

Rhenish Holiday Fitness Plan

The holidays are a great opportunity not to only maintain but to build your strength, endurance and speed fitness. Please try and do the programme as best you can, but keep in mind that individuals are different and good at different parts. This programme may be too difficult or too easy for you to manage from the beginning so find out yourself and perhaps ask the advice of a friend or family member if you are struggling or not feeling like you are being pushed. We also have different abilities in areas so the strength may be easy but the speed may not be. By the beginning of January you should comfortably be completing all three programmes without too much strain. Three rotations of each programme equals a workout but begin with two in the first week and build up.

In a seven day week you should work out on five days with the other two days being recovery. I have added a recovery programme as the latest science has found that doing nothing is detrimental on a recovery day but instead it should be a lighter workout. Complete each workout once in the week and repeat two of them again. I suggest you repeat the ones you found the most difficult as that is most likely what you are weakest in. Good luck!

P.S. Working out with a friend or two is much easier and far more fun.

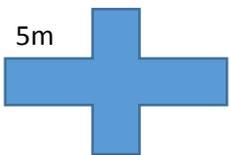
1. Endurance and recovery focused

1. 5 x 20 metre sprint build up to 100%.
Recover for 20 seconds in-between each.
2. 400 metre run at a fast jog (70%).
Recover for 2 full minutes.
3. Complete 10 deep squat jumps before exploding into a 10 metre sprint.
4. Bridge for 1 min 30 seconds, if this is easy attempt longer and ensure you look ahead of you not down.

Complete this rotation twice at least but three times is better. Use your own judgement as to where you may extend or push yourself further. Remember to warm up and stretch before and warm down with a gentle jog and stretching.

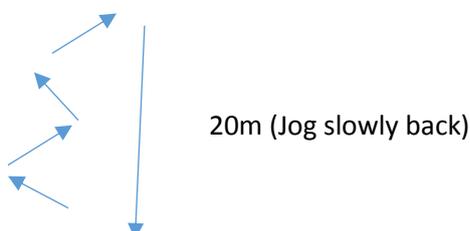
2. Agility and strength focused

1. Cross Agility 4 reps, 3 sets, max speed, and 2min rest in between sets.



Make a cross on the ground. Each arm is 5m from the centre. Start in the middle, sprint to touch each cone in turn always coming back to the middle in-between each one. Touch each cone with your hand maintaining a low body position.

2. Weave: Sprint around cones as fast as possible in a zig-zag. 4 reps, 3 sets with a 2min rest between sets recovery between reps is only the jog back to the beginning. The course should be 20m along each side before a 45° turn using explosive change of pace. You should get 6 turns into the 20 metre course.



3. Box Shuttle: 4 reps, 3 sets, 1 min between sets.

Sprint 10m forward, 10 metres side shuffling, 10 metres backwards and 10 side shuffling the other way. 4 times in a set.

4. Leg power

- Box jump onto a high table or solid ledge which should be around hip height. x 10
- Side hurdle jumps: feet together over a 0.5m hurdle, tucking the knees into your chest x 20.
- Squat jumps: Squat as deep as you can and explode up while keeping your hands held parallel in front of you. X 10
- 20m of walking lunges with your arms held vertically above you head. Knee to touch the ground lightly with each big step.

3. Endurance and recovery focused

1. Run 50 metres at 100%. Walk back and begin again as soon as you get there. Do this 8 times.
2. Sit at 90 degrees against a wall for a 1.5 min. complete this three times.
 3. Run 25 metres as fast as you can, walk back and complete the first strength exercise before sprinting again and the same strength exercise. Complete two sprints and the strength exercise twice before having a full minute break.
Strength exercises: 5 tuck jumps, 5 burpies, 15 star jumps, 10 pushups, (remember to do each one twice with a sprint before each. (Format: Sprint, Strength, sprint, strength, break. Repeat with the next strength ex.)
4. Core Routine (push yourself if you feel this is not challenging): Complete each exercise once and then repeat the rotation for 3 sets.
 - Front plank (bridge): 1 minute (please push yourself longer if this is too easy, try and look ahead of you not down).
 - Side plank: 20 seconds on each side before switching, free hand up in the air.
 - Sit ups: 30
 - Bicycle crunches 20 on each side.

Recovery day

Choose one of the three options.

- a. Go for a relaxed 5 - 10km run and stretch well before and after.
- b. Go for a relaxed swim with no fast strokes. Ensure that you swim a good distance continuously based on your capability. Stretch well before and after.
- c. Complete shuttles of 20metres there and 20 metres back. 7 shuttles in a row with a minute break. 5 sets. This should be done at 80%.