

# HYBRID PROGRAM

## SESSION THREE

Exercise	Reps x Sets	Rest	Comments
Warm Up			
<u>Zone 2 cardio machine of choice</u>	20 mins	N/A	Heart rate: 100-120
<u>Rower machine</u>	30s	30s	Perform a rower sprint as fast as possible for 30s work / 30s rest x10
<u>Mobility: hip flexors</u>	8-10 reps each leg	N/A	Perform 8-10 reps of these exercises on each leg to support mobility and reduce chances of injury
<u>Mobility: abductors</u>	8-10 reps each leg	N/A	
<u>Mobility: hamstrings</u>	8-10 reps each leg	N/A	
Cool Down			

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Record your maximum speed / heart rate for each exercise:					