

# Live Zoom Sessions

## Fitness Sessions

|                            | 27/04/2020                  | 28/04/2020                       | 29/04/2020                                     | 01/05/2020                                    | 03/05/2020          |
|----------------------------|-----------------------------|----------------------------------|--|---|---------------------|
| F3 - 4:30pm                | Challenge set               | Core work                        | Squat and lunge work                           | HIIT  | Legs and core       |
| F2 - 5:20pm                | Pre pool routine and lunges | Whole body/core strength workout | Hamstring stretching, streamlining and balance | HIIT  | HIIT and stretching |
| F1 - 6:10pm                | Legs                        | Mobility                         | HIIT   | Whole challenge (something scary fancy dress) | Arms                |
| Masters & Parents - 8:00pm | Stretching session          | Cardio Session                   | Lower body with challenge set                  | Pub quiz and race night                       | HIIT upper body     |

## Parents Talk - Wednesday 7PM

|            |                                      |
|------------|--------------------------------------|
| 29/04/2020 | Volunteering - How to get involved   |
| 06/05/2020 | Becoming an official - What it takes |
| 13/05/2020 | Bristol Penguins Club Structure and  |
| 20/05/2020 | Open Water Swimming                  |

## Coaches Talk - Thursday 5:30pm

|            |                                 |
|------------|---------------------------------|
| 30/04/2020 | Relaxation in sport performance |
| 07/05/2020 | Running basics                  |
| 14/05/2020 | Energy systems within training  |
| 21/05/2020 | HIIT training and why we do it  |

## Funday Friday - Friday 7:15pm

|                       |                     |
|-----------------------|---------------------|
| 01/05/2020            | Quiztion of Sport   |
| 07/05/2020 (Thursday) | Live scavenger hunt |
| 15/05/2020            | Live cooking        |
| 22/05/2020            | Race Night          |