

St Vincents College - Fitness Program 2020

Session 1 - hills

5min jog warm up, stretch

3 x 45 sec hill run (250m) walk back recovery

4 x 30 sec hill run (150m) walk back recovery

4 x 20 sec hill run (80m) walk back recovery

5 min jog cool down

Session 2 - run

20-25 minute run aim for 4-5km

Session 3 - stairs or hills

4 sets of 3 x stairs - similar to school stairs we do - 5 min between sets
OR

Hills -

3 sets of 2 x 1 min hill runs, walk recovery.

8 min rest between sets

Body circuit - Strength - Do 3 x

Plank - 1min - 1.30 min

Push up - 10-15 reps

Lunges - 10 per leg

Dips - 10-15 reps

Squats - 20

AIM: to do 3- 4 sessions per week plus body circuit

FYI - I have sessions still going at this moment for groups of less than 8 people at the Randwick track or Centennial Park -

Call or message me if you want to train 0412 099 882.

If you need any programs for limited space if we go into full isolation please message me

Keep well and keep fit

Thanks Tash