

# BASIC HOME TRAINING PLAN

## Day 1

A distance set run or cycle that you will carry out each day to see if you can beat your pb. Record on the clubs strava. Must be for at least 30 minutes

## Day 2

A distance set run or cycle that you will carry out each day to see if you can beat your pb. Record on the clubs strava. Must be for at least 30 minutes

## Day 3

A distance set run or cycle that you will carry out each day to see if you can beat your pb. Record on the clubs strava. Must be for at least 30 minutes

## Day 4

A distance set run or cycle that you will carry out each day to see if you can beat your pb. Record on the clubs strava. Must be for at least 30 minutes

## Day 5

A distance set run or cycle that you will carry out each day to see if you can beat your pb. Record on the clubs strava. Must be for at least 30 minutes

### Day 1 Workout

Skipping 60 Seconds

30 Seconds Rest

8 x Explosive Squats

30 Seconds Rest

8 x Ab Cycles

30 Seconds Rest

10 x Burpees

30 Seconds Rest

12 x Dead Bugs

30 Seconds Rest

Jumping Jacks 45 seoncds

120 seconds Rest

Carry out 4 times

### Day 2 Workout

10 x Press Ups

30 Seconds Rest

14 x Reverse Lung

30 Seconds Rest

15 x Squats

30 Seconds Rest

Skipping 60 Seconds

30 Seconds Rest

10 x Sit ups

30 Seconds Rest

30 Second Plank

120 seconds Rest

Carry out 4 times

### Day 3 Workout

Skipping 60 Seconds

30 Seconds Rest

8 x Explosive Squats

30 Seconds Rest

8 x Ab Cycles

30 Seconds Rest

10 x Burpees

30 Seconds Rest

12 x Dead Bugs

30 Seconds Rest

Jumping Jacks 45 seoncds

120 seconds Rest

Carry out 4 times

### Day 4 Workout

10 x Press Ups

30 Seconds Rest

14 x Reverse Lung

30 Seconds Rest

15 x Squats

30 Seconds Rest

Skipping 60 Seconds

30 Seconds Rest

10 x Sit ups

30 Seconds Rest

30 Second Plank

120 seconds Rest

Carry out 4 times

### Day 5 Workout

Skipping 60 Seconds

30 Seconds Rest

8 x Explosive Squats

30 Seconds Rest

8 x Ab Cycles

30 Seconds Rest

10 x Burpees

30 Seconds Rest

12 x Dead Bugs

30 Seconds Rest

Jumping Jacks 45 seoncds

120 seconds Rest

Carry out 4 times