

Fine Tuning Phase 3 Training for EIA 2019

Mid January – Mid February

4 sessions per week

- 2 x Endurance 2.5 hours. Keep a mixture and try to do 1 hour with day bag on back.
- Strength 4x15. Adapt exercises slightly from previous weeks.
- Interval– challenging the body's energy systems and work output.
- Continue stretching and mobility

Strength

Warm up:

Dynamic movements

Agility – Bunny hops

Balance – B/W Squat on bosu

Hip Mobility – Hip open and close gates

4x15

Walking lunges on incline on treadmill or rotation over lead leg

Side lunge with 1 foot on glider (hip stability)

Hamstring curls

TRX S/A Body row

Squat and press

Tricep dips feet on gym ball

Plank front reach

Russian twist on bosu

X Scorpion

Cool down and stretches:

Full body stretch

5mins mobility with roller and trigger point ball

Interval

20 seconds work, 10 seconds rest, x4 of each move and then on to next move.
Repeat 3 times.

1. Forward and back bunny hops
2. Low twist jumps
3. Star jumps
4. 4 way hops
5. Hill sprint/mountain climber

Mid Feb – Event

Have 10 days or so of scaling the training back.

- 2 x Endurance 1 hour
- 1 x Strength 3 x 20 – lighter loads but keeping the muscles working
- Continue mobility and injury prevention

A video is on my website demonstrating all the exercises in order, 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.