

FIKSHEIDSPROGRAM JUNIE/JULIE VAKANSIE 2023

"Good, better, best. Never let it rest. 'Till your good is better and your better is best."

WEEK 1

	M	D	W	D	V	S	S
Bulte: 3 x 100m, 3 x 80m, 6 x 30m, 6 x 10m NB!! MOET STYL HELLING WEES	X						R U S
CIRCUIT 1 / GYM + Core		X					
SPOED SESSIE: 1 x 60m, 5 x 50m, 3 x 30m, 5 x 120m Volle rus tussen stelle			X				
CIRCUIT 2 / GYM + 10 min draf voor en na sessie				X			
RUS					X		
5 KM/ PARK RUN (NEEM TYD)						X	

SESSIES VOLTOOI:	/ 5
TELLING – HOE HET JY GEVOEL GEDURENDE SESSIES:	/ 10
5 KM TYD:	Min sek

WEEK 2

"Do you want to know my secret? Get up and work when no one is watching so when the stadium is full you get the cheers."

	M	D	W	D	V	S	S
5 x 200m (5 min rus tussen reps) 60m x 3 (stap rus na begin)		X					R U S
CIRCUIT 1 / GYM + core	X						
SPOED PIRAMIDE: 30m, 50m, 80m, 100m, 80m, 50m, 30m x 3 sets (5 minute rus tussen stelle)				X			
CIRCUIT 2 / GYM + 10 min draf voor en na sessie			X				
RUS					X		
5 KM/ PARK RUN (NEEM TYD)						X	

SESSIES VOLTOOI:	/ 5
TELLING – HOE HET JY GEVOEL GEDURENDE SESSIES:	/ 10
5 KM TIME:	Min sek

WEEK 3

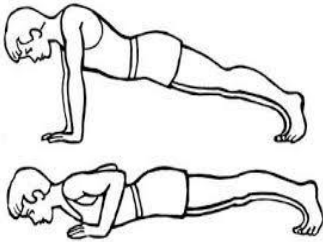
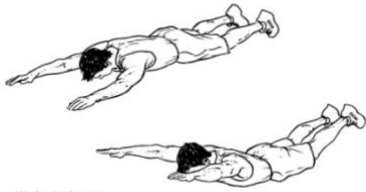
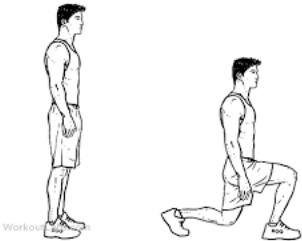
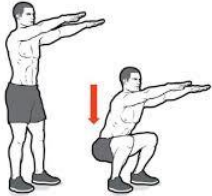
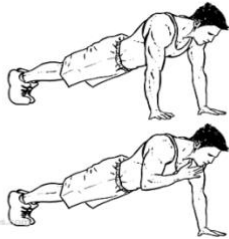
“Failure will never overtake me if my determination to succeed is strong enough.”

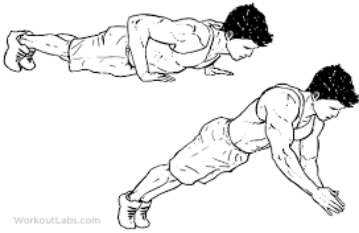
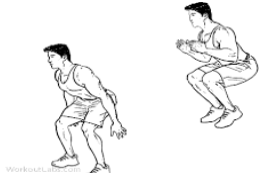
	M	D	W	D	V	S	S
BULTE PIRAMIDE: 10m, 30m, 50m, 30m, 10m x 5 sets (5 min rus tussen sets)			X				R U S
CIRCUIT 1 / GYM + core		X					
OMDRAAILOPE: 100m/100m/100m x 3 sets - Hardloop 100m, rus 30 sekondes hardloop weer 100m rus 30 sekondes en hardloop dan laaste 100m - 5 min rus tussen sets	X						
CIRCUIT 2 / GYM + 10 min draf voor en na sessie				X			
RUS					X		
5 KM/ PARK RUN (NEEM TYD)						X	

SESSIES VOLTOOI:	/ 5
TELLING – HOE HET JY GEVOEL GEDURENDE SESSIES:	/ 10
5 KM TIME:	Min sek



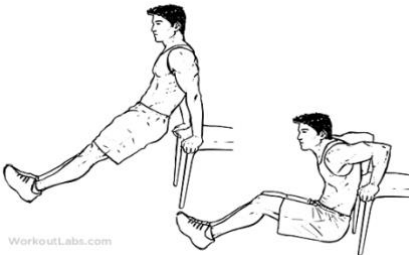
*“It always seems impossible.
Until it’s done.”*

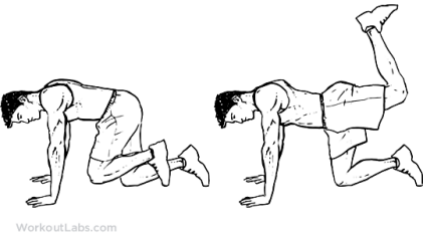
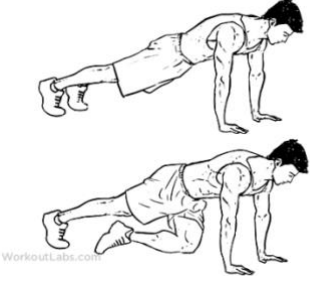
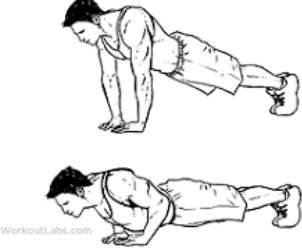
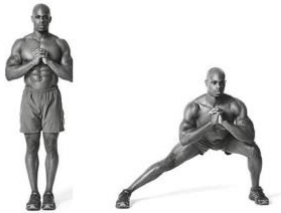
Circuit 1

Oefening	Hoeveelheid	Voorbeeld
Push - Ups	10 reps x 5 sets	
Superman	6 reps x 3 sets	 <small>WorkoutLabs.com</small>
Lunges	10 reps per been x 5 sets	 <small>WorkoutLabs.com</small>
Squats	10 reps x 6 sets	
Shoulder taps plank	30 sekondes x 5 sets	 <small>WorkoutLabs.com</small>

Clapping push ups	5 reps x 3 sets	
Jump knee tucks	5 reps x 4 sets	

Circuit 2

Oefening	Hoeveelheid	Voorbeeld
Pike push ups	8 reps x 6 sets	
Bridge - Hip Thruster	5 reps x 10 sets	
Tricep dips	10 reps x 5	

<p>Donkey Kicks</p>	<p>5 reps per been x 5 sets</p>	 <p>WorkoutLabs.com</p>
<p>Mountain climbers</p>	<p>30 sekondes x 5 sets</p>	 <p>WorkoutLabs.com</p>
<p>Diamond push ups</p>	<p>6 reps x 5 sets</p>	 <p>WorkoutLabs.com</p>
<p>Step outs</p>	<p>10 reps per been x 4 sets</p>	

Core + hipflex workout:

"Hard work beats talent when talent stops working."

Core Stability			
Exercise	Duration	Rest	Reps
Superman	30sec	15sec	3
V-ups	30sec	15sec	3
Twists	30sec	15sec	3
Crunches on swiss ball/ Normal Crunches	30sec	15sec	3
Plank	30sec	15sec	3
Bridge	30 sec	15 sec	3

V-Ups



Superman's



Twists



Plank



Normal Crunches



Bridge

