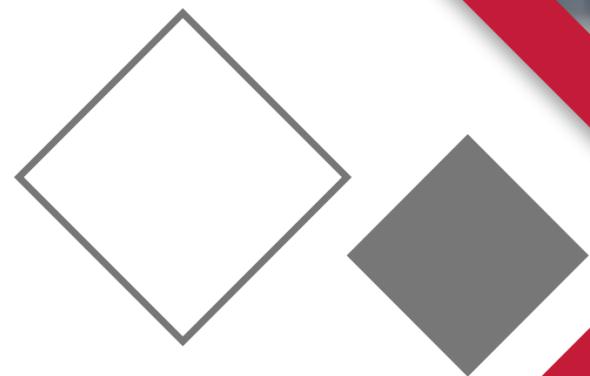


ENGLAND ATHLETICS

YTP EVENTS S&C PROGRAM

ENDURANCE



WARM-UP



Focus aspect	Exercise	Sets	Reps	Notes
Raise				Action as appropriate based on the environment
Activate (as a circuit)	Glute bridge	2	6	Hold for 3 seconds
	Long lever iso glute bridge	2		20 second hold 20 rest*3
	Lateral plank leg raise	2	6	
Mobilise	90/90 Thoracic rotation	1	6	
	Worlds greatest stretch	1	6	
	Downward dogs	1	6	
	Lunge and rotate	1	6	
	Single leg squat knee hug	1	6	
	Single leg RDL	1	6	
	Acceleration position (back leg calf raise) or figure of 4 (stance leg calf raise)	1	6	
Potentiate	Snap down	2	5	Emphasis on the stick and hold progress over time to 2 to 1 then 1 to 1
	CMJ	2	5	
	Stiff leg pogos	2	10	

SESSION 1



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Single leg hop and hold	3	3-4 e/s		Single leg snap down
Lower body push	Goblet Squat	3	5	Front Squat/Zombie Squat	Bodyweight Squat
Lower body pull	Dumbbell RDL	3	6	Barbell RDL	Bodyweight/Dowel RDL
Vertical upper body pull	Inverted BB Row	2	5	DB Chest Supported Row	DB Bent Over Row
Horizontal upper body push	Low Kneeling Dual DB Overhead Press	2	5	Tall Kneeling Dual DB Overhead Press	DB Bench Seated Overhead Press
Rotary Stability	Paloff Press	2	6	Elevated Side Bend	Bodyweight Russian Twist

SESSION 2



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Box jump	3	4-5	Reactive box jump	Box drop & land to CMJ
Lower body push	Front squat	3	5-6	Back squat	Goblet squat
Lower body pull	Swiss ball hamstring curl	3	6	Single leg Swiss ball hamstring curl	Swiss ball double leg hamstring bridge
Vertical upper body pull	Single arm lateral pull down	3	6	Chin ups (band assisted)	Lat pull down
Horizontal upper body push	Press ups	3	6	Spiderman press ups	Press ups from a box
Rotary Stability	Deadbug (alt arms)	3	6 e/s	Aleknas	Band braced deadbug

SESSION 3



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Single leg hops combo (1,2,3)	3	3-4 e/s	Single leg hops over small hurdle with prep pogo	Single leg hop and hold
Lower body push	Front Squat/Zombie Squat	3	5	Back Squat	Goblet Squat
Lower body pull	Barbell RDL	3	6	B-Stance Barbell RDL	Dumbbell RDL
Vertical upper body pull	DB Chest Supported Row	2	5 ea	Barbell Bent Over Row	Inverted BB Row
Horizontal upper body push	Tall Kneeling Dual DB Overhead Press	2	5	Standing Dual DB Overhead Press	Low Kneeling Dual DB Overhead Press
Rotary Stability	Elevated Side Bend	2	6	Single Leg Elevated Side Bend	Paloff Press

SESSION 4



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Staggered stance box jump	3	4-5	Single leg box jump	Box jump
Lower body push	Trap bar deadlift	3	5-6	Back squat	Goblet squat
Lower body pull	Single leg foot elevated hamstring bridge	3	6	Single leg hamstring bridge between boxes/benches	Feet elevated hamstring bridge
Vertical upper body pull	Chin ups (band assisted)	3	6	Chin ups	Single arm lat pull down
Horizontal upper body push	Press ups / spiderman press ups	3	6	Weighted press ups	Press ups from a box
Rotary Stability	Long lever front plank	3	6 e/s	RKC plank	Front plank

SESSION 5



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Single leg hops over mini hurdle with prep pogo			Single leg hops over hurdles (continuous)	Single leg hop combo (1,2,3)
Lower body push	Back Squat	3	5	Pause Barbell Back Squat	Front Squat/Zombie Squat
Lower body pull	B-Stance Barbell RDL	3	6	Single Leg RDL (Barbell or DB)	Barbell RDL
Vertical upper body pull	Barbell Bent Over Row	2	5 each	Barbell Pendlay Row	DB Chest Supported Row
Horizontal upper body push	Standing Dual DB Overhead Press	2	5	Barbell Military Press	Tall Kneeling Dual DB Overhead Press
Rotary Stability	Single Leg Elevated Side Bend	2	5	Copenhagen Plank (10-15 secs each side)	Elevated Side Bend

SESSION 6



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Single leg box jump	3	4-5	Single leg box jump from approach	Staggered stance box jump
Lower body push	Back squat	3	5-6	Back squat to box	Trap bar deadlift
Lower body pull	Single leg foot elevated hamstring bridge	3	6	Single leg hamstring bridge between boxes/benches	Single leg foot elevated hamstring bridge
Vertical upper body pull	Chin ups	3	6	Pull ups	Single arm lateral pull down
Horizontal upper body push	Press ups / spiderman press ups	3	6	Weighted press ups	Press ups from a box
Rotary Stability	Long lever front plank	3	6 e/s	RKC plank	Front plank

END GOALS/OBJECTIVES



Movement classification

Exercise

Squat
(Goblet 50% BW → Front 100%BW → Back)

Back Squat (>1xBW) for 1 rep

Hinge
(RDL, SL, Trap bar deadlift)

RDL >0.75xBW for 5 reps
Trap Bar Deadlift (>1xBW) for 1 rep

Lunge
(Goblet Split Squat, BB Split Squat, Reverse Lunge, Step Up)

Vertical upper body pull
(SA row, Bent over DB/BB row, chin-ups)

Chin-ups > 5 reps of bodyweight

Horizontal upper body push
(Press-ups, DB Bench, BB Bench, Incline DB/BB Bench)

Incline Bench Press 0.5xBW for 5 reps

Rotary Stability
(Side planks, lateral trunk holds)

Lateral trunk holds >60s