



Your Mission Should You Choose To Accept It...

These sessions are ones I have either done myself, or on wet weather days or shared sessions with Evo, or that other Evo trainers have told me about. They are all designed to require no equipment (except maybe a park bench). If you've got a skipping rope or some weights then you can add them into your training.

Remember to start and finish all sessions with a 5 – 10 minute warm up / cool down and stretch. Train within your limits and have fun doing it.



Session 1: Run / Body Weight Descending Ladder

This is fairly heavy on the running, but a get way to push yourself. Top finishers are going sub 40 minutes. The cut off is 45 mins. So go as hard as you can and see if you can finish before the cut off.

Tip with the run, mark out an approximate 300 metre loop (the perimeter of our section of Arthur Bryne is about 300m), then you just reduce the run by one lap each time. Make sure you set up near a bench for the dips.

1500m Run (5 x 300m)

50 Push Ups

50 Squats

50 Dips

50 Lunges

1200m Run (4 x 300m)

40 Push Ups

40 Squats

40 Dips

40 Lunges

900m Run (3 x 300m)

30 Push Ups

30 Squats

30 Dips

30 Lunges

600m Run (2 x 300m)

20 Push Ups

20 Squats

20 Dips

20 Lunges

300m Run (1 x 300m)

10 Push Ups

10 Squats

10 Dips

10 Lunges

Session 2: The 12 reps of Xmas

This is a short sharp 25 minute session best done on sand, but can be done anywhere.

It consists of 3 exercises – burpee, push up, squat.

1 set = 1 burpee, 2 push ups, 3 squats, 4 burpees, 5 push ups, 6 squats, 7 burpees, 8 push ups, 9 squats, 10 burpees, 11 push ups, 12 squats.

Do 3 sets continuous, then run a 200 metre loop.

Do 2 sets continuous, then run a 200 metre loop.

Do 1 sets continuous, then run a 200 metre loop.

Target is to complete in under 25 mins.

You can do the same format with any 3 exercises, just try to mix upper body, lower and core. (E.g. Sit Ups, Lunges, Mountain Climbers)

Session 3: The Shed Session (doesn't have to be done in the shed)

You need a bench and / or picnic table for this one...

This is a 5 exercise pyramid; you do 5 reps of each, then 10, then 15 and so on up to 25 reps of all 5, then work back down to finish on 5 reps of each. Target is to finish in under 20 mins.

5 Squats, 5 incline push ups (on table / bench), 5 Dips, 5 Leg Extensions, 5 Lunges

10 – 10 – 10 – 10 – 10

15 – 15 – 15 – 15 – 15

20 – 20 – 20 – 20 – 20

25 – 25 – 25 – 25 – 25

20 – 20 – 20 – 20 – 20

15 – 15 – 15 – 15 – 15

10 – 10 – 10 – 10 – 10

5 – 5 – 5 – 5 – 5

(Increase the intensity and change the squats / lunges to jump squats / lunges)

Session 4: Soft Sand Sprints

This can be done on its own or added on to the back of session 2 or 3 to make them a full hour.

Mark out a 20 metre distance (use can use your trainers for this).

Part A: Sprint Ladder:

15 seconds sprint between the markers, 15 seconds rest

30 sprint / 30 rest

45 sprint / 45 rest

1 min sprint / 1 min rest

Then work back down to 15 / 15.

Part B: Henman Shuttles.

1 minute sprint / 1 minute rest – Target = 5-6 sets and 8 – 12 shuttles per minute

Session 5: 20 min Burpee Challenge

Set yourself up with space to do a burpee and a marker (tree / lamp post / bag) about 5 metres away.

Do 20 of the best burpees you've got (with a jump / no push up). Walk to the marker and back (this is your rest), as soon as you return do 19 burpees, walk to the marker and back. Time yourself and try to get all the way down to 1 burpee in 20 minutes.

Increase the difficulty by making it a push up burpee on the odd numbers in the sequence.

Session 6: The Tabata Kick Start

Tabata Session – ‘Tabata’ is an intense style of interval training which is great for all over body fitness and toning. Studies show that working your body to its maximum effort for short periods of time and then resting increases your fitness quicker than doing exercises for a longer period of time.

So the format for this session is 20seconds of effort, followed by 10 seconds of rest – for 4 minutes.

So there will be 8 round of effort. If you have a smart phone there is a free tabata timer app which makes it really easy to follow.

Push ups (8x20sec on, 10sec rest)

(1.30min rest)

Squats (8x20sec on, 10sec rest)

(1.30min rest)

Burpees (8x20sec on, 10sec rest)

(1.30min rest)

Sit ups (8x20sec on, 10sec rest)

(1.30min rest)

Sprints (8x20sec on, 10sec rest)

(1.30min rest)

Other Stuff

I’d also take the break as an opportunity to do other activities, like swimming, cycling, beach tennis, volley ball, frisby. This variety of stuff will be a different intensity to what you are used to in our sessions, but it will keep you active and keep things fresh too.

Just get up and get moving. 😊

Evo Tom

