

BRAZENDALE AND JOSEPH'S BEAT THE BLUES BOOT CAMP

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 minute run	Rest	January Workout https://youtu.be/NN8_AIMrmFo 30 seconds on each activity 30 seconds rest between Repeat x 3 <ul style="list-style-type: none"> • Knee to Elbow • Seated Row • Plank Leg Raises • Swim • Shoulder Tap • Reverse Lunge 	Rest	6 x 80 Metre Sprint Measure a distance out of 80metres. This could be in the park, in the garden or on a pavement. (You can measure the distance appoximately by walking 80 paces). Sprint the 80m and walk back to the starting position x 6	20 minute run	Rest

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 minute run	Rest	January Workout https://youtu.be/NN8_AIMrmFo 30 seconds on each activity 30 seconds rest between Repeat x 3 <ul style="list-style-type: none"> • Knee to Elbow • Seated Row • Plank Leg Raises • Swim • Shoulder Tap • Reverse Lunge 	Rest	10 x Hill Sprint Find a hill nearby. It could be in a field on a footpath or on a pavement. Please ask an adult to check its safe for you to train there. It should be no more than 50m long. Sprint up the hill and walk back to the starting position x 10	25 minute run	Rest

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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 minute run	Rest	January Workout https://youtu.be/NN8_AIMrmFo 30 seconds on each activity. 30 seconds rest between Repeat x 3 <ul style="list-style-type: none"> • Knee to Elbow • Seated Row • Plank Leg Raises • Swim • Shoulder Tap • Reverse Lunge 	Rest	8 x 80 Metre Sprint Measure a distance out of 80metres. This could be in the park, in the garden or on a pavement. (You can measure the distance appoximately by walking 80 paces). Sprint the 80m and walk back to the starting position x 8	30 minute run	Rest

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35 minute run	Rest	January Workout https://youtu.be/NN8_AIMrmFo 30 seconds on each activity. 30 seconds rest between Repeat x 3 <ul style="list-style-type: none"> • Knee to Elbow • Seated Row • Plank Leg Raises • Swim • Shoulder Tap • Reverse Lunge 	Rest	12 x Hill Sprint Find a hill nearby. It could be in a field on a footpath or on a pavement. Please ask an adult to check its safe for you to train there. It should be no more than 50m long. Sprint up the hill and walk back to the starting position x 12	25 minute run	Rest

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Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35 minute run	Rest	January Workout https://youtu.be/NN8_AIMrmFo 30 seconds on each activity 30 seconds rest between Repeat x 3 <ul style="list-style-type: none"> • Knee to Elbow • Seated Row • Plank Leg Raises • Swim • Shoulder Tap • Reverse Lunge 	Rest	Measure a distance out of 60m This could be in the park, in the garden or on a pavement. Put a marker down for 20m and 40m Repeat x 3 Pyramid 20m sprint 40m sprint 60m sprint 40m sprint 20m sprint Walk back between each one.	30 minute run	Rest

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40 minute run	Rest	January Workout https://youtu.be/NN8_AIMrmFo 30 seconds on each activity 30 seconds rest between Repeat x 4 <ul style="list-style-type: none"> • Knee to Elbow • Seated Row • Plank Leg Raises • Swim • Shoulder Tap • Reverse Lunge 	Rest	Measure a distance out of 60m This could be in the park, in the garden or on a pavement. Put a marker down for 20m and 40m Repeat x 3 Pyramid 20m sprint 40m sprint 60m sprint 40m sprint 20m sprint Walk back between each one.	20 minute run	Rest