

BSA FITNESS TRAINING SCHEDULE U15

Head Coach: Stewart Carson

Strength & Conditioning Coach: Mulalo Mbulaheni



WEEK: 29 Nov - 5 Dec

DAY 1	DAY 2	DAY 3	DAY 4
WARM UP Stretch Foam Roll Jumping Jacks 20reps	WARM UP 5 min run, increasing intensity Dynamic Stretches Foam roll	WARM UP Stretch Foam roll 5 min run 50% intensity	WARM UP 5 min run, increasing intensity Dynamic Stretches Foam roll
40 sec squat 40 sec push-up Jump squats 20 REPS 15 sec pull up/ supine row	4 min run 70% - 80 % intensity 3 min run 50% intensity	40 sec burpee 40 sec Single leg lunge Push up 20 REPS Explosive push up 5 REPS	1 min hard run at 90% intensity 45 seconds slow run (REST)
REST 1 MIN, DO 5 SETS	DO 4 SETS	REST 1 MIN, DO 5 SETS	DO 12 SETS
Crunches 10REPSx3 Cycling abs 20 REPS Crunches 10REPSx3 Side Plank 30 SECONDS EACH SIDE Normal Plank 30 SECONDS		Mountain climber 40 SECONDS Explosive push ups 5REPS X1 Plank row Push up 10REPSx3	
DO 5 SETS, 20 SEC REST		REST 1 MIN	
		45 SECONDS ON 15 SECONDS REST Leg raise Russian twist Crunch Side plank (both sides) Inchworm burpee	
		2 SETS (START FROM THE TOP)	
COOLDOWN End With 5min Stretch and foam roll	COOLDOWN End with 5min Stretch and foam roll	COOLDOWN End session with stretches	COOLDOWN End with 5min Stretch and foam roll

BSA FITNESS TRAINING SCHEDULE U15

Head Coach: Stewart Carson

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WEEK: 6 - 12 December

DAY 1	DAY 2	DAY 3	DAY 4
WARM UP Stretch Foam Roll Jumping Jacks 20reps	WARM UP 5 min run, increasing intensity Dynamic Stretches Foam roll	WARM UP Stretch Foam roll 5 min run 50% intensity	WARM UP Stretch Foam roll
10min SKIPPING(1MIN ON 30sREST) Lunge jumps 10 REPS 40 sec Wall squat Burpee 5REPS x2 Lunge 15 REPS DO 5 SETS, 30 sec REST	4 min run 70% - 80 % intensity 3 min run 50% intensity DO 4 SETS	Push ups 20 REPS Pull ups / Rows 10 REPS Tricep dip 12REPS x3 Mountain climber 40 seconds Double leg Hip Bridge 20 REPS DO 5 SETS, 1 MIN REST	1 min hard run at 90% intensity 45 seconds slow run (REST) DO 12 SETS
Mountain Climber 40 SECONDS Push up 7REPS x 4 Crunches 1MIN AMRAP Plank 1 MIN DO 2 SETS		CORE Plank 45 seconds Leg raise 7REPS x5 Crunches 7REPS x5 Russian twist 7REPS x5 DO TWO SETS	
COOLDOWN End With 5min Stretch and foam roll	COOLDOWN End with 5min Stretch and foam roll	COOLDOWN End session with stretches	COOLDOWN End with 5min Stretch and foam roll

BSA FITNESS TRAINING SCHEDULE U15

Head Coach: Stewart Carson

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WEEK: 13 - 19 December

DAY 1	DAY 2	DAY 3	DAY 4
WARM UP Stretch Foam Roll Jumping Jacks 20reps	WARM UP 5 min run, increasing intensity Dynamic Stretches Foam roll	WARM UP Stretch Foam roll 5 min run 50% intensity	WARM UP 5 min run, increasing intensity Dynamic Stretches Foam roll
40 sec squat 40 sec push-up Jump squats 20 REPS 15 sec pull up/ supine row	4 min run 70% - 80 % intensity 3 min run 50% intensity	40 sec burpee 40 sec Single leg lunge Push up 20 REPS Explosive push up 5 REPS	1 min hard run at 90% intensity 45 seconds slow run (REST)
REST 1 MIN, DO 5 SETS	DO 4 SETS	REST 1 MIN, DO 5 SETS	DO 12 SETS
Crunches 10REPSx3 Cycling abs 20 REPS Crunches 10REPSx3 Side Plank 30 SECONDS EACH SIDE Normal Plank 30 SECONDS		Mountain climber 40 SECONDS Explosive push ups 5REPS X1 Plank row Push up 10REPSx3	
DO 5 SETS, 20 SEC REST		REST 1 MIN	
		45 SECONDS ON 15 SECONDS REST Leg raise Russian twist Crunch Side plank (both sides) Inchworm burpee 2 SETS (START FROM THE TOP)	
COOLDOWN End With 5min Stretch and foam roll	COOLDOWN End with 5min Stretch and foam roll	COOLDOWN End session with stretches	COOLDOWN End with 5min Stretch and foam roll



BSA FITNESS TRAINING SCHEDULE U15

Head Coach: Stewart Carson

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WEEK: 20 - 26 December

DAY 1	DAY 2	DAY 3	DAY 4
WARM UP Stretch Foam Roll Jumping Jacks 20reps	WARM UP 5 min run, increasing intensity Dynamic Stretches Foam roll	WARM UP Stretch Foam roll 5 min run 50% intensity	WARM UP Stretch Foam roll
10min SKIPPING(1MIN ON 30sREST) Lunge jumps 10 REPS 40 sec Wall squat Burpee 5REPS x2 Lunge 15 REPS DO 5 SETS, 30 sec REST	4 min run 70% - 80 % intensity 3 min run 50% intensity DO 4 SETS	Push ups 20 REPS Pull ups / Rows 10 REPS Tricep dip 12REPS x3 Mountain climber 40 seconds Double leg Hip Bridge 20 REPS DO 5 SETS, 1 MIN REST	1 min hard run at 90% intensity 45 seconds slow run (REST) DO 12 SETS
Mountain Climber 40 SECONDS Push up 7REPS x 4 Crunches 1MIN AMRAP Plank 1 MIN DO 2 SETS		CORE Plank 45 seconds Leg raise 7REPS x5 Crunches 7REPS x5 Russian twist 7REPS x5 DO TWO SETS	
COOLDOWN End With 5min Stretch and foam roll	COOLDOWN End with 5min Stretch and foam roll	COOLDOWN End session with stretches	COOLDOWN End with 5min Stretch and foam roll