

## Ros's strength and conditioning session for MCCSC UCLan rollerskiers, Saturday 23 March 2024

### Warm ups (3 sets):

- 'Seated' arm raises against a wall x 5 reps (loosens shoulders, chest and upper back)
- Kneeling yoga pikes x 5 reps (mobilises lower back)
- Standing heel raises x 10 reps (stretches the calves, works Achilles tendons and balance)
- 'Spidey' stretches x 5 reps each side (opens up hips)
- Squats using body weight only, arms out in front x 5 reps (works quads and glutes)

### First series (3 sets):

- Kettlebell swings x 10 reps (quads and glutes)
- Standing resistance band pull apart x 10 reps (with control both in and out; pecs and lats)
- Toe/ankle touches with back on floor x 10 (opposite hand/foot; abs/core)

### Second series (3 sets):

- Goblet squats with kettlebell (+ resistance band if wished) x 10 reps (legs and glutes)
- Seated lat pulls with resistance band around feet x 10 reps (lats, triceps, abs and balance)
- Russian twists with or without kettlebell, with or without heels on floor x 5 reps each side (abs/core)

### Third series (3 sets):

- Cossack squats with kettlebell x 5 reps each side (legs and glutes)
- Seated bent knee tricep dips x 5 reps using arms not body to push up (triceps)
- Deadbugs x 5 reps each side (abs and core; coordination)

### Fourth series (3 sets):

- Kettlebell passing figure of 8 in sumo squat position x 5 reps (legs)
- Glute bridge with resistance band round thighs, up and hold for count of 10 x 5 reps (glutes)
- Plank (on knees or on toes) for 20 seconds (shoulders; abs/core)

### Stretches to cool down: hamstrings, calves, quads, lats, triceps and wrists

### Progressions:

- try doing this session twice a week for one week
- try doing it twice a week for the following three weeks, incrementally increasing the reps (e.g. by 2) each week
- try doing it twice a week for another four weeks, incrementally increasing the weight of the kettlebell and/or the tension of the resistance band and/or the timed exercise (plank) each week but keeping the original number of reps
- try doing it twice a week for another four weeks going back to the original reps/weights/tensions/timings but doing 4 sets of everything, including the warm up exercises