



CLAREMONT

Training Plan

Session Title	Bootcamp
Main Focus	Strength and conditioning and endurance
Location	Your choice (if wet or you don't want to do exercises on the ground see alternatives in brackets) See the Wednesday Planner if you want to find somebody to train with.
Warm Up (15 mins)	Jog ½-1 mile to location. 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, Are you warm? If yes move to Core Session if not repeat exercises again
Core Session (30 mins)	<p>NB Ensure good form at all time. If you are struggling doing an exercise, do an easier or broken down version or move onto the next one.</p> <p>If working in pairs or small groups then one person/half group does run whilst other half does exercise then swap. Run should be at 5k pace.</p> <p>90 sec run then 90 seconds squats</p> <p>60 sec run then 60 sec round the world lunges – forward, backward, side, side</p> <p>30 sec run the 30 sec glute bridge (pulsing squats)</p> <p>15 sec run then 15 sec plank(plank against wall/fence)</p> <p>Rest 60 sec</p> <p>90 sec run 90 sec plank</p> <p>60 sec run 60 glute bridge</p> <p>30 sec run 30 sec round the world lunges</p> <p>15 sec run 15 sec squats</p> <p>Rest 60 sec</p> <p>90 sec run 90 sec bicycle crunch (upright elbow to opposite knee)</p> <p>60 sec run 60 press up (press up against wall/fence)</p> <p>30 sec run 30 sec rowing crunch (high knees)</p> <p>15 sec run 15 sec squat thrusts (jumping squats)</p> <p>Rest 60 sec</p> <p>90 sec run 90 sec squat thrusts</p> <p>60 sec run 60 rowing crunch</p> <p>30 sec run 30 sec press up</p> <p>15 sec run 15 sec bicycle crunch</p> <p>Rest 60 sec</p>

Cool Down (10 minutes)	Slow jog home Arm stretch, Shoulder stretch, back stretch, Side bends, forward bend, quad stretch, hamstring stretch, calf stretch, glute stretch, hip flexor stretch, childs pose, cat/cow stretch
Variations	Additional/substitute stretches as you feel necessary
Notes	Examples of all exercises can be found via YouTube/Google. If you're stuck email me and I'll try and find a link
Potential Hazards	Ensure enough space for activities. Please ensure social distancing rules and government guidance around group sizes.