

Consolidation Phase 1 Training for EIA

October – Mid November

3 sessions a week

- 2 x Endurance 90mins+
- 1 x Strength
- Continuing mobility and stretching

Strength endurance example programme

Warm up

Dynamic movements x 5 - squats, lunges, hinge and reach, arm circles forward & backward, rotations

Agility – Lateral hops x 10

Balance - S/L deadlifts with reach up x 5 each side

Hip Mobility – Laying leg circles x 5 clockwise and anti-clockwise each side

Set 1 - 4x12

Goblet squat

Reverse fly

Alt back extensions each side

Set 2 - 4 x12

Palloff press and reverse lunge each side

Bent over row

Alt back extensions each side

Set 3 - 4 x 12

Single leg deadlift each side

V up and pass gym ball

High plank 2 point box for balance

Cool down and stretches:

Full body stretch

5mins mobility with roller and trigger point ball