

# Youth Boys – Week 6

## Strength and Conditioning

### SESSION 1: RUN

#### 2x 30 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 15 times which makes 20 minutes --> 5 min slow jog for cool down.)

### SESSION 2: BODY WEIGHT EXERCISES

|   | Preparation                            | Week 6           |
|---|--|------------------|
| 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        |
|   |  |                  |
|   | <b>Fast Five Exercises All Times 3</b> |                  |
| 1 | Squats                                 | x20 Small Weight |
| 2 | Plank                                  | x80s             |
| 3 | Kneeling Superman                      | x28              |
| 4 | Push Ups                               | x14              |
| 5 | Mountain Climbers                      | x40              |

### SESSION 3: RUN

#### 2x 30 minute Fartlek runs