

ATHLETE DEVELOPMENT 2

Visit our website to access the video for this strength programme.
Make sure to watch the video carefully to ensure your technique is correct.

Follow our instagram and facebook as well for regular advice and tips on training during this time.

www.move4sport.org.uk



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Week	1		2		3		4		5		6		7		8	
	Reps	R/R	Reps	R/R	Reps	R/R	Reps	R/R	Reps	R/R	Reps	R/R	Reps	R/R	Reps	R/R
Single Leg Reach and Drop (each side)	6		6		5		5		8		8		7		7	
	6		6		5		5		8		8		7		7	
	6		6		5		5		8		8		7		7	
					5		5						7		7	
Lateral Lunge (each side)	8		10		8		10		12		14		12		14	
	8		10		8		10		12		14		12		14	
	8		10		8		10		12		14		12		14	
					8		10						12		14	
Prone IYTW Holds	8		10		8		10		12		14		12		14	
	8		10		8		10		12		14		12		14	
	8		10		8		10		12		14		12		14	
					8		10						12		14	
Hamstring Slides	8		10		8		10		12		14		12		14	
	8		10		8		10		12		14		12		14	
	8		10		8		10		12		14		12		14	
					8		10						12		14	

Follow the reps (repetitions) and sets shown for each week, resting for 60 seconds between sets.

R/R stands for 'reps in reserve'. Use this to record either how many more repetitions that you feel you could have done, or how many fewer, on each exercise. Eg. -2 (if you only managed 6 pressups instead of 8).