



Isolation Programme

4 - 10 May							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Maximal Session	Speed Session	REST	Maximal Session	Speed Session	REST	Yoga

11 - 17 May							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Strength Session	Speed Session	REST	H.I.T.T	Run	REST	Yoga

18 - 24 May							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	H.I.T.T	Strengthen Session	REST	Speed Session	Speed Sessioin	REST	Yoga

25 - 31 May							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	Maximal Session	Speed Session	REST	Maximal Session	Speed Session	REST	Yoga

CODE	Light Training Week
	Moderate Training Week
	Heavy Training Week

Session Options

Maximal Options	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
	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
	HR Targets	If using a Heart Rate monitor these sessions would sit in the 85-100% HR max zone

Speed Sessions	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
	Option 2	Mark out 300m or one lap of Rugby/Football/Hockey field. 1:1 rest (or 1min rest) First 3 sets are negative split / 2 min break / next 3 are constant pace ie 3 x 50sec (use the time of your 2nd run in first set) / 2 min break / last 3 are negative split starting with the time of your 3rd run in first set.
	Option 3	30 sec on 30 sec off x10reps / 2 min break / 45 sec on 15 sec off x10reps / 2 min break / 30 sec on 30 sec off x10reps

Strength Session	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 x6 each leg, sit ups x20
-------------------------	----------	---

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. Reps 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.
-------------------------	----------	---

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
FRF	HITT	https://www.facebook.com/FRFLyallBay/?ref=page_internal
Push Ups	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

