

Regional Training;
Land Session (1hour)



	Exercise	Time / Reps
Raise	Running on the spot	3 x (30secs on 20secs off)
	Star jumps	3 x (30secs on 20secs off)
	High knees	3 x (30secs on 20secs off)
	Lead Coach choice	2 x (30secs on 20secs off)
Mobilise	Calf raises	3 x (8reps 20secsR)
	Hamstring dynamic curls	3 x (8reps 20secsR)
	Standing open/close the gate	3 x (8reps 20secsR)
	Thread the needle	3 x (8reps 20secsR)
Activate	Shoulder in/external rotation	3 x (8reps 20secsR)
	Squats	3 x (8reps 20secsR)
	Lunges	3 x (8reps 20secsR)
	Hand walk outs (standing or knees)	3 x (8reps 20secsR)
	Bear crawls	3 x (20secs 30secsR)
Prime	Squat jump	2 x (8reps 30secsR)
	Lunge Switches or jump	2 x (8reps 30secsR)
	Press ups (full or 1/2)	2 x (8reps 30secsR)
	Plank Hold into hip extension	2 x (8reps 30secsR)
	Triple extension jumps	2 x (8reps 30secsR)

Notes

Discuss the importance of RMAP & how to reduce reps/sets as part of 20mins pre pool. Reinforce the importance of doing it. Adapt exercises where needed for each individual, baseline reps/sets can be altered too if needed.

- Hamstring https://www.youtube.com/watch?v=sMuh-Z4_PI8
- Gate <https://www.spotebi.com/exercise-guide/standing-open-the-gate/>
- Walkout <https://www.youtube.com/watch?v=ogR62Ghj3Z4>
- From Knees <https://www.youtube.com/watch?v=hilKksy0bUw>
- Plank & Hip <https://www.youtube.com/watch?v=G0HiakW15uY>
- 3 x Jumps <https://www.youtube.com/watch?v=VPXmMRaKD0g>