

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

Day 1 Workout

Skipping 90 seconds
30 Seconds Rest
Explosive Squats 45 seconds
30 Seconds Rest
Toe Touches 40 seconds
30 Seconds Rest
Burpess 60 seconds
30 Seconds Rest
Press ups 30 seconds
30 Seconds Rest
Jumping Jacks 45 seoncds
120 seconds Rest

Carry out 4 times

Day 2 Workout

20 x Dead Bugs
30 Seconds Rest
12 x Explosive Squats
30 Seconds Rest
20 x Elevated Press up
30 Seconds Rest
Skipping 90 seconds
30 Seconds Rest
20 x Ab Cycles
30 Seconds Rest
Burpess 60 seconds
120 seconds Rest

Carry out 4 times

Day 3 Workout

Skipping 90 seconds
30 Seconds Rest
Explosive Squats 45 seconds
30 Seconds Rest
Toe Touches 40 seconds
30 Seconds Rest
Burpess 60 seconds
30 Seconds Rest
Press ups 30 seconds
30 Seconds Rest
Jumping Jacks 45 seoncds
120 seconds Rest

Carry out 4 times

Day 4 Workout

20 x Dead Bugs
30 Seconds Rest
12 x Explosive Squats
30 Seconds Rest
20 x Elevated Press up
30 Seconds Rest
Skipping 90 seconds
30 Seconds Rest
20 x Ab Cycles
30 Seconds Rest
Burpess 60 seconds
120 seconds Rest

Carry out 4 times

Day 5 Workout

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

Carry out 4 times