

Warm up

<https://www.youtube.com/watch?v=R0mMyV5OtcM>

7 Min Workout

<https://www.youtube.com/watch?v=Jru5B044HOs>

Upper Body Workout

<https://www.youtube.com/watch?v=MrpGbulGprA>

Lower Back

<https://www.youtube.com/watch?v=MrpGbulGprA>

30 Min Cardio

[https://www.youtube.com/watch?v=qWy\\_aOIB45Y](https://www.youtube.com/watch?v=qWy_aOIB45Y)

Cool Down

<https://www.youtube.com/watch?v=y3rJ5AzoQzk>

England Athletics Hub – Coaching Resources

<https://www.englandathletics.org/coaching/news/new-online-coaching-resource-library-launched-on-athletics-hub/>

You will need to register with your URN and a password.

There are a number of excellent videos on Movement skills, technique etc.