIN UP/ PULL UP/ INVERTED ROW
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Group F: CORE

1. OPPOSITE ARM/LEG RAISE
 2. RUSSIAN TWIST
 3. INCH WORM OUT AND BACK
 4. LEG RAISE OVERS
 5. FLUTTER KICK
 6. MOUNTAIN CLIMBERS
 7. GLUTE BRIDGE LEG RAISE
 8. GLUTE AIRPLANE
 9. PLANK (+HAM CURL)
 10. SIDE PLANK
 11. ADDUCTOR PLANK
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SUPPLEMENTARY SESSIONS FOR AFTERWARDS/ SEPARATE DAYS

CALF CIRCUIT

1. STEP CALF RAISE 2 FEET UP 1 FOOT DOWN X 20 ALTERNATING (SLOW)
 2. WEIGHTED OVERHEAD CALF WALK X 30 STEPS
 3. POGO JUMP X 20
 4. SEATED SMALL STEP 1 FOOT CALF RAISE WITH WEIGHT ON THIGH X 15-20 EACH SIDE.
- *REPEAT X3*

PERFORM BAREFOOT IF COMFORTABLE

HAMSTRING CIRCUIT (WITH CAUTION+ ASSISTANCE)

1. NORDIC HAMSTRING CURL (BANDED IF NECESSARY) X 6-10
 2. 1 LEG STRAIGHT LEG DEADLIFT (WEIGHTED OR BODYWEIGHT) OPPOSITE HAND REACHES DOWN X 10 EACH LEG
 3. BANDED WIDE STANCE GOOD MORNING/ STIFF LEG DEAD LIFT. BAND UNDER WIDE FEET AND AROUND SHOULDERS, STRAIGHT LEGS AND MAINTAIN STRAIGHT BACK LEANING FORWARD AND BACK UP X 10
- *REPEAT X3*

