**Strength & Conditioning Programme**

*One session per day, continuous rotation through sessions 1-3. (Sets x reps, rest)*

**Session 1**

1. Box squats *(see attached excel sheet)*
2. *Bench (see attached excel sheet)*
3. Jump shrugs *(5 x 2, > 2 min)* – more about technique in thisphase <https://www.youtube.com/watch?v=JnPsPpvjbSo>
4. Good mornings – do this in a squat rack with high safety bars otherwise no way of dropping the bar if you fail! *(3 x 8, 60-90 s)* <https://www.youtube.com/watch?v=VkNcc0BQrpA>
5. Single leg jump to box *(3 x 3, 90 s, each leg)*
6. Core: TRX <https://www.youtube.com/watch?v=EX__gdfZzvE>
7. Conditioning – 12 x 6 s sprints, go every 30s + 5 x 2mins, 1min rest

**Session 2** (try to rest your lower body this day)

1. Bench press *(see attached excel sheet)*
2. Incline dumbbell press *(3 x 10, 60 s)*
3. Chins *(3 x 8, 90 s)*
4. One arm –dumbbell rows *(3 x 10, 60 s, each arm)* <https://www.youtube.com/watch?v=ovTHP1MZbZI>
5. Core: TRX session from above – get proficient and then me move on
6. Conditioning – ropes and upper body machine weights. See below and it really doesn’t matter which ones you do, just 30 s on and 30s off and do 12 reps

<https://www.youtube.com/watch?v=BSDr8JA3FAg> <https://www.youtube.com/watch?v=o6yX0GVDu1Y> <https://www.youtube.com/watch?v=7vVbr66DlLA>

**Session 3**

1. Box squats *(see attached excel sheet) –* yep, squatting twice a week in this phase
2. Power clean – if your technique is adequate? *(5 x 2, >2 min)* – more about technique in this phase
3. Multidirectional hurdles *(6 x 1, > 2 min)*– just scatter them anywhere and mix it up each week. It’s about coordination, efficiency and using all the muscles groups. Example videos <https://www.youtube.com/watch?v=j-yjTtpjZt0>, <https://www.youtube.com/watch?v=xjSWnGPQMxc>
4. Barbell hip thrusts – this should build on the work you have been doing with Sarah *(3 x 8, 60-90 s)* <https://www.youtube.com/watch?v=NOnbakeElAQ>
5. Roll-outs *(3 x 10, 60 s)* – progress to standing via bands. E.g., <https://www.youtube.com/watch?v=s7DuKqteAXc>
6. Conditioning – 6 x 30 s sprints, 30s rest + 6 x 20 s sprints, 10s rest

**Warm-up challenge**

Single leg squat/pistol squats – use the progressions from the video to get there <https://www.youtube.com/watch?v=7NvOuty_Fnc>