

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 45 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 45 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 45 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 45 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 45 minutes

Daily workout - Each day you will carry out the below workout and record how many you achieved in the time, email me the results at the end of the week

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Day 1 Workout

Jumping Jacks 45 seconds
45 seconds Rest
Squats 45 seconds
45 seconds Rest
Ab Crunches 30 seconds
45 seconds Rest
Burpress 60 seconds
45 seconds Rest
Press ups 30 seconds
45 seconds Rest
Sit ups 30 seconds
120 seconds Rest

Carry out 4 times

Day 2 Workout

Press ups 40 seconds
45 seconds Rest
Explosive Squats 45 seconds
45 seconds Rest
Toe Touches 30 seconds
45 seconds Rest
Jumping Jacks 60 seconds
45 seconds Rest
Russian Twists 40 seconds
45 seconds Rest
Burpress 60 seconds
120 seconds Rest

Carry out 4 times

Day 3 Workout

Jumping Jacks 45 seconds
45 seconds Rest
Squats 45 seconds
45 seconds Rest
Ab Crunches 30 seconds
45 seconds Rest
Burpress 60 seconds
45 seconds Rest
Press ups 30 seconds
45 seconds Rest
Sit ups 30 seconds
120 seconds Rest

Carry out 4 times

Day 4 Workout

Press ups 40 seconds
45 seconds Rest
Explosive Squats 45 seconds
45 seconds Rest
Toe Touches 30 seconds
45 seconds Rest
Jumping Jacks 60 seconds
45 seconds Rest
Russian Twists 40 seconds
45 seconds Rest
Burpress 60 seconds
120 seconds Rest

Carry out 4 times

Day 5 Workout

Ab Crunches 30 seconds
45 seconds Rest
Burpress 60 seconds
45 seconds Rest
Press ups 60 seconds
45 seconds Rest
Jumping Jacks 60 seconds
45 seconds Rest
Toe Touches 40 seconds
45 seconds Rest
Explosive Squats 45 seconds
120 seconds Rest

Carry out 4 times