

U15 Interval Training Program 1



Warm up – 30 second intervals 10 second rest

1. Arm Circles
2. Sky touch, toe touch
3. Side lunge
4. Jog on spot
5. Jumping Jacks
6. Quick feet Football runs
7. Skiing Jumps
8. High knee, butt kicks, Heal taps
9. Skaters
10. Burpees

2-minute rest – **Stretch anything you need to further**

Legs - 30 seconds, 10 second rest

1. Runners lunge Squat Pulse R
2. Runners lunge Squat Pulse L
3. Sumo Squat with side leg lift - alternating
4. Squat in and outs with jump
5. Squat with side lift - alternating
6. Rocket jumps
7. Seated Pulse – Knees together, seated chair
8. Donkey Kick back R
9. Donkey Kick back R

2-minute rest

Arms & Abs - 30 seconds, 10 second rest

1. Inch worm – to toe each alternating toe
2. Plank side Dips - Hips alternating to group
3. Push ups
4. Plank Arm Can opens
5. Commanders
6. Tricep dips – with chair
7. Full sit ups
8. Crunches
9. Plank

Stretch on own

U15 Interval Training Program 2



Warm Up/Legs/Cardio – 45 second intervals 15 second rest

1. Forward fold
2. Arm Circles
3. Front lunge, side lunge, back lunge R
4. Front lunge, side lunge, back lunge L
5. Jumping Jacks
6. One Leg squat to touch toes R
7. Tree Pose on R
8. One Leg squat to touch toes L
9. Tree Pose on L
10. Curtesy Lunge with a back leg lift – alternating
11. Sumo Pulse

2-minute rest – **Stretch anything that feels tight**

Arms/Abs - 45 seconds, 10 second rest

1. Crab to alternating Toe touch
2. Downward dog – lift alternating leg and arm at once, alternating
3. Downward dog to lower to mat slowly – repeat for full time
4. Downward dog tricep dips – elbows towards mat
5. Commanders – plank straight arm to forearms – repeat
6. Plank Jacks – legs in and out
7. Push ups (wide hands or close)
8. Russian twists (feet off ground more challenging)
9. Crunches

AC/DC Thunderstuck

OPTION 1: Skaters whole time – Rocket Jump at each Thunder

OPTION 2: Football quick feet – Burpee at each Thunder

Stretch on own

U15 Interval Training Program 3



Warm Up— 30 second intervals 15 second rest

1. Side Lunge Stretch – Both sides alternating
2. Forward lunge - alternating
3. Hold hamstring stretch – alternate halfway through
4. Jog on spot
5. Jumping Jacks
6. 4 high knees, 4 butt kicks – repeat
7. Toe taps
8. Burpees

2-minute rest – **Stretch anything that feels tight**

Legs - 30 seconds, 15 second rest

1. Sumo squat to up on toes to standing - repeat
2. Curtsey Lunges - alternating
3. On knees – up to squat, back down. Keep in squat position low
4. Pelvic Thrusts
5. Rocket jumps 180-degree spin
6. Seated pulse – knees and feet together
7. Downward dog leg tucks R – up to sky, knee to chest, repeat
8. Downward dog leg tucks L – up to sky, knee to chest, repeat
9. Squat walk

2-minute rest – **Stretch anything that feels tight**

Arms/Abs - 30 seconds, 15 second rest

1. Frog Jumps from plank position
2. Mountain climbers
3. Push ups
4. Plank with shoulder taps
5. Tricep dip on chair
6. Reverse crunch – feet pushing to the sky
7. Spiderman mountain climbers
8. Side plank R
9. Side plank L
10. Sit ups or Crunches
11. 20 Push ups to finish

Stretch on own

U15 Interval Training Program 4



Warm Up– 30 second intervals 10 second rest

1. Run on spot
2. Toe taps
3. Alternating side lunges
4. Jumping Jacks
5. 2 High knees, 2 Butt kicks, 2 ankle touches – repeat
6. Front lunges – alternating
7. Back lunges - alternating
8. Burpees

2-minute rest – **Stretch anything that feels tight**

Legs - 30 seconds, 15 second rest

1. Regular Squat
2. Squat to side leg lift
3. Sumo Squat
4. Rocket Jumps
5. One Leg toe touch squat R
6. One Leg toe touch squat L
7. Seated pulse
8. Wall sit

2-minute rest – **Stretch anything that feels tight**

Arms - 30 seconds, 15 second rest

1. Narrow handed push ups
2. Frog jumps from plank
3. Tricep dips
4. Wide handed push ups (more shoulder work)
5. Mountain climbers
6. Straight arm plank
7. Tricep dip
8. Push ups of choice (wide or narrow)

2-minute rest – **Stretch**

Abs - 30 seconds, 15 second rest

1. Crunches
2. Leg lifts – hover on ground
3. Scissor legs
4. Russian Twists
5. Side Plank R
6. Side Plank L
7. Plank with Shoulder taps
8. Sit ups

Stretch on own