

ALLTRAIN

Training for Life

AT HOME SPECIAL EDITION

WEEK 2 | JUNE

BLOCK BASE TRAINING - YOUTH ATHLETE

WARM UP

Click each movement to view video

- A1) Walking Leg Swing: 1 x 10 yards
- A2) Walking Golf Ball Pick Up: 1 x 10 yards
- A3) Walking Lunge with Overhead Reach, Forward: 1 x 10 yards
- A4) Walking Lunge with Overhead Reach, Backward: 1 x 10 yards
- A5) Walking Lunge, Shooter: 1 x 10 yards
- A6) Walking Knee Hug: 1 x 10 yards
- A7) Walking Quad Stretch: 1 x 10 yards
- A8) Walking Piriformis Stretch: 1 x 10 yards

*Always prep your
training with the
WARM UP*

COOL DOWN

- E1) Supine-Legs Extended on Wall: x 60 seconds
- E2) Supine-Legs Straddled on Wall: x 60 seconds
- E3) Supine-Piriformis Stretch on Wall: x 30s each

*Always recover
from your
training with the
COOL DOWN*

BLOCK BASE TRAINING - YOUTH ATHLETE

DAY 1 | DAY 3

Click each movement to view video

- B1) A March: 2 x 20 yards
- B2) Skip-A: 2 x 20 yards
- B3) Skip-B: 2 x 20 yards
- B4) Skip-Tin Man: 2 x 20 yards
- B5) Straight Leg Run: 2 x 20 yards
- C1) Sprints, 2-Point Start: 4 x 20 yards each
- D1) Broad Jump: 4 x 8
- D2) V-Up: 4 x 12
- D3) Elbow Plank, Side: 4 x 30s each

DAY 2 |

Tempo Runs: 6 x 60 yards at 65% Max Effort

Elbow Plank, Front: 6 x 60 secs

Note: The Elbow Plank serves as the recovery period between Tempo Runs

DAY 4 |

- B1) Squat, Arm Swing: 3 x 22
- B2) Hip Bridge, Supine, Single Leg, 3s Iso at Top: 3 x 8 each
- B3) Prone Superman, 3s Iso: 3 x 10
- C1) Push up, 5s Iso: 3 x 10
 - *Modifier: Push up, 45°, 3s Iso: 3 x 10*
- C2) Elbow Plank, Front, Single Leg Elevated, Alternating: 3 x 8 each
- C3) Bicycle Crunch: 3 x 15 each

D1) 6-8 Min. Interval Cardio, 75-85% APMHR
(i.e. deliberate jaunt on an aggressively undulating hill course)