



PHASE 1 TRAINING PLAN

September – Mid November

3 sessions a week

- 2x Endurance 90mins+
- 1 x Strength Endurance working around 3x20 sets, Main focus is on legs, core and back/shoulders.
- Continuing mobility and stretching

Strength endurance example programme

Warm up:

Dynamic movements

Agility – Lateral hops

Balance - S/L deadlifts with reach up

Hip Mobility – Laying leg circles

3x20

Goblet squat

Palloff press and reverse lunge e/s

S/L deadlift

Reverse fly

Bent over row

Alt back extensions

Side plank hip dips

V up and pass

2 point box – balance

Cool down and stretches:

Full body stretch

5mins mobility with roller and trigger point ball

A video is on my website demonstrating all the exercises, you can find it at rsperformancetraining.co.uk

If anyone has any questions please don't hesitate to contact me on becky@rsperformancetraining.co.uk.