

TRAINING PROGRAMME:

Nottm Ice

From:

25-Mar

To:

19-Apr

Choose any of these sessions when you want to train. Only 1 a day. Choose a different colour every time you train, You can train as much as you like but may I suggest have a least 2 days off a week. **NO** training if you feel ill. I don't expect you to do all the sessions, they are just ideas, if you want to do something else please do so.

Green sessions can be done inside or in the garden. Orange sessions can be done inside or on the street Please keep 2 meters from anyone else,

Run 30/45 min	Bike/Exercise Bike 45min/1 hour	Roller Blade 2x 10 min	Run 15 x 3 lamp post run 1 lamp post walk turn	Bike/Exercise Bike 5 x 5 min hard 5 min easy	Hill Runs 8/10 x 30/40 sec	Skipping 10 x 2 min
------------------	------------------------------------	---------------------------	---	---	----------------------------------	---------------------------

<b>Skate Sit session 1</b> 2 x 30 sec skate bobs 30 sec skate bobs jumps 30 sec side to side pushes 30 sec feet apart feet together jumps 30 sec dryskate 30 sec dryskate with a hop 30 sec skate sit 30 sec jump up touch the floor 10 min rest between each set	<b>Lungs</b> 3 x 10 x left forward lung 10 x right forward lung 10 x forward low walk 10 x forward dryskate 10 x dryskate with a hop 10 x right side dryskate 10 x left side dryskate 5 min rest between each set	<b>Circuit</b> 3 x 10 x sit ups 10 x leg lifts 10 x bike legs 5 x press ups 10 x jump up touch floor 10 x hop right foot 10 x hop left foot 10 x high jumps 10 x star jumps 30 sec plank 5 min rest between each set	<b>Stretching</b> 20 min stretch plus 10 x arm circles 10 x feet circles 10 x hip circles 30 sec stand on left leg 30 sec stand on right leg 30 sec skate bobs	<b>Skate sit session 2</b> 100 skate bobs no arms 100 skate bobs 1 arm 100 skate bobs 2 arms 100 skate bobs arm forward 1 min skate sit	<b>Internet session</b> Choose a session off TV or internet Yoga/Aerobics/dancing/????	HAVE FUN KEEP FIT KEEP SAFE SEE YOU SOON
---	--	--	---	--	--	---

Choose a different colour everytime you train, so either Orange or Green.

Please ask if you don't understand anything, maybe you could put up videos on WhatsApp