

# CHALLENGE 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 60 minutes

### Day 1 Workout

Skipping 90 seconds

30 Seconds Rest

12 x Explosive Squats

30 Seconds Rest

18 x Elevated Press up

30 Seconds Rest

10 x Burpees

30 Seconds Rest

16 x Ab Cycles

30 Seconds Rest

Jumping Jacks 45 seoncds

120 seconds Rest

Carry out 4 times

## 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 60 minutes

### Day 2 Workout

20 x Dead Bugs

30 Seconds Rest

Burpess 60 seconds

30 Seconds Rest

15 x Swim bag Squat

30 Seconds Rest

Skipping 90 seconds

30 Seconds Rest

20 Heal Touches

30 Seconds Rest

20 x Plank Rotations

120 seconds Rest

Carry out 4 times

## 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 60 minutes

### Day 3 Workout

Skipping 90 seconds

30 Seconds Rest

16 x Explosive Squats

30 Seconds Rest

20 x Elevated Press up

30 Seconds Rest

14 x Burpees

30 Seconds Rest

20 x Ab Cycles

30 Seconds Rest

Jumping Jacks 45 seoncds

120 seconds Rest

Carry out 4 times

## 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 60 minutes

### Day 4 Workout

20 x Deal Bugs

30 Seconds Rest

Burpess 60 seconds

30 Seconds Rest

15 x Swim bag Squat

30 Seconds Rest

Skipping 90 seconds

30 Seconds Rest

20 Heal Touches

30 Seconds Rest

20 x Plank Rotations

120 seconds Rest

Carry out 4 times

## 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 60 minutes

### Day 5 Workout

Skipping 90 seconds

30 Seconds Rest

20 x Explosive Squats

30 Seconds Rest

22 x Elevated Press up

30 Seconds Rest

18 x Burpees

30 Seconds Rest

24 x Ab Cycles

30 Seconds Rest

Jumping Jacks 45 seoncds

120 seconds Rest

Carry out 4 times