



## Thames Turbo Strength and conditioning sessions

Always start with a warm-up which can be some low intensity exercises such as jogging on the spot, low intensity star jumps, jumping side to side, heel kicks, high knees and some light jumps on the spot for 30 seconds each. Then repeat these exercises again but picking up the intensity on each. Perform some dynamic stretches (stretches with gentle movements) and some mobility exercises. You could also go for a light 10-minute run or a 10-minute cycle beforehand.

Once you are warmed up make sure that you have sufficient space around you with good lighting, well ventilated and have a mat, towel and a drink to hand. I would also always recommend that you do the exercises wearing adequate shoes.

Perform 3 sets of the following exercises. Concentrate on form rather than how many you can do but still count how many you are doing so you can compare in future rounds or occasions you perform this set. This will give you a target and also highlight if you are getting fitter on each exercise.

### The Ladder sequence

Perform each exercise in order for 30 seconds but do it as if you were going up the rungs of a ladder. I.e. First rung is Squats only then have 30 seconds rest. Next rung is Squats for 30 seconds then pressups for 30 seconds then rest for 30 seconds. Third rung is squats for 30 seconds, pressups for 30 seconds, Burpees for 30 seconds then 30 seconds rest. Keep adding the next exercise to the routine in order until you get to the last exercise then do the same in the reverse order. I.e. Reverse pressups 30 seconds then 30 seconds rest, next rung Reverse pressups 30 seconds, Dips for 30 seconds then rest for 30 seconds and so on. You can substitute any of the exercise for harder varieties or different exercises if you prefer.

- Squats 30 seconds
- Pressups
- Burpees
- Mountain climbers
- Lunges
- Dips
- Reverse pressups