

Youth Boys – Week 4

Strength and Conditioning

SESSION 1: RUN

2x 20 minute Fartlek runs

(5 min jog (warm up) --> Light stretch --> 1 minute jog --> 25 seconds run --> 25 seconds Fast run --> 10 sec sprint --> 1 minute jog --> 20 seconds run --> 20 seconds Fast run --> 10 sec sprint --> REPEAT 10 times which makes 20 minutes --> 5 min slow jog for cool down.)

SESSION 2: BODY WEIGHT EXERCISES

	Preparation	Week 4
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	x60s
3	Kneeling Superman	x24
4	Push Ups	x12
5	Mountain Climbers	x30

SESSION 3: RUN

2x 20 minute Fartlek runs