

EXERCISES	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
A video to explain the whole programme/how it works Listen to Aled explain the programme																									
Dynamic Warm Up Session Learn the Dynamic warm up and do before all sessions Dynamic Warm Up video																									
Total Body Workout + 160 reps 8 exercises, 30 minutes for every exercise 4 minute workout. Go for it Total Body Workout Video																									
Mini Broncos Mini Broncos Video Do this 5 times with 60 secs rest in-between each																									
20 m Sprints Acceleration - 20 m sprints Run 20 metres, 30 secs rest. Do 10 sprints																									
Mini Run near your home Go for a 8 minutes (roughly) long run. Run at a fast pace. When finished rest for 4 minutes and do it all again.																									
AledTALKS Watch the inspirational 4 part documentary about an athlete that Aled works with Motivate Me Video																									
Watch, Learn and Do How to run faster - SPEED																									
Motivate Me Videos Inspire Me Videos																									

Only do one of session per day - Only train if you feel healthy and well. If you are unsure please seek medical advice .

All videos are available at <https://www.youtube.com/channel/UCicVjGiP2QYdcqDV-jnPaFQ>