



Strength & Conditioning Programme

Week 3 of 8					
	Exercise	Reps / Time	Sets	Load (kg)	Coaching Cues / Key Points
Warm-up : Partner Plank Cone Game. Wall SK Calf Raise Hold 30s e/s, Hip Opener Hurdles → (1) Forward Lunge + Twist 5m, A-March 5m, A-Skip 5m. (2) Squat x4, 1-Leg RDL & Quad Stretch x3 e/s, Pogo Pops 5m, Low Ankle Skips 5m. Calf Stretch 15s x2 e/s					
V1	Moving Pogo Jumps	10 metres	3	BW	Laces up to the sky, Fast Tempo, Slap the floor
V2	2-Forward 1-Back Hops (or Jumps)	10 metres	3	BW	Be springy/bouncy, Laces up to the sky, Slap the floor
V3	Repeated Hop-Bounds	10 metres	3	BW	Be springy/bouncy. Reach your fingertips to the sky
A1	DB Goblet Squat To Box	12	3	BW or DB	Tempo : 3-2-1. Elevate heels if required.
A2	2-Leg Chinese Plank (Hammy)	20s e/s	3	2-leg or 1-leg	Dig your heel down and back into the floor
A3	1-Leg Calf Bridge	30s hold e/s	2-3	BW	Butt low, Heel High. Search for a calf burn
B1	Short Split Squat	6 e/s	3	BW or DB	Push the floor away hard. One hand on wall for balance
B2	1-Leg Straight-Knee Calf Raise	8 e/s	3	BW or DB	Tempo : 2s up, 2s pause, 2s down. Drive heel high
B3	2-Leg Dumbbell RDL	10	3	BW, DB or KB	Search for a hamstring stretch. Tempo : 3-2-1
C1	Side Plank Hold	20s hold	3	BW	Choose a variation that is challenging but achievable

Key : BW = body weight, s = seconds, DB - dumbbell, e/s = each side, jumps = 2-legs, hops = 1-leg, m = metres, SK = straight knee



Warm-up Exercises : Video Links

- [Hurdle Hip Opener](#)
- [Lunge + Twist](#)
- [A-March Calf Raise](#)
- [Moving A-Skip](#)
- [1-Leg Straight-Knee Calf Raise Hold](#)
- [Low Ankle Skips](#)
- [1-Leg RDL](#)

If you have any questions, just drop me an email at info@buanphysio.ie, or message me on instagram : <https://www.instagram.com/buanphysio?igsh=NHd6MzRkMWJwMTdt>

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