



Isolation Programme

23-29 March 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Run	H.I.T.T	REST	Run	H.I.T.T	Run	REST

30 March - 5 April 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	H.I.T.T	Run	REST	H.I.T.T	Run	H.I.T.T	REST

6 - 12 April 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Run	H.I.T.T	REST	Run	H.I.T.T	Run	REST

13 - 19 April 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	H.I.T.T	Run	REST	H.I.T.T	Run	H.I.T.T	REST

20 - 26 April 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Run	H.I.T.T	REST	Run	H.I.T.T	Run	REST

27 April - 3 May 2020							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	H.I.T.T	Run	REST	H.I.T.T	Run	H.I.T.T	REST

CODE	Light Training Week
	Moderate Training Week
	Heavy Training Week

Session Options

Run Options:	Option 1	Distance Run - 5km (>5min/km pace)
	Option 2	Bronco Run - Moderate paced shuttle run 4.30 - 5.30mins, 20m, 40m, 60m x5 (one shuttle = 20m, 40m 60m)
	Option 3	Distance run + short shuttles with intervals - 3km run and can choose sprint difficulty. (10m shuttles. 1st set 45secs on / 20sec rest x5. 2nd set 30secs on / 15sec rest x5. 3rd set 20secs on / 15sec rest x5.)
	Option 4	Stairs - run hard the way up and recover on the way down. Rep[s] will depend on the time taken to get to top of stairs. Aim to work for 20-30mins

H.I.T.T Options:	Options:	There are millions of apps and videos up online, I have listed a few below.
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Group	Type	Site:
The Body Coach	HITT	https://www.youtube.com/results?search_query=the+body+coach+hitt
Elevate Plus	HIRT	https://www.youtube.com/watch?v=WuiHK3MjbX4
Just 6 Weeks	App	https://apps.apple.com/us/app/just-6-weeks/id586139454
Abs Workout	App	https://apps.apple.com/us/app/abs-workout-200-sit-ups/id558505114

