

HOLIDAY TRAINING GUIDE

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TRAINING WHILST ON HOLIDAYS

CONCEPT

Taking time off during the year especially around Christmas and New Years is extremely important to ones health, not only for the body but more so for the mind. The reality is though that your enlistment date does not change. The military does not care if you have your fitness assessment the day after you get back from holidays. The responsibility is on the individual to ensure they have trained hard enough throughout the year to allow themselves the time off without dropping under the bare minimum standard. So, if you do decide to take a holiday during your training schedule it's important to understand and accept that it's very unlikely that you'll make any progression in your training but rather take the focus of maintaining what you have already achieved. Trying to get yourself to a gym and hope they have all the equipment you need while you're in holiday mode can be stressful and ultimately lead to you getting annoyed and not training at all. So we believe the best approach is to just ensure you tick a couple of boxes while you're away. Forget the new personal bests you want to get with your bench press or 2.4km time or whatever it is and just focus on keeping the lungs working and the body moving. I've put together a simple 4 session training week for you to conduct whilst away on holidays. No equipment required, just a watch or phone to time yourself.

RUNNING SESSION 1

WARM UP

30sec high knees
glute stretch
30sec butt kicks
quad stretch
30sec leg swings
hamstring stretch
30sec mountain climbers
calf stretch
30sec shoulder circles
30sec air push ups
30sec air pull ups
30sec arm swings across body

INTERVAL TRAINING

From a start point run as far as you can in 2 minutes. Rest in place for 2 minutes then try and make it back to your start point in 2 minutes. Repeat 3 times.

2 minutes running
2 minutes rest
x 6

COOL DOWN STRETCHES

tricep
shoulder
upper back
calf
hamstring
quad
glute
hip flexor
lower back
(hold each stretch for 30sec)

BODY WEIGHT SESSION 1

WARM UP

30sec high knees
glute stretch
30sec butt kicks
quad stretch
30sec leg swings
hamstring stretch
30sec mountain climbers
calf stretch
30sec shoulder circles
30sec air push ups
30sec air pull ups
30sec arm swings across body

BODY WEIGHT SESSION

60sec on each
x 5

push ups
squats
plank
alternating lunges
side plank each side
rest

COOL DOWN STRETCHES

tricep
shoulder
upper back
calf
hamstring
quad
glute
hip flexor
lower back
(hold each stretch for 30sec)

RUNNING SESSION 2

WARM UP

30sec high knees
glute stretch
30sec butt kicks
quad stretch
30sec leg swings
hamstring stretch
30sec mountain climbers
calf stretch
30sec shoulder circles
30sec air push ups
30sec air pull ups
30sec arm swings across body

RUNNING TRAINING

30-45 minute jog

focus on running tempo and
breathing patterns whilst
enjoying the fresh air.

COOL DOWN STRETCHES

tricep
shoulder
upper back
calf
hamstring
quad
glute
hip flexor
lower back
(hold each stretch for 30sec)

BODY WEIGHT SESSION 2

WARM UP

30sec high knees
glute stretch
30sec butt kicks
quad stretch
30sec leg swings
hamstring stretch
30sec mountain climbers
calf stretch
30sec shoulder circles
30sec air push ups
30sec air pull ups
30sec arm swings across body

BODY WEIGHT SESSION

TABATA on each
(20sec work, 10sec rest x 8)

push ups
prison squats
v-ups
jump lunges
plank
mountain climbers

COOL DOWN STRETCHES

tricep
shoulder
upper back
calf
hamstring
quad
glute
hip flexor
lower back
(hold each stretch for 30sec)

NEED HELP?

At The Barracks Gym, we offer specialist fitness coaching and mentoring for women hoping to join the armed forces.

Visit:

www.thebarracksgym.com.au

Or email:

thebarracksgym@hotmail.com

