



## *4-week Training programme*

**I Hope everybody is keeping well during these testing and changing times! I acknowledge that there has been a significant shift in individuals routines and habits and implore individuals to continue to comply with recommendations laid down by Health officials as there are positive signs that we are beating this virus on this beautiful Island of Ireland.**

**This Fitness routine is only one part of the Jigsaw, as there are other important pieces including mental health, nutrition, sleep etc.**

**The routine is also acknowledging that individuals will not be able to go to Gyms, Long Cycles and Pool sessions, and is mostly based around Walk / Jog routines 2km from people's houses and home exercises. Please utilise all forms of resistance such as Thera bands, bottled water, loose equipment.**

**I would recommend that people create a routine on a daily basis, so that their Fitness routines don't get pushed out, so decide on how and where the routine is fitted in.**

**Lastly, I would heavily recommend that individuals incorporate Yoga, Pilates and stretch routines as part of their everyday rituals and not to take up Running and lifting heavy weights for the first time, especially individuals with contraindications.**

**Niall Rafferty**

**Week 1: Monday:** Interval programme:

1. 10-minute warm-up, slow jog or brisk walk to get you warmed up a little, to get your heart rate up more quickly, and to limit the stress on your knees, followed by a Stretch routine
2. 4 minutes of walking or running uphill so you feel tired and winded. If you have a heart rate monitor, you should be at around 70-80% of your maximum heart rate towards the end of the 4-minute period (MHR = 220-Age).
3. 5-minute cool-down – walking or slow jogging

**Followed by 5-7,000 steps** (completed in 35 – 55 minutes)



Sit ups 15 Reps x 3 Sets / Press ups or modified Press ups( On knees) 10 Reps x 2 sets

Stretch for 8-10 mins

**Tuesday** – 45 mins – 70 mins brisk walk followed by lower body stretches

**Wednesday:** Endurance program: 20 minutes Fun-Run / Jog / Fast walk

1. Warm up for 10 minutes at a comfortable pace.
2. Run or walk for 20 minutes at an intensity you are comfortable with, but a bit harder than the speed at the warmup – without stopping.

### Core strength program



1. Plank Exercises x 20 secs x 3

2. 15 squats x 2 sets - Exercise the front of your thighs (quadriceps), buttocks and many stabilizer muscles. Keep your hands behind your neck and keep your legs a shoulder width apart. Keep your back upright (look up and forward, and tighten your abdominal muscles somewhat), bend your legs and “go down” as far as you can without losing your balance. Go down slowly and upwards relatively quickly.

3. 10 squat jumps – same movements as for squats described above, but move so quickly up that you jump up in the air.

### Thursday

Gentle walk 5-8,000 steps

Mobility and Breathing Techniques

### Friday

1. 15-minute warm-up to get you warmed up.
2. 1 x 5 minutes of walking or running so you are very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you are very short of breath.
5. 5 minutes of calm walking
6. 3mins of fast walking or running
7. 10 mins gentle mobility walking to cool down

Strengthening exercises – Sit ups, Press ups, Shoulder Press, Bicep Curl, Squats 15 Reps x 2 sets

### **Saturday & Sunday**

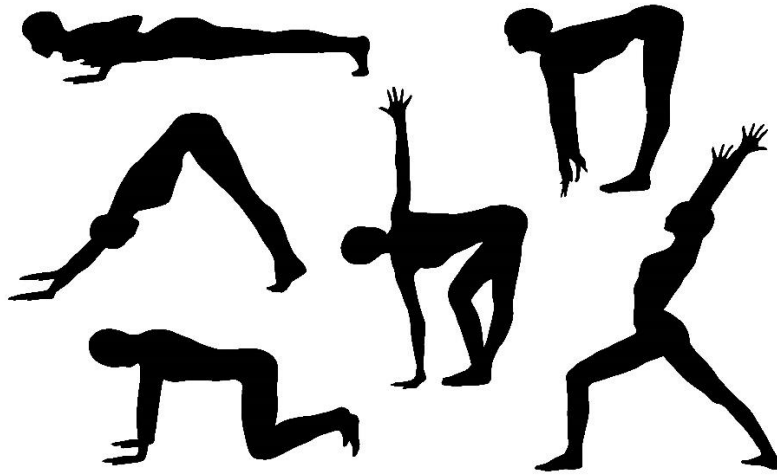
Between the 2 Days, try have a combined 20,000 steps done, however this is made up over the 48, Its up to you !!



### **Week 2:**

#### **Monday**

1. 15-minute warm-up, slow jog or brisk walk to get you warm, preferably on an incline or hill to get your heart rate up more quickly, and to limit the stress on your knees.
2. 4 minutes of walking or running uphill so you feel tired and winded. If you have a heart rate monitor, you should be at around 80 - 85% of your maximum heart rate towards the end of the 4-minute period (Repeat this twice or more depending on your Fitness level)
3. 15-minute cool-down - *Followed by Stretch and Mobility exercises 10 mins*



**Tuesday**

Brisk 15 min walk to warm up, followed by 30 min fast walk and finish with 10 min slow cool down

**Wednesday**

1. 15-minute warm-up walking.
2. 1 x 6 minutes of walking or running so you are very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you are very short of breath.
5. 3 minutes of relaxed walking.
6. 1 x 3 minutes of walking or running so you are very short of breath.
7. 8 mins cool down walking

**Strengthening Exercises**

### The Tabata Protocol Workout

**Circuit 1** Minute 1

- High knees Exercise 1: 20 sec work, 10 sec rest
- Triceps chop Exercise 2: 20 sec work, 10 sec rest

**Circuit 2** Minute 2

- Slow climbers Exercise 3: 20 sec work, 10 sec rest
- Lunge Exercise 4: 20 sec work, 10 sec rest

**Circuit 3** Minute 3

- Leg raises Exercise 5: 20 sec work, 10 sec rest
- Push-ups Exercise 6: 20 sec work, 10 sec rest

**Circuit 4** Minute 4

- Flutter kicks Exercise 7: 20 sec work, 10 sec rest
- Plank Exercise 8: 20 sec work, 10 sec rest

## Thursday

Brisk continuous walk 60-80 mins followed by gentle stretch techniques

## Friday:

Gentle Pulse raiser through mobility exercises followed by -

Core strength program Perform 8-10 repetitions of all three exercises (number depending upon your fitness level), 30 seconds rest between each exercise, and 1-minute rest between each of 3 series.

1. 10-minute warm-up

2. Split-Squat. Keep your hands behind your neck. Take a big step forward with one foot so that your knee comes in contact with or close to the ground - slide quickly back to the starting position - repeat on the opposite leg.

3. Squat jumps. Keep your hands behind your neck and keep your legs a shoulder width apart. Keep your back upright (look up and forward, and tighten your abdominal muscles somewhat), bend your legs and “go down” as far as you can without losing your balance. Go down slowly and upwards relatively quickly.



4. Push-ups either with bent knees, or as in the picture below



Weekend workout is to complete 25,000 steps over the 48 hours in whatever way you decide (Cycle, Run, and Walk etc.)

## Week 3

### Monday

1. 15-minute mobility and aerobic activity warm-up

2. 1 x 6 minutes of walking or running so you are very short of breath.

3. 3 minutes of relaxed walking.

4. 1 x 5 minutes of walking or running so you are very short of breath.

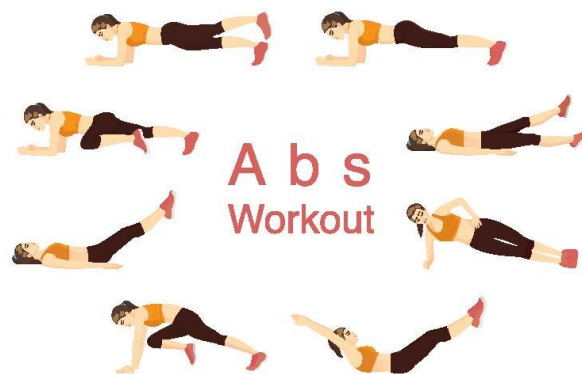
5. 3 minutes of relaxed walking.

6. 1 x 4 minutes of walking or running so you are very short of breath.

7. 10-minute cool-down

8. Mobility & Stretch Routine where you isolate the Lower body inclusive of the Lower Back and Pelvic Girdle, holding stretch pose positions, while breathing as normally as possible.

Abdominal Exercises as shown below – 15 Reps X2 sets



**Tuesday** - Aerobic Day

5,000 steps walk in the morning, Followed by an 8,000-step challenge or 45 mins Cycle challenge in the afternoon / Evening. Followed by gentle stretch techniques

**Wednesday**- Choose an activity involving large muscle groups and dynamic movements (walking, jogging, cycling, circuits.) that you normally do not do, and be active more than 60 minutes. Bring a friend or your family so it becomes easier to get off the couch. Our brain is often seen as the overarching control-centre that regulates the rest of the body. We are born with about 130 billion brain cells that are completely dependent on physical movement and good blood circulation with the supply of oxygen and proper "fuel" for them to develop and function optimally. It has been shown that people who are regularly physically active have a slower aging of the brain, larger brain volume, better learning, improved memory and less risk of developing neurological disorders (such as Parkinson's, Alzheimer's, dementia and reduced cognitive function).

**Thursday** - Split Aerobic session – 5,000 steps in the am, followed by 8,000 steps in the evening, followed by gentle lower body stretch routine

**Friday** – Interval session

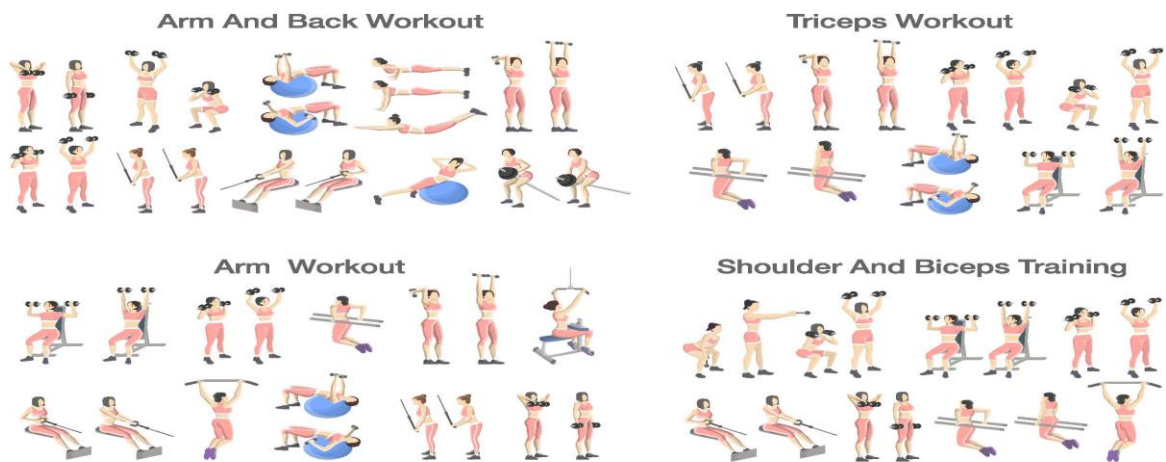
1. 15-minute warm-up, slow jog or brisk walk to get you warm, preferably on an incline or hill to get your heart rate up more quickly, and to limit the stress on your knees.

2. 4 minutes of walking or running uphill so you feel tired and winded. If you have a heart rate monitor, you should be at around 85-95% of your maximum heart rate, followed by 2 mins recovery

walk, then again 3 mins hard work, followed by 3 mins easy walk, 2 mins hard work, 3 mins easy, 1min hard work, followed by 10 mins cool down walk.

Home strength work for upper body and Core as per below, utilise 14 Reps x 2 sets (30 secs rest per set) for appropriate exercises that you have equipment for.

Intermediate to Advanced clients can increase the Sets depending of fitness levels



### Saturday & Sunday

Try and combine either 12,000 steps and a Brisk cycle for 45 mins over the 48 hours

### Week 4

**Monday:** Interval Training Day

1. 15 minute warm-up to get you warmed up.
2. 1 x 6 minutes of walking or running so you are very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 5 minutes of walking or running so you are very short of breath.
5. 3 minutes of relaxed walking
6. 1 x 4 minutes of walking or running so you are very short of breath.
7. 3 minutes of relaxed walking.
8. 1 x 3 minutes of walking or running so you are very short of breath.
9. 15-minute cool-down & Post stretch

Lower body "Butt" strength exercises- 16 Reps x 2 sets

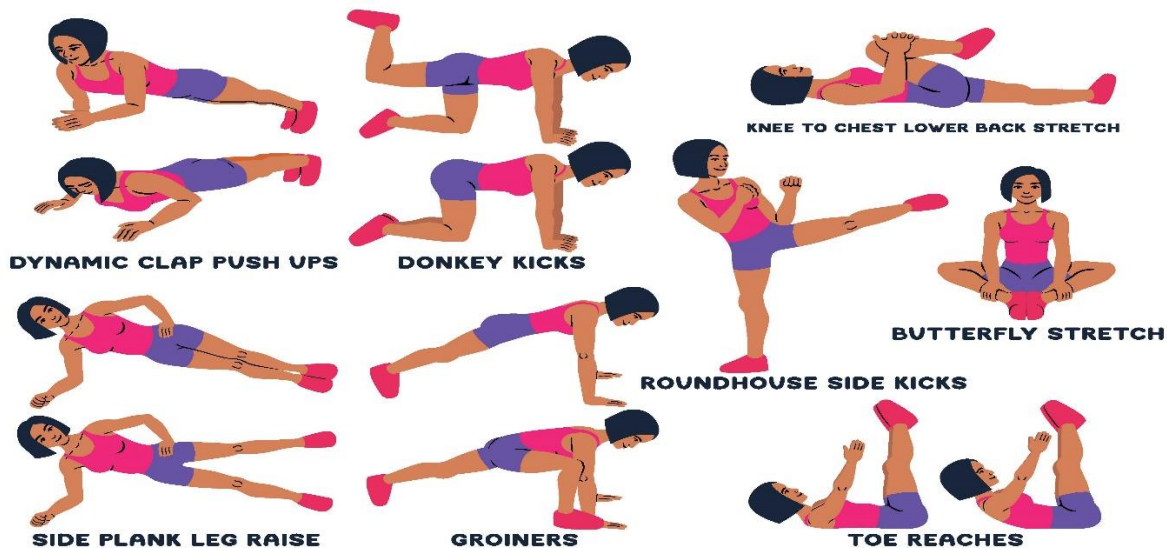
## BUTT WORKOUT



**Tuesday** – Endurance Day workout

12,000 steps split twice within the day plus a 30 min cycle moderate pace

Followed by Core Exercise routine



**Wednesday:** Fartlek Training (Speed Play)

Combining walk, trot, Jog and fast pace runs together (dependent on individual's fitness levels) eg, walk 10 mins, trot 3 mins, walk 2 mins, run 4 mins, etc (45 mins)



Followed by an overall body stretch routine

**Thursday** – 45 mins casual walk, followed by strength exercises. 12 Reps x 2/3 sets



### Friday

1. 15-minute warm-up, slow jog or brisk walk to get you warmed up, preferably on an incline or hill to get your heart rate up more quickly, and to limit the stress on your knees.
2. 4 minutes x 4 times of walking or running uphill so you feel tired and winded (3 Mins of slow walk rest interval. If you have a heart rate monitor, you should be at around 80-90% of your maximum heart rate
3. 15-minute cool-down followed by an overall Body stretch routine

### Saturday & Sunday

Try combining 20,000 steps throughout the weekend in any way you can, followed by a Strength training programme one of the Days.

Core strength program

1. Squats 10 reps x 2 sets
2. Split-Squat 7 reps on each foot x 3 sets
3. Squat jumps 5 reps x 3 sets
4. Push-ups, as many as you can do x 2 sets
5. Squats 7 reps x 3 sets
6. Split-Squat 5 reps on each foot x 2 sets
7. Squat jumps 5 rep x 2 sets.
8. Push-ups, as many as you can do x 1 set.

**Now take a well-deserved bow and a Day off after the 4-week challenge, you are now on your way of keeping a Habit of a lifetime ... Enjoy, Niall Rafferty**

***Niall Rafferty** HDip, MSc, PhT, is a licensed Sports & Physical Therapist and certified Personal Trainer who has been working in the sports and leisure industry for a quarter of a century. A former International water polo player and world competitor in surf lifesaving, he has coached and lectured extensively with teams, athletes and Olympians. Niall has applied his skillset to working extensively with swimming teams from regional, national and high performance squads in strength & conditioning and physical therapy. He has studied exercise physiology, nutrition, pathology, sports medicine and graduated from University College Dublin with an Honours Masters Degree. He has been an External Practical Examiner and Subject Matter Expert with ITEC since 1998 and has an extensive background in both clinical and field therapies. He has pursued his swimming passion by swimming the English Channel solo in 2015 for charity. He is the current Global Lead in Sports & Fitness with iTEC and happy to share some of his Fitness Passions with FICTA members*