



FRIDAY WORKOUT

CARDIO TRAINING

Feel free to alternate your aerobic workout with different exercises. For example:

- Roller Blading
- Stairmaster
- Cycling
- Jogging
- Rowing Machine
- Swimming

The key to aerobic exercising is to work within your target heart rate.

TRAINING INTENSITY:

Approximately 75% to 80% of your maximum heart rate. Your Maximum heart rate is 220 minus your age. ie. $220-17=203$ max/h.r.

Your target aerobic heart rate is $203 \times 75\% - 80\% = 152 - 162$ bpm

Ideally you should wear a heart rate monitor during aerobic workouts to keep you within your target. They can be purchased at any quality sports store and are well worth the money.

TRAINING SESSIONS:

Always allow for a 5 minute warm up and 5 minute cool down. You should work within your target heart rate for between 20-30 minutes each session.

PLYOMETRIC EXERCISES

- 1) **BOUNDING** – 100m High Skipping – pump arms to propel body up and out
Week 1 – 3 sets
Add 1 set each week (max. 6 sets)

- 2) **TUCK JUMP** – Knees to chest consecutively
Week 1 – 10 reps x 3 sets
Add 2-3 reps each week

- 3) **ICE SKATER** – Mimic skating
Week 1 – 20 reps x 3 sets
Add 2-3 reps each week

- 4) **1 LEG SPRINT** – 50m Sprint – alternate reps with each leg
Week 1 – 2 sets each leg
Add 1 set each week (max. 5 sets)

- 5) **FROG LEAP** – 50m – Hands on head, deep squat and thrust forward, repeat
Week 1 – 2 sets
Add 1 set each week (max. 6 sets)

- 6) **LATERAL BOUNDS** – Mimic mogul skiing
Week 1 – 40 reps x 4 sets
Add 2-3 reps each week

- 7) **LATERAL TAGS** – 5 paces – without crossing feet, shuffle from cone to cone

