

Fine Tuning Phase 3 Training for EIA

January – Mid February

4 sessions per week

- 2 x Endurance 2.5 hours +
- Strength
- Interval
- Continue stretching and mobility

Strength

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 - 4 x 12

Reverse lunge on each side

Side lunge each side

Side plank hip dips each side x 12

Set 2 - 4 x 12

Single leg deadlift each side

Squat and press

Leg raise x 12

Set 3 - 4 x 12

Hamstring curls each side

Chest press with dumbbells

X Scorpion x 24

Cool down and stretches:

Full body stretch

5mins mobility with roller and trigger point ball

Interval session running or on bike

5 minutes gradual warm up

30 seconds steep hill climb

30 seconds recovery

x 10

5 minutes recovery

40 seconds steep hill climb

20 seconds recovery

x 10

5 minutes cool down