

Goal: to continue to recovery from injury then build up speed and agility

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	6/4/20	7/4/20	8/4/20	09/04/2020 Easy 10 minute jog Followed by Drills 1 and 2 - take steady - not full pace. Stop if hurts. Aim for 10 of each.	10/04/2020 Go for a walk 20 mins at least. Strength exercises 1 - see separate sheet.	11/04/2020 Easy 15 minute jog followed by 10 minute walk	12/04/2020 REST - 10 minute stretching
2	13/04/2020 Easy 15 minute jog. Followed by Drills 3 and 4. Should be able to work harder than before, aim for 10 of each	14/04/2020 Go for a walk 20 mins at least. Strength exercises 1 - see separate sheet.	15/04/2020. Easy 15 minute jog followed by 15 minute walk. 10 minute stretching	16/04/2020 Easy 10 minute jog. Drills 5, 6 and 7. High intensity as possible, 10 repeats	17/04/2020 REST - 15 minute stretching	18/04/2020 Easy 15 minute jog followed by 15 minute walk	19/04/2020 Go for a walk 20 mins at least. Strength exercises 2 - see separate sheet.
3	20/04/2020 Easy 15 minute jog. Followed by Drills 1 to 5. High intensity, 10 repeats.	21/04/2020 Go for a walk 20 mins at least. Strength exercises 1 - see separate sheet.	22/04/2020 Easy 20 minute jog 10 minute stretching	23/04/2020 REST - 15 minute stretching	24/04/2020 Easy 10 minute jog. Followed by Drills 1 to 7. High intensity, 10 repeats.	25/04/2020 Go for a walk 20 mins at least. Strength exercises 2 - see separate sheet.	26/04/2020 REST - 15 minute stretching (email Alex for new drills and strength workouts).

Strength Routines:

1 – Legs/cardio

- 1) Squat Jumps
- 2) Sprint on spot
- 3) Star Jumps – hands touch floor
- 4) Reverse lunge + knee drive up
- 5) Repeat on other leg
- 6) Speed bounce
- 7) Side lunges
- 8) Sprint on spot – hold arms straight out to side
- 9) Lunge jumps
- 10) Hold squat – walk forwards and backwards

20 seconds on – 20 seconds rest – repeat set twice.

2 – Core

- 1) Plank
- 2) Crunches
- 3) Crab position – touch toe (diagonal)
- 4) Knee to elbow (press up position)
- 5) Leg raises
- 6) Plank shoulder taps
- 7) Bicycle kicks (lie on back)

20 seconds on – 20 seconds rest – repeat set twice.

