

REMOTE TRAINING PROGRAM | MARCH 2020

# THE BW PASE ACADEMY



## COVID-19

# 6-WEEK TRAINING PROGRAM

PLEASE NOTE: THIS PROGRAM IS DESIGNED AS A GUIDE. IF YOU ARE CURRENTLY ISOLATING, PLEASE CONTINUE TO FOLLOW GOVERNMENT GUIDELINES AND DO NOT LEAVE YOUR ACCOMODATION. IF YOU ARE EXPERIENCING COLD OR FLU LIKE SYMPTOMS, PLEASE DO NOT ATTEMPT THIS TRAINING PROGRAM.

# 6-WEEK PROGRAM OVERVIEW

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	STRENGTH - FULL BODY	5KM RUN (TIMED)	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	INTERVAL RUN 1	STRENGTH - CORE	REST & RECOVER
WEEK 2	STRENGTH - FULL BODY	5KM RUN (TIMED)	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	INTERVAL RUN 2	STRENGTH - UPPER BODY	REST & RECOVER
WEEK 3	STRENGTH - FULL BODY	INTERVAL RUN 1	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	5KM RUN (TIMED)	STRENGTH - CORE	REST & RECOVER
WEEK 4	STRENGTH - FULL BODY	INTERVAL RUN 2	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	6KM RUN (TIMED)	STRENGTH - UPPER BODY	REST & RECOVER
WEEK 5	STRENGTH - FULL BODY	6KM RUN (TIMED)	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	INTERVAL RUN 1	STRENGTH - CORE	REST & RECOVER
WEEK 6	STRENGTH - FULL BODY	6KM RUN (TIMED)	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	INTERVAL RUN 2	STRENGTH - UPPER BODY	REST & RECOVER

OUR CLUB. OUR TOWN. OUR COMMUNITY.

# EXPLANATIONS

## FOOTBALL SPECIFIC SKILLS PRACTICE

This can be anything with a ball aimed to improve your technique & touch. This should be position specific. You can find great examples on YouTube.

## 5KM RUN & 6KM RUN (TIMED)

This should be between 30 to 35 minutes in duration, you should record your time and attempt to beat your time by a minute each time you do the run. On the 4th week, you should increase the distance to 6km. To test yourself, includes hills and changes in direction.

## INTERVAL RUN 1

5x5m sprints. Rest 90 seconds. 4x10m sprints. Rest 90 seconds. 3x15m sprints. Rest 90 seconds. 2x20m sprints. Rest 90 seconds. 1x30m sprint. Rest 3 minutes. Repeat 3 times.

## INTERVAL RUN 2

Working in 1 minute intervals, running with maximum effort when "on" and a tickover jog when "off." 10 secs on/50 secs off. 20 secs on/40 secs off. 30 secs on/30 secs off. 40 secs on/20 secs off. 50 secs on/10 secs off. 60 secs on. Rest 3 minutes. Repeat 3 times.

## STRENGTH - FULL BODY

HIIT workout, 30 seconds on each exercise, followed by 30 seconds rest. Rest 3 minutes. Repeat 3 times.

1. Squat, 2. Climbers, 3. Lateral Lunge, 4. Bird Dog Plank, 5. High Knees, 6. Jumping Split Squats.

## STRENGTH - UPPER BODY

Continuous circuit. Rest 1 minute. Repeat 3 times.

1. Push Ups x8-10, 2. Tricep Dips x8-10, 3. Superman's x8-10, 4. Pull Ups x8-10, 5. Shoulder Taps x8-10, 6. Inchworm x6-8.

## STRENGTH - CORE

Continuous circuit. Rest 1 minute. Repeat 3 times.

1. Plank (30 secs), 2. Glute Bridges x20, 3. T-Spine Rotation x10 each side, 4. Nordic Curl x5, 5. Copenhagen Adduction x3-5 each leg, 6. Liard Pose x10 each side.

## REST & RECOVERY

You should still try to attempt some level of activity i.e. walking, stretching etc., but it is essential to keep exercise limited in order to allow your body to recover.

**PLEASE NOTE:** If you are unsure on any of the exercises listed, YouTube is a fantastic resource. Just type the exercise into the search bar you should find a demonstration to assist you.

WE ARE THE WOOD.



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