



# CLAREMONT

## Training Plan

Session Title	Lockdown Bootcamp No. 2
Main Focus	Strength and conditioning
Location	Indoor or outdoor – you choose
Warm Up (10-15 mins)	<p>If using a location away from home jog ½-1 mile to location . If doing a home workout then jog around or on the spot for 10 mins</p> <p>March on spot, Jog on spot, high knees, heel flicks, arm rotations (increasing movement), torso twists, figure of 8 hips, Side to side lunges, squats, leg swings (forward to back, then cross in front/behind), Jumping Jacks,</p> <p><b>Are you warm? If yes move to Core Session if not repeat exercises again</b></p>
Core Session (30-40 mins)	<p><b>NB Ensure good form at all time. If you are struggling doing an exercise, lose the weight, do an easier or broken down version or move onto the next one.</b></p> <p><b>Do 3 rounds of the circuit. After each circuit have 1 min rest</b></p> <p><b>Each exercise should be done for 50 seconds with 10 seconds rest</b></p> <ol style="list-style-type: none"> <li>1. Squats</li> <li>2. Mountain climbers</li> <li>3. Press up</li> <li>4. Straight arm plank with alternate shoulder tap</li> <li>5. Side to side shuffle</li> <li>6. Walking lunges</li> <li>7. Forward/backward/side/side hops</li> <li>8. Sprints</li> </ol> <p>Grand finale squat hold -see how long you can stay in squat position (aim for at least 1 min). If you know that's too easy try with a weight/small child/dog!!!</p>
Cool Down Hold each stretch for 30 seconds	<p>Slow jog home or march on spot</p> <p>Arm stretch, Shoulder stretch, back stretch, Side bends, forward bend, quad stretch, hamstring stretch, calf stretch, glute stretch, hip flexor stretch, child's pose, cat/cow stretch</p>
Variations	Additional/substitute stretches as you feel necessary
Notes	Examples of all exercises can be found via YouTube/Google. If you're stuck email Nina and she'll try and find a link
Potential Hazards	Ensure enough space for activities. If working outside of your household please ensure social distancing rules and follow government guidance