



## Youth Boys – Week 2

### Strength and Conditioning

#### SESSION 1: RUN

30-minute run (Steady pace)

#### SESSION 2: BODY WEIGHT EXERCISES

	<b>Preparation</b>	<b>Week 2</b>
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</b>	
	<b>3</b>	
1	Squats	x20
2	Plank	x50s
3	Kneeling Superman	x20
4	Push Ups	x10
5	Mountain Climbers	x20

#### SESSION 3: RUN

30-minute run (Steady pace)

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