## Lowther Hall Land Training

### Week 5

<table>
<thead>
<tr>
<th>Day</th>
<th>Training Session</th>
<th>Warm up</th>
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| Monday    | Cross Country Run or 20 min run
See how far you can go. | 5 min jog
Normal routine dynamic warm up |
| Tuesday   | **Leg & Core**
1. Squats
2. Mountain Climbers
3. Glute bridges
4. Plank (break into 2 x 30 second if needed)
   * 1 x min rest
   * Repeat 5 times |
|           | or
20 High knees
20 butt kicks
10 broad burpees (feet stay wide)
10 mountain climbers
20 crunches
20 calf raises
Stretching |
| Wednesday | Cross Country Run or 33min run
See how far you can go. | Ergo Sessions
**ERGO 1**
3 x 1200m @ 20 with 2 mins rest in between
**ERGO 2**
4km @ 20
**ERGO 3**
8 x 250m mins@ 24 with 2 mins rest in between |
| Thursday  | Session of choice from the *Energise and Exercise* page or Rest | COOL DOWN
5 min slow jog
Glute stretch (stand on one leg bent, other leg with ankle across the thigh of standing leg)
Quad stretch (stand on one leg, hold foot of other, knees together)
Hamstrings (standing and reaching for toes)
Laying down – lumbar stretch (arms out on knee up towards other side of bod)
Shoulders/chest (scare crow arms, rotations)
Shoulders (arm swings)
Any additional stretches required. |
| Friday    | Rest and Stretch
Focus on Hip Flexors, Glutes, Hamstrings, Quads, Calves and Lower Back. | |
| Saturday  | **Live Training with Miss Williamson – 9am to 10am via Lowther Link Zoom group**
Core Pilates style session | |
| Sunday    | Rest and Stretch
Focus on Glutes, Hamstrings, Quads, Calves and Lower Back | |