**TRAINING PROGRAMME**

Peter Parker/Spiderman

FUNCTIONAL **∙** CARDIO **∙** COORDINATION **∙** AGILITY

**DAY 1 (CIRCUIT) ∙ 45 MIN – 1 HOUR**

**WARM UP**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **REPS** | **REST** | **RPE** |
| **DOORWAY ROW** | **3** | **3,5,7** | **20sec** |  |
| **DIPS** | **2** | **10** | **20sec** |  |
| **SIT UPS** | **1** | **15** | **20sec** |  |

**FUNCTIONAL CIRCUIT (X2)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **REPS** | **REST** | **RPE** |
| **SPRINT** | **1** | **100m** | **<20sec** |  |
| **ANKLE HOPS** | **1** | **25** | **<20sec** |  |
| **BROAD JUMP** | **1** | **10** | **<20sec** |  |
| **SPIDERMAN PUSH UPS** | **1** | **20** | **<20sec** |  |
| **PLANK TWISTS** | **1** | **30** | **<20sec** |  |
| **BURPEES** | **1** | **25** | **<20sec** |  |
| **SIT UPS** | **1** | **25** | **<20sec** |  |
| **BW SIT THROUGH MOUNTAIN CLIMBERS** | **1** | **20** | **<20sec** |  |
| **BROAD JUMP** | **1** | **10** | **<20sec** |  |

**STRETCHES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **STRETCH** | **SETS** | **REPS** | **REST** | **RPE** |
| **WALKING TOE TOUCH** | **1** | **/** | **1min** |  |
| **LUNGE WITH TWIST** | **1** | **/** | **1min** |  |
| **HIP RAISE** | **1** | **/** | **1min** |  |
| **STANDING LEG RAISE** | **1** | **/** | **1min** |  |
| **SIDE STRETCH** | **1** | **/** | **1min** |  |

**DAY 2 (CARDIO) ∙ 45 MIN – 1 HOUR**

**WARM UP**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **TIME** | **REST** | **RPE** |
| **BRISK WALK TO JOG** | **1** | **10mins** |  |  |

**CARDIO (X7)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SPEED** | **TIME** | **DIST** | **RPE** |
| **RUN** | **10mph** | **30-60sec** |  |  |
| **WALK** | **3.5-4mph** | **2mins** |  |  |

**COOLDOWN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **TIME** | **DIST** | **RPE** |
| **COOLDOWN WALK** | **1** | **5mins** |  |  |

**DAY 3 ∙ REST & RECOVER ∙** Yoga or Light Cardio

**DAY 4 (CIRCUIT) ∙ 45 MIN – 1 HOUR**

**WARM UP**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **REPS** | **REST** | **RPE** |
| **DORWAY ROWS** | **3** | **3,5,7** |  |  |
| **DIPS** | **3** | **10** |  |  |
| **SIT UPS** | **3** | **20** |  |  |

**FUNCTIONAL CIRCUIT (x2)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **REPS** | **REST** | **RPE** |
| **RUN** | **1** | **400m** |  |  |
| **SPIDERMAN PUSH UPS** | **1** | **20** |  |  |
| **JUMP SQUATS** | **1** | **15** |  |  |
| **PRESS UP** | **1** | **20** |  |  |
| **BW SQUATS** | **1** | **15** |  |  |

**STRETCHES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **STRETCH** | **SETS** | **REPS** | **REST** | **RPE** |
| **WALKING TOE TOUCH** | **1** | **/** | **1min** |  |
| **LUNGE WITH TWIST** | **1** | **/** | **1min** |  |
| **HIP RAISE** | **1** | **/** | **1min** |  |
| **STANDING LEG RAISE** | **1** | **/** | **1min** |  |
| **SIDE STRETCH** | **1** | **/** | **1min** |  |

**DAY 6 (CARDIO) ∙ 45 MIN – 1 HOUR**

**WARM UP**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **TIME** | **REST** | **RPE** |
| **BRISK WALK TO JOG** | **1** | **10mins** |  |  |

**CARDIO (X7)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SPEED** | **TIME** | **DIST** | **RPE** |
| **RUN** | **10mph** | **30-60sec** |  |  |
| **WALK** | **3.5-4mph** | **2mins** |  |  |

**COOLDOWN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **TIME** | **DIST** | **RPE** |
| **Walk** | **1** | **5mins** |  |  |

**DAY 6 ∙ REST & RECOVER ∙** Light Yoga or Cardio

**DAY 7 (CIRCUIT) ∙ 45 MIN – 1 HOUR**

**WARM UP**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **REPS** | **REST** | **RPE** |
| **DOORWAY ROWS** | **3** | **3,5,7** |  |  |
| **DIPS** | **3** | **10** | **20sec** |  |
| **SPIDERMAN PUSH UPS (per leg)** | **1** | **10** |  |  |

**FUNCTIONAL CIRCUIT (x2)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **SETS** | **REPS** | **REST** | **RPE** |
| **PRESS UP** | **1** | **20** |  |  |
| **FLOOR WIPERS** | **1** | **10** |  |  |
| **BULGARIAN SPLIT SQUAT (per leg)** | **1** | **10** |  |  |
| **V-UPS** | **1** | **10** |  |  |

**STRETCHES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **STRETCH** | **SETS** | **REPS** | **REST** | **RPE** |
| **WALKING TOE TOUCH** | **1** | **/** | **1min** |  |
| **LUNGE WITH TWIST** | **1** | **/** | **1min** |  |
| **HIP RAISE** | **1** | **/** | **1min** |  |
| **STANDING LEG RAISE** | **1** | **/** | **1min** |  |
| **SIDE STRETCH** | **1** | **/** | **1min** |  |