**HOME/DISTANCE-BASED LAND TRAINING DOCUMENT**

**CD3/SD1**

**This programme should be done three times per week, but can be completed daily.**

**Warm-up: Each exercise: 2 sets of 20secs Work / 10secs rest on each exercise**

* [Jogging on spot](https://youtu.be/yo288xxMMYw)
* [Heel Flicks](https://youtu.be/vuQKheWSRH0)
* [Lateral Jump Jogging](https://youtu.be/hHw4WbfbwmI)
* [Mountain Climbers](https://youtu.be/hHw4WbfbwmI)
* [Spiderman Switch](https://youtu.be/DDcf8rjXoxw)

**Animal Movements:4 lengths of 5m of each, rest 1-20secs after each length**

* [Bear Crawl](https://www.youtube.com/watch?v=cUxSCv8ecmc)
* [Crocodile Walks](https://www.youtube.com/watch?v=ZWhIGkpG1bI)
* [Duck Walks](https://www.youtube.com/watch?v=Lm44SFUFcag)

**Mobility**

* [Seated Neck Rotations](https://youtu.be/jxinLmW9A2w) x5 each side
* [Streamline Reach](https://youtu.be/6LAgLOShJc8) x10
* [Internal External Rotation](https://youtu.be/Z2qswXAG9pk) x10
* [4 Point T-Spine](https://youtu.be/EfS7uj7q7zU) x10 each side
* [Hip Internal Rotation](https://youtu.be/kuvNHE5jOzU) x10
* [Lateral Lunge x10](https://youtu.be/qFQocXfw3Tk) each side

**General Strength & Core**

* [Box Press Up](https://youtu.be/Fk3arLm3FV4)2x8 with 1 minute Rest between
* [Zombie squat](https://youtu.be/np8Zs_eRW74)2x8 with 1 minute Rest between
* [Split Squat](https://youtu.be/obWnzTbeAPE) 1x8 on each side with 1 minute rest between
* [Standing Row](https://youtu.be/wexaaBod6FA) 2x8 with 1 minute Rest between
* [Glute Bridge](https://youtu.be/_GqrIN7xVRM) 2x8 with 1 minute Rest between
* [Arms Only Superman](https://youtu.be/RmhSbJqA2UU) 1x8 on each side
* [Side Lying leg lift](https://youtu.be/99cv8ZwqMUE) 1x8 on each side with 1 minute rest between