



UNIVERSITY OF BATH  
**TEAMBATH™**

FUTURES

## **ATHLETE DEVELOPMENT: HOME LOCKDOWN TRAINING 2020**



**We hope you and your families are all safe and well.**

**Routine and physical/mental health and wellbeing seem more important than ever – this training program is an opportunity for you get back in to some form of training schedule.**

**Challenge yourself to train in different and interesting ways, and try to do it with a smile on your face! Stay safe and stay strong!**

**Alex and Julia**

## A WORD ON EQUIPMENT...

***“Necessity is the mother of invention”.*** Errr...thanks...what does that mean?!

Basically when you don't have access to the High Performance Gym with elite-level, ridiculously expensive equipment (and AMAZING coaches obviously 😊), you need to get creative with how you train and still make progress.

**What if I have some gym equipment?** Fantastic! Use this like you normally would

**What can I use instead?** Furniture, household items, family members, pets. Anything you can get your hands on that will increase the challenge of an exercise

**What if I break something/someone?** Be more careful. And just blame it on me and tell your parents it's part of your training program



Overhead Squat with bench



Good Morning with hoover



1-arm/1-leg Shoulder Press with textbook (pinch grip)

(I really wanted to use my partner, Iona, but given she is 39 weeks pregnant she wouldn't let me. I don't think I could have lifted her anyway)

## TRAINING SESSIONS

**Aim for Session A: Be creative with your equipment choice. The weirder the better!**

SESSION A	Exercise	Week 1	Week 2	Week 3	Comments
STRENGTH	Overhead Squat	4x6	4x8	4x10	Careful of ceilings...
	1-arm/1-leg Shoulder Press	4x6	4x8	4x10	Same arm and leg
	Good Morning	4x6	4x8	4x10	See my example for ideas
SPEED	Standing Long Jump	3x5	3x6	3x8	Jump as high as possible
	MB Viking Toss				<a href="#">Video demo</a>
WORK CAPACITY	Overhead Walking Lunges	3x12	3x15	3x20	Do in place if no room
	Bench/Sofa Dips				<a href="#">Video demo</a>
	Plank Shoulder Taps				As slow as possible

**Aim for Session B: No equipment needed so do it outside if you can (social distancing)**

SESSION B	Exercise	Week 1	Week 2	Week 3	Comments
STRENGTH	Cossack Squat	4x6 e/s	4x8 e/s	4x10 e/s	<a href="#">Video demo</a>
	Supine Press Up	4x6	4x8	4x10	<a href="#">Video demo</a>
	1-leg Arabesque	4x6 e/s	4x8 e/s	4x10 e/s	Keep hips square
SPEED	Stair/Steps/Hill Sprints	6 sets	8 sets	10 sets	Any stairs will do – as fast as possible
WORK CAPACITY	Burpees	3x30s each	3x40s each	3x45s each	As quickly as possible
	Glute Bridge				Squeeze at top for 3s
	Press Up				Raise hands if needed

**Aim for Session C: You need a partner so make them do the session with you**

SESSION C	Exercise	Week 1	Week 2	Week 3	Comments
STRENGTH	Nordic Hamstring Curl	4x4	4x5	4x6	Slow and constant
	Partner-resisted Split Squat	4x6	4x8	4x10	Partner provides resistance
	Overhead Good Morning	4x6	4x8	4x10	<a href="#">Video demo</a>
SPEED	Countermovement Jump	3x5	3x6	3x8	Jump as high as possible
	Lying Chest Pass Throw				Use any ball available
WORK CAPACITY	ISO Split Squat	3x20s	3x25s	3x30s	Hold bottom of Split Squat
	ISO Press Up				Hold middle of Press Up
	ISO Calf Raise				Hold top of Calf Raise

## **TRAINING PROGRAM CHEAT SHEET**

**How are sessions structured?** Each session is split into the 3 sections to ensure you are developing a wide range of athletic qualities that are applicable to any sport:

*Strength:* total body mobility/stability exercises – **complete with maximum control and skill**

*Speed:* jumping, throwing and sprinting exercises – **complete with maximum effort and intent**

*Work Capacity:* higher rep conditioning exercises – **complete with minimal rest**

**How many sessions?** 3 sessions per week

**How much rest between sets and exercises?**

*Strength/Stability* – Complete as a tri-set (3 exercises one after another), then 60s rest

*Speed* – Complete as superset (1 set for sprints), then 60s rest

*Work Capacity* – Complete as a tri-set (3 exercises one after another), then 60s rest

**How much rest between sessions?** At least 2 days

**Do I still need to do a warm-up?** Absolutely, 100%, YES

**Why?** It's even more important now due to your normal daily activity being lower than normal to ensure you are adequately prepared for each session, physically and mentally

**What warm-up should I do?** This one... (you can do this every day if you want, e.g. first thing in the morning after you've woken up)

Exercise	Reps
Skipping or Tennis Ball skips	3 mins
Single-leg balance (eyes shut)	2x15s e/s
Forward + Reverse Lunges	2x5 e/s
Inchworms	2x5
Spidermans	2x5 e/s
Frog Squat + Reach	2x5 e/s
Pogo Jumps (max height)	2x10

**CHALLENGES** \*Each week we will set a challenge for you to complete and share\* We're planning on setting up a Whatsapp group each for Blue and Gold for you to share videos of you completing the challenges and workouts, and as a quick and easy way of staying in touch and creating a bit of competition. We'll keep you posted!

