

Slalom Schools Programme 1

ATHLETE NAME:

PHASE:

Isometric (Static) Strength

WARM UP

5min Pulse raise - e.g Skipping, Jog, High Knees, Arm Swings and Windmills

TRAINING NOTES

1. Perform exercises as circuit with 30sec rest between exercises, once the all exercises have been performed, rest 2-3min and repeat for 3 rounds
2. Single sided exercises like the Dish hold and Lunge hold, perform the exercise each side

	EXERCISE NAME	SETS	REPS	REST
1	Press Up Hold (Top)	3	30sec	30s
2	Supine Row Hold (Top)	3	30sec	30s
3	Squat Hold	3	30sec	30s
4	Dish Hold Level 1	3	30sec	30s
5	Press Up Hold (bottom)	3	30sec	30s
6	Supine Row Hold (Bottom)	3	30sec	30s
7	Lunge Hold	3	30sec	30s
8	Side Plank	3	30sec	Rest 2-3min

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Press Up Hold (Top)

- Flat back + head level
- Straight line head to toe
- Hands under shoulders
- Engage core + glutes



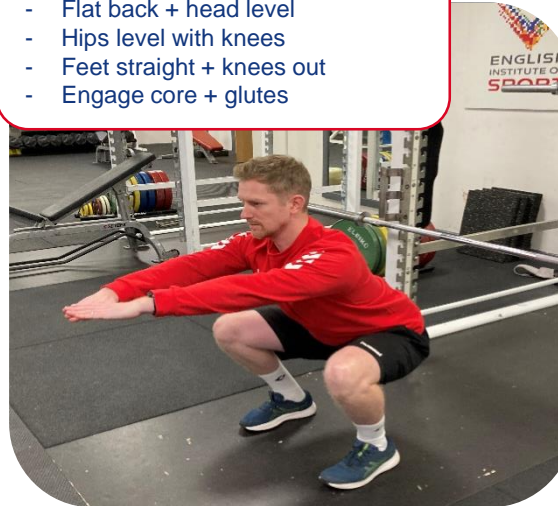
Supine Row Hold (Top)

- Flat + head level
- Set shoulders back
- Elbows under hands
- Engage core + glutes



Squat Hold

- Flat back + head level
- Hips level with knees
- Feet straight + knees out
- Engage core + glutes



Dish Hold Level 1

- Curl shoulders off the floor
- 1 leg straight + 1 tucked
- Should resemble a 'dish'
- Engage core + glutes



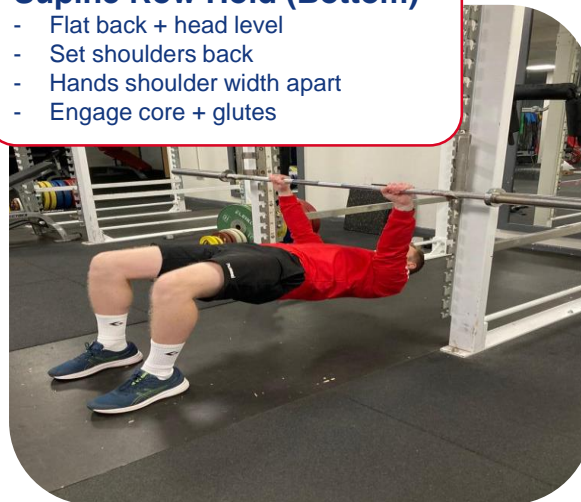
Press Up Hold (Bottom)

- Flat back + head level
- Elbow 45° to shoulder
- Elbows on top of wrist
- Engage core + glutes



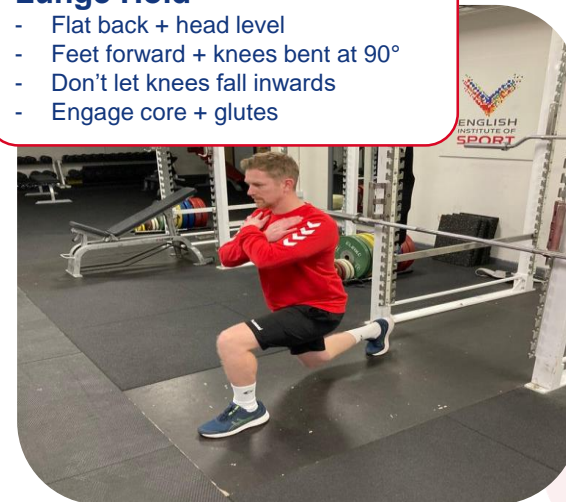
Supine Row Hold (Bottom)

- Flat back + head level
- Set shoulders back
- Hands shoulder width apart
- Engage core + glutes



Lunge Hold

- Flat back + head level
- Feet forward + knees bent at 90°
- Don't let knees fall inwards
- Engage core + glutes



Side Plank

- Flat back + head level
- Elbow under shoulders
- Straight line across shoulders
- Engage core + glutes

