



# Isolation Programme

23-29 March 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Submaximal Fitness Session	Maximal Fitness Session	Strength Session	Maximal Fitness Session	Cross Training Session	Submaximal Fitness Session	

30 March - 5 April 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session		Submaximal Fitness Session	Maximal Fitness Session	Strength Session	Maximal Fitness Session	Cross Training Session	

6 - 12 April 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session		Submaximal Fitness Session	Maximal Fitness Session	Strength Session	Maximal Fitness Session	Strength + Speed Session	Cross Training Session

13 - 19 April 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Submaximal Fitness Session	Maximal Fitness Session	Strength + Speed Session	Maximal Fitness Session	Submaximal Fitness Session	Cross Training Session	

20 - 26 April 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Submaximal Fitness Session	Maximal Fitness Session	Strength + Speed Session	Maximal Fitness Session	Submaximal Fitness Session	Cross Training Session	

27 April - 3 May 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Submaximal Fitness Session	Maximal Fitness Session	Strength + Speed Session	Maximal Fitness Session		Cross Training Session	

CODE	Light Training Week
	Moderate Training Week
	Heavy Training Week

## Session Options

<b>Submaximal Options</b>	Option 1	Easy pace 45 min run or split into 3x 15min at a quicker pace with 2 min recovery
	Option 2	Easy pace 60 min run or split into 4x 15min at a quicker pace with 3 min recovery
	HR Targets	If using a Heart Rate monitor these sessions would sit in the 60-75% HR max zone

<b>Maximal Options</b>	Option 1	Tabata - run 20 secs hard then rest 10 secs x8 sets, rest 2 minutes between each set and complete a total of 4x 4min sets
	Option 2	6x 4min on 2 min off - run 4 min as fast as possible then rest 2 mins x 6 reps
	Option 3	Hill intervals - on a moderate incline complete the following: run hard up for 2 min then walk down for 1 min x5 reps, run hard up for 1 min then walk down for 1 min x8 reps
	Option 4	5x 1km intervals with a 3 min rest between each rep
	HR Targets	If using a Heart Rate monitor these sessions would sit in the 85-100% HR max zone

<b>Speed Sessions</b>	Option 1	Complete a 10m out/back shuttle for 30 secs then rest 30 secs x5 reps, 2 min rest, sprint 50m then walk 50m x10, rest 2 min, sprint 40m then rest 30 sec x10
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<b>Strength Session</b>	Option 1	Complete the following exercises with 30 sec rest between each exercise and 1 min between each set for a total of 4 rounds - Bodyweight squats x20, press ups x max, 1 min prone bridge, lunge x 6 each leg, sit ups x20
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<b>Cross-training Options</b>	Options	Boxing/kickboxing classes, spin cycle classes, swim session, gym fitness classes etc
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