

January 2012 Hereford RC Junior Training Programme

Day	Date	Type	J14-15	J16-18
Sunday	1/1/12	Off		
Monday	2/1/12	Weights/ Gym	Invited J15 only 2 x 5 x bodyweight cct A	4x10 4 lifts P.clean, B.press L.Press, B.pull
Wednesday	4/1/12	Circuits	Flexi circuits	Flexi circuits
Friday	6/1/12	Ergo/Gym	2 x 5 x bodyweight cct A Team ergos	Ergo 30' r20 Stretching
Sunday	8/1/12	Water	8-12k UT2 exercises up, rate 18-24 down	8-12k UT2 exercises up, rate 18-24 down
Monday	9/1/12	Weights/ Gym	Invited J15 only 30' Ergo @r20 4 x bodyweight cct B	30' Ergo @r20 Upper Body Weights B.Pr & B.Pu 12,10,8,8,8
Wednesday	11/1/12		Flexi circuits or Wordsworth Run + Stretching/Flexibility	Flexi circuits or 12k UT2 or equivalent
Friday	13/1/12		Wordsworth Run + Stretching/Flexibility or Flexi circuits (opp to Wed)	45' UT2 Ergo including 5 x (2' @ r18, 3' @ r22) as continuous piece
Sunday	15/1/12		2 x 15' (7' r22, 5' r24, 3' r26)	3 x 15' (7' r22, 5' r24, 3' r26)
Monday	16/1/12		Invited J15 only 29' Ergo pyramid 5'@r18, 4'r20, 3'r22, 2'r24,	4 lifts 12, 10, 8, 8, 8 P.clean, B.pull B.press, L.press (4x10)
Wednesday	18/1/12		Superstars: 1' Press ups, Sit ups, Squat Thrusts. Wordsworth Run	2 x 6k 90secs rest
Friday	20/1/12		Flexi Circuits	12k Ergo including: 2 x (5 x 30 power str r22-24/ 30str light)
Sunday	22/1/12		8k incl: 8 x 15str r24-32	12k incl: 12 x 15str r24-32
Monday	23/1/12		Invited J15 only 30' Ergo @r20 4 x bodyweight cct B	30' Ergo @r20 Upper Body Weights B.Pr & B.Pu 12,10,8,8,8
Wednesday	25/1/12		Flexi Circuits	12k Ergo including: 2 x 4k r22-24
Friday	27/1/12		Boat Loading	Boat Loading
Sunday	29/1/12		Stourport Head	
Monday	30/1/12	Off		4 lifts 12, 10, 8, 8, 8 P.clean, B.pull B.press, L.press (4x10)

Equivalent UT2 Sessions		
Ergo/Row (km)	Run/Swim (min)	Cycle (min)
1	5	7
8	40	60
12	60	90
16	80	120
20	100	150

Bodyweight Circuits				
A	Press ups 10	Sit ups 15	Squats 20	
B	Press ups 10	Burpees 10	Sit ups 10	10 Squats