

## **Consolidation Phase 1 Training for EIA 2019**

### **November**

3 sessions a week

- 2x Endurance 90mins+
- 1 x Strength Endurance working around 3x20 sets, Main focus is on legs, core and back/shoulders.
- Continuing mobility and stretching

### **Strength endurance example programme**

#### **Warm up:**

Dynamic movements

Agility – Lateral hops

Balance - S/L deadlifts with reach up

Hip Mobility – Laying leg circles

#### **3x20**

Goblet squat

Palloff press and reverse lunge e/s

S/L deadlift

Reverse fly

Bent over row

Alt back extensions

Side plank hip dips

V up and pass

2 point box – balance

**Cool down and stretches:**

Full body stretch

5mins mobility with roller and trigger point ball

A video is on my website demonstrating all the exercises, you can find it at [rsperformancetraining.co.uk](http://rsperformancetraining.co.uk)

If anyone has any questions please don't hesitate to contact me on [becky@rsperformancetraining.co.uk](mailto:becky@rsperformancetraining.co.uk).