

performance

herts

Building Better Athletes

Partake and Donate Climbing Session



Partakeanddonate

Friday 29 May 2020
08.00 - 20.00

#partakeanddonate

@pancreaticcanceruk @Herts_DSf

Pancreatic Cancer UK

Herts sports performance

HERTFORDSHIRE SPORTSVILLAGE

What is Partake and Donate?

- ▶ Performance Herts, Hertfordshire Sports village and Herts Sports Partnership have teamed up to launch a 'Partake and Donate' fundraising day for charities close to our hearts; Pancreatic Cancer UK and Herts Disability Sports.
- ▶ Our aim is to raise money by covering the distance around Hertfordshire with activities that equate to the perimeter of the county.
- ▶ For more information about the fundraising day visit;

www.hertssportsvillage.co.uk/partake

How will it work

- ▶ Throughout Friday Performance Herts and HSV have organised different events for everyone to join in and get their movement done to help contribute to the total distance.
- ▶ For every 10 minutes of activity you complete this will equate to 1km added to the total (5k speaks for itself).
- ▶ After you have participated in an activity, we want you to snap a photo of yourself and use our hashtag **#partakeanddonate** to let us know how many kilometres you have completed with your chosen activity. To donate visit our JustGiving page:



<https://www.justgiving.com/team/partakeanddonate>

Warm Up

Warm Up		
Individual needs e.g. foam rolling, 5 mins MAX		
2	<u>Hamstring & Groin Rolls</u>	1 x 3 each
3	<u>Downward Dog Flow</u>	1 x 2 each
4	<u>90/90 Flow</u>	1 x 3 each
5	<u>Thoracic Flow</u>	1 x 3 each
6	<u>Split Squat Isometric</u>	1 x 30s each
7	<u>Short Lever Adductor Isometric with Psoas Activation</u>	1 x 30s each
8	<u>Press Up Isometric</u>	1 x 30s

Training Session

Exercise	Sets x Reps	Rest (s)	YouTube Links
(A1) Lateral Lunge	3 x 10 each side	60	https://www.youtube.com/watch?v=gwWv7aPcD88
(A2) Reverse Plank	3 x 30 sec		https://www.youtube.com/watch?v=RHiAc01CoUc
(B1) Homemade inverted row OR Plate Pinches (use what you can, like a chair or heavy backpack!)	3 x 8 (do what you can based on ability level and equipment availability)	60	https://www.youtube.com/watch?v=V3hg73TRIWU https://www.youtube.com/watch?v=YtkhWNSnzio
(C1) Staggered push ups (Knees/feet)	3 x 8	60	https://www.youtube.com/watch?v=CtXH1yviHpU
(C2) Banded pull aparts / Banded seated row			https://www.youtube.com/watch?v=Ed4B5kD8yGo

Optional Ab Circuit

Circuit		
<p>How it works</p> <p>1 round = 5 reps of each exercise</p> <p>Complete 5 rounds as fast as possible</p>	<p>Exercises:</p> <ol style="list-style-type: none"> 1) Press up plank (up and down) 2) Deadbug 3) Sit up 	<p>Youtube Links:</p> <p>https://www.youtube.com/watch?v=2kEnT-CdXyE</p> <p>https://www.youtube.com/watch?v=F6Sn3edsfY8</p>