

Youth Boys – Week 3

Strength and Conditioning

SESSION 1: RUN

40-minute run (Steady pace)

SESSION 2: BODY WEIGHT EXERCISES

	Preparation	Week 3
1	5 min Aerobic	1 x 5 mins
2	Spiderman Stretch	1 x 10 reps
3	Glute extensions	1 x 20 reps
4	Press Up Shoulder touch	1 x 20 reps
5	Single Leg balance eyes closed	1 x 30s/e
	Fast Five Exercises All Times 3	
1	Squats	x25
2	Plank	x55s
3	Kneeling Superman	x22
4	Push Ups	x12
5	Mountain Climbers	x30

SESSION 3: RUN

40-minute run (Steady pace)