

# Individuell plan 13-19

## GLIMT-AKADEMIET

SAMFUNNSLØFTET

SpareBank 1 Nord-Norge

### INDIVIDUELL UTVIKLINGSPLAN

MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG	LØRDAG	SØNDAG
6.April	7.April	8.April	9.April	10.April	11.April	12.April
<b>Physical:</b> 50 Burpees, in as quick a time as possible <b>Nutrition:</b> Eat the healthiest breakfast as possible, share a photo with your team-mates.	<b>Technical:</b> <a href="https://youtu.be/UzWJcs21PQg">https://youtu.be/UzWJcs21PQg</a> <b>Tactical:</b> Watch: <a href="https://youtu.be/HMgum-rKb5U">https://youtu.be/HMgum-rKb5U</a>	<b>Physical:</b> 2km run, in as quick a time as possible <b>Nutrition:</b> Eat the healthiest lunch as possible, share a photo with your team-mates.	<b>Technical:</b> <a href="https://youtu.be/SDvOoMIGbU">https://youtu.be/SDvOoMIGbU</a> <b>Tactical:</b> Watch: <a href="https://youtu.be/bv0zGnY_sw0">https://youtu.be/bv0zGnY_sw0</a>	Fri	<b>Physical:</b> High Plank, for as long as possible. <b>Nutrition:</b> Eat the healthiest dinner as possible, share a photo with your team-mates.	Fri <b>God påske!</b>
13.April	14.April	15.April	16.April	17.April	18.April	19.April
<b>Physical:</b> 25x 20m runs, rest max 10 seconds between each run	<b>Technical:</b> <a href="https://youtu.be/uik872Vs92w">https://youtu.be/uik872Vs92w</a>	<b>Physical:</b> 50 Press-Ups, in as quick a time as possible	<b>Tactical:</b> Watch: <a href="https://youtu.be/CPQNodAP5Ck">https://youtu.be/CPQNodAP5Ck</a>	<b>Physical:</b> 6 x 500m runs, in as quick a time as possible	<b>Physical:</b> 5 squats, 5 press-ups, 5 burpees, repeat as many times as possible in 5 minutes	Fri



# GI ALT

## Uke 15 og 16 2020