

We offer 1 stand alone, SISU specific group training session per week. This can be on Tuesday, Wednesday, or Thursday (depending on collective student's time table) at 4:00 or 4:30 for 1.5 to 2 hrs. Students to decide what works best for them as a group.

- **Dryland example #1:**

- Warm UP 20min - to include Activation and Mobility
- Spent - 10 x 8s w/52s R (with or without poles)
- 3-5 x 8min (8 x 30s Z1/30s Z4) w2min R
- 10min Cool Down
- 10min Core Routine

- **Dryland example #2:**

- Warm UP 20min - to include Activation and Mobility
- Spent - 10 x 8s w/52s R (with or without poles)
- Ladder Workout w/poles
 - 2-4 x 10min of Ladder (Up 50m/down 25m/up 50m/down 25m...)
- 10min Cool Down
- 10min Core Routine