

BSA FITNESS TRAINING SCHEDULE SENIORS

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
10min SKIPPING(1MIN ON 30sREST) Jump Squats 10REPS x2 Wall Squat 20 seconds Burpee 10REPS X2	15 min tempo run: 80%-85% intensity 1 min rest 15 min tempo run: 80%-85% intensity	Push up AMRAP 1MIN Overhead press 15REPS x3 weights Dumbell Rows 10 each arm x5	1 min hard run at 90% intensity 30 seconds slow run (REST) DO 15 SETS
REST 1MIN		REST 1MIN	
Deadlift (using dumbell/kettlebell) 10REPS x5 Squat AMRAP 1MIN WITH WEIGHTS		Lunges 12 each leg x3 Tricep dip 15 x3 Squats 10x3 with weights	
REST 1MIN		REST 1MIN	
Bicep curl 15REPS x3 with weights Tricep dip 15REPS x4 Inchworm 15REPS x3 Crunch AMRAP 1MIN Leg raise AMRAP 1MIN Russian twist AMRAP 1MIN		CORE 1 min ON 30 seconds REST Plank Mountain Climber Inchworm Side crunch Russian twist	
2 SETS START AT THE TOP		2 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

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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 5 min run, increasing intensity Dynamic Stretches Foam roll
Single leg jump 7REPS each leg x5 Skipping 3 min Squat 10REPS x4 with weights	15 min tempo run: 80%-85% intensity 1 min rest 15 min tempo run: 80%-85% intensity	Explosive push ups 5x2 Bent over row 15REPS each hand x3 with dumbbells) Bicep curl 15REPS x3 with weights Tricep dip 15REPS x4 Inchworm 15REPS x3	1 min hard run at 90% intensity 30 seconds slow run (REST)
REST 1MIN		2 SETS	DO 15 SETS
Deadlift 10REPS x4 with weights Jump Squats 15REPS X2 SHUFFLE SIDE TO SIDE AMRAP 1MIN		Side crunch 10 each side x2 Crunches 20 Leg raise 20	
REST 1MIN		2 SETS 10 SECONDS REST IN BETWEEN	
Plank 30 seconds Russian twist 30 seconds Leg raise 30 seconds Crunch 30 seconds DO 2 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

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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
10min SKIPPING(1MIN ON 30sREST) Jump Squats 10REPS x2 Wall Squat 20 seconds Burpee 10REPS X2	15 min tempo run: 80%-85% intensity 1 min rest 15 min tempo run: 80%-85% intensity	Push up AMRAP 1MIN Overhead press 15REPS x3 weights Dumbell Rows 10 each arm x5	1 min hard run at 90% intensity 30 seconds slow run (REST) DO 15 SETS
REST 1MIN		REST 1MIN	
Deadlift (using dumbell/kettlebell) 10REPS x5 Squat AMRAP 1MIN WITH WEIGHTS		Lunges 12 each leg x3 Tricep dip 15 x3 Squats 10x3 with weights	
REST 1MIN		REST 1MIN	
Bicep curl 15REPS x3 with weights Tricep dip 15REPS x4 Inchworm 15REPS x3 Crunch AMRAP 1MIN Leg raise AMRAP 1MIN Russian twist AMRAP 1MIN		CORE 1 min ON 30 seconds REST Plank Mountain Climber Inchworm Side crunch Russian twist	
2 SETS START AT THE TOP		2 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

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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 5 min run, increasing intensity Dynamic Stretches Foam roll
Single leg jump 7REPS each leg x5 Skipping 3 min Squat 10REPS x4 with weights	15 min tempo run: 80%-85% intensity 1 min rest 15 min tempo run: 80%-85% intensity	Explosive push ups 5x2 Bent over row 15REPS each hand x3 with dumbbells) Bicep curl 15REPS x3 with weights Tricep dip 15REPS x4 Inchworm 15REPS x3 2 SETS	1 min hard run at 90% intensity 30 seconds slow run (REST)
REST 1MIN		Side crunch 10 each side x2 Crunches 20 Leg raise 20 2 SETS 10 SECONDS REST IN BETWEEN	DO 15 SETS
Deadlift 10REPS x4 with weights Jump Squats 15REPS X2 SHUFFLE SIDE TO SIDE AMRAP 1MIN			
REST 1MIN			
Plank 30 seconds Russian twist 30 seconds Leg raise 30 seconds Crunch 30 seconds DO 2 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