

MONDAY

Bodyweight lower body program #2 (Speed-strength)

12:00

Exercise Name				Description
Own warm-up 5 - 15minutes				
Power				
Low level box hops	#1 15 - 20 / 1	#2 15 - 20 / 1		Reps # / Rest min 2 SETS x '15 - 20' REPS REST 1
Seated box jump	#1 5 / 1	#2 5 / 1	#3 5 / 1	Reps # / Rest min 3 SETS x 5 REPS REST 1
Power Squat Jumps	#1 10 / 60	#2 10 / 60	#3 10 / 60	Reps # / Rest sec 3 SETS x 10 REPS REST 60
Single leg explosive hip thrust	#1 10 per side / 1 - 2	#2 10 per side / 1 - 2	#3 10 per side / 1 - 2	Reps # / Rest min 3 SETS x 10 per side REPS REST '1 - 2'
Explosive lateral lunge	#1 10 per side / 1 - 2	#2 10 per side / 1 - 2	#3 10 per side / 1 - 2	Reps # / Rest min 3 SETS x 10 per side REPS REST '1 - 2'
Jumping lunge	#1 10 per side / 1 - 2	#2 10 per side / 1 - 2	#3 10 per side / 1 - 2	Reps # / Rest min 3 SETS x 10 per side REPS REST '1 - 2'
Hamstring ISO switch	#1 10 per side / 2	#2 10 per side / 2	#3 10 per side / 2	Reps # / Rest min 3 SETS x 10 per side REPS REST 2
Prone hip flexor switch	#1 10 per side / 2	#2 10 per side / 2	#3 10 per side / 2	Reps # / Rest min 3 SETS x 10 per side REPS REST 2



TUESDAY

Running stamina and strides

12:00

Exercise Name				Description
5min own warm-up				
Running 3 x 3min (85% maxHR) / 2min rest				
Rest 2-3min				
Running 6 x 40 meter stride @ 80% of your max speed / rest 60 seconds				
Super-set				
A)				
Standing hip abduction	#1 8 per leg	#2 8 per leg	#3 8 per leg	Reps # 3 SETS x 8 per leg REPS
B)				
Star side plank	#1 15 per leg / 2	#2 15 per leg / 2	#3 15 per leg / 2	Reps / Rest # / min 3 SETS x 15 per leg REPS REST 2
Super-set				
A)				
A-skip pallof hold	#1 8 per side	#2 8 per side	#3 8 per side	Reps # 3 SETS x 8 per side REPS
B)				
Long lever bird dog plank hold	#1 15sec per si / 1-2	#2 15sec per si / 1-2	#3 15sec per si / 1-2	Time / Rest sec / min 3 SETS x 15sec per si SEC REST '1-2'

THURSDAY

Bodyweight lower body program

02:00

Exercise Name				Description
Calf Raise Standing Single-Leg Body Weight	#1 15 per side / 60	#2 15 per side / 60	#3 15 per side / 60	Reps # / Rest sec 3 SETS x 15 per side REPS REST 60
Skater squat	#1 8 per side / 1	#2 8 per side / 1	#3 8 per side / 1	Reps # / Rest min 3 SETS x 8 per side REPS REST 1
Single leg glute bridge	#1 15 per side / 2	#2 15 per side / 2	#3 15 per side / 2	Reps # / Rest min 3 SETS x 15 per side REPS REST 2
Cossack slider squat	#1 8 per side / 1	#2 8 per side / 1	#3 8 per side / 1	Reps # / Rest min 3 SETS x 8 per side REPS REST 1
Hamstring slider	#1 8 per side / 1	#2 8 per side / 1	#3 8 per side / 1	Reps # / Rest min 3 SETS x 8 per side REPS REST 1
Lateral box step down	#1 8 per side / 1	#2 8 per side / 1	#3 8 per side / 1	Reps # / Rest min 3 SETS x 8 per side REPS REST 1
Hip flexor eccentric prone	#1 10 per side / 1	#2 10 per side / 1	#3 10 per side / 1	Reps # / Rest min 3 SETS x 10 per side REPS REST 1
Nordic Hamstring	#1 6 / 1	#2 6 / 1	#3 6 / 1	Reps # / Rest min 3 SETS x 6 REPS REST 1
Copenhagen adductor	#1 10 per side / 1	#2 10 per side / 1	#3 10 per side / 1	Reps # / Rest min 3 SETS x 10 per side REPS REST 1

FRIDAY

Running stamina and strides

12:00

Exercise Name				Description
5min own warm-up				
Running 6 x 2min (90% maxHR) / 1min rest				
Rest 2-3min				
8 x 30 meter stride @ 85% of your max speed / Rest 60seconds				
Super-set				
A)				
Hip flexor hold + calf raise	#1 10 per side	#2 10 per side	#3 10 per side	Reps/side # 3 SETS x 10 per side REPS/SIDE
B)				
Single leg glute bridge	#1 10 per side / 2	#2 10 per side / 2	#3 10 per side / 2	Reps / Rest # / min 3 SETS x 10 per side REPS REST 2
Super-set				
A)				
Reverse plank	#1 30sec	#2 30sec	#3 30sec	Time sec 3 SETS x 30sec SEC
B)				
Alternating V-up	#1 30sec / 2	#2 30sec / 2	#3 30sec / 2	Time / Rest sec / min 3 SETS x 30sec SEC REST 2