



## PHASE 2 TRAINING PLAN

### Mid November – Jan

4 sessions a week

- 2x Endurance 2 hours. Can be a mixture of sports.
- 1 x Strength working around 4x15 sets. Slightly heavier, building strength throughout the body with big movements but same volume.
- 1 x Interval – introducing high intensity bursts for intense climbs.
- Continue mobility and stretching for injury prevention

### Strength

#### **Warm up:**

Dynamic movements

Agility – Lateral hops

Balance - S/L deadlifts with reach up

Hip Mobility – Hip open and close gates

#### **4x15**

Walking lunges

Side lunge DB up and down

KB Swing

TRX Body row

Alt shoulder press

Tricep dips

Plank marching

Russian twist

Scorpion

**Cool down and stretches:**

Full body stretch

5mins mobility with roller and trigger point ball

**Interval**

40 seconds work, 20 seconds rest, x5

**Interval 1-**

Burpee

Squat and press

Star jumps

High knees

**Interval 2-**

Lunge jumps

Squat thrusts

Bent over row

Plank jacks

A video is on my website demonstrating all the exercises in order, you can find it at [rsperformancetraining.co.uk](http://rsperformancetraining.co.uk)

If anyone has any questions please don't hesitate to contact me on [becky@rsperformancetraining.co.uk](mailto:becky@rsperformancetraining.co.uk).