

Youth Boys – Week 5

Strength and Conditioning

SESSION 1: RUN

2x 25 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 12 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 25 minute Fartlek runs