Welcome to Trinity Sport

Orientation 2020/2021
Contents

A. Welcome to Trinity Sport
B. LIVE Zoom Fitness Classes
C. Train Online with Trinity Sport
D. Ask the Fitness Instructors
E. Personal Training with Jamie Headon
F. Virtual Spin Programme and Bike Rental
G. Trinity Sport Running Programme
H. Indoor, Outdoor, on Campus, off Campus
I. Fitness Trail
Welcome to Trinity Sport
Virtually for now!

Physical activity contributes to both our physical and mental health. As many of you are currently confined to college accommodation because of the COVID-19 pandemic, Trinity Sport has developed a guide to help you integrate simple, safe ways to stay physically active! It is important to take breaks to move, stretch and make time for our mental wellbeing.

The exercises and fitness classes we have shared in this guide are easy to do and require no special equipment. The following offers a starting point for making sure you stay active while staying at home!

- Online Zoom Fitness Classes
- Train Online with Trinity Sport via YouTube fitness classes
- Ask the Fitness Instructor and meet the fitness team
- Personal Training with Jamie Headon
- Virtual Spin Programme and Spin Bike Rental
- Four week Running Programme
- On and off campus sporting facilities
- On campus fitness trail

We look forward to meeting you all during Orientation week, for now we hope you enjoy our online fitness supports!
LIVE Zoom Fitness Classes

We’re bringing our fitness classes to you via Zoom! Check out our LIVE Zoom timetable which includes all our most popular fitness classes Pilates, multifit and bootcamp. Book our Zoom fitness classes through our Trinity Sport booking app (search Trinity Sport on the app store). All online Zoom classes are FREE for the month of September!

Train Online with Trinity Sport

We’ve picked the BEST of our Train Online with Trinity Sport fitness classes for you to follow via YouTube! Check out our YouTube timetable below, access our fitness classes via a private YouTube link HERE.

Follow the Trinity Sport fitness instructors each day as they take you through three daily workouts from Pilates, yogalates, core and full body workouts.

- New workouts daily
- Full body workout routines
- No special equipment required
- Easy to follow 30-minute workout sessions
- Featuring Trinity Sport top fitness coaches
Ask the Fitness Instructor

You may not be able to meet our fitness team at the Trinity Sport Centre just yet however our fitness team are still here for you! Send in any fitness related queries to: askthefitnesssteam@tcd.ie and our team will get back to you.
Here are some daily workout blasts from David, John and Mark to keep you moving. Don’t forget to follow and tag us on our social media channels!

**The Arms Race Workout**

- 20 Push-Up Side Planks
- 40 Jump lunges
- 20 Push-up Shoulder Taps
- 40 Sit-Ups
- 20 Commander Push-ups
- 40 Jump Squats

Rest 45s
Repeat X 3
Post stretch all the major muscle groups

**leg burner**

- **SQUATS**
  - 3 sets of 12 reps
- **SIDE LUNGES**
  - 2 sets of 12 reps on each leg
- **GLUTE BRIDGE SINGLE LEG**
  - 2 sets of 30 sec on each leg
- **SIDE LYING LEG RAISES**
  - 2 sets of 12 reps on each leg
- **ALTERNATING FORWARD LUNGES**
  - 2 sets of 16 reps total
- **SQUAT JUMPS**
  - 1 set until fatigue!

**Peripheral heart flow**

Legs and shoulders in super sets
- Full squat 3x12
- Standing shoulder press 3x12
- Split lunge 3x12
- Standing lateral raise 3x12
- Sumo squats 3x12
- Seated forward raise 3x12

**conditioning**

Round 1
- Squat jack’s
  - Alternate hands, amber touch when jumping
- Narrow & wide push ups
  - (20 Narrow width, keep push ups)
- Prisoner Squats
- Quadraped
- Jump squats
- V-ups

Repeat X 1
Rest 1-2mins

Round 2
- Spiderman’s
- Crunches
- Forward lunges
  - (hands behind head)
- Plank and Jack
- Walking lunges

Repeat X 1

**Resistant band core workout**

- **Wood chops**
  - 3 x 12
- **High to low wood chops**
  - 3 x 10
- **Low to high wood chops**
  - 3 x 10
- **Anti-Rotations**
  - 3 x 12

Rest 45s between sets
Rest 60s between exercises

**cardio HIIT**

10 reps of each exercise as quickly as you can
- Burpees
- High knees
- Mountain climbers
- Jumping Jack’s
- Strides
- Tuck jumps
- Squat jumps
- Double leg mountain climber
- Skipping
- High knee sprints
- Jumping lunge

Rest 1 min and repeat
Personal Training with Jamie Headon

We have partnered with our expert fitness coach, Jamie Headon to provide you with personalised coaching and training (all fitness levels are welcome). We have carefully created three distinct plans to suit your fitness needs from dumbbell or bodyweight programming, fully tailored programming to one to one private training.

What’s included in your programme plan:

• Anytime communication with expert fitness coach Jamie Headon
• Regular programme updates through our Truecoach app
• Jamie will personally set you weekly goals to keep you on track toward achieving your fitness targets
• All programmed movements and exercises come with a video demonstration to ensure correct form and technique.

Click HERE to check it out and to receive a complimentary consultation to kick things off. (10% off for students)

Virtual Spin Programme and Spin Bike rental

Spin classes are as challenging as they are fun! The benefits of a spin class include burning calories, improved strength & endurance and cardiovascular health. Indoor cycling is a total body workout and works all the major muscle groups including the core, upper body, lower legs, glutes and back.

We have created a four-week Virtual Spin Programme just for you which gives you a personalised workout based on your fitness level! You can rent a spin bike from Trinity Sport Centre for two weeks for €40 (delivery and pick up included). To avail of this offer please contact sport@tcd.ie.

Trinity Sport Running Programme

Running or jogging is a very popular form of exercise as it’s free to take part and you can run at anytime that suits you! The benefits of running or jogging include strengthened muscles, improved cardiovascular fitness, burns calories, builds strong bones as it is a weight bearing exercise.

We have created the Trinity Sport Four Week Running Programme to get you moving, it includes all the information you need to get started including:

• Running and jogging top tips
• Choosing the right shoes (very important!)
• Health and safety suggestions
• Fuelling for running
• Reducing the risk of injuries
• Refuelling after a run
• Types of running training
• Pre and post running routine
• Pre run dynamic stretches
• Post run stretches
• Specialised Training Programme
Indoor, outdoor, on campus, off campus - we have it all!

On campus, the central hub is the Sport Centre, which is located at Westland Row end of college. On campus, there is also two tennis courts and one futsal court at Botany Bay and a rugby pitch and multipurpose park at College Park. The multipurpose park at College Park is the ideal location for an on campus run, jog or walk!

Trinity Sport also has off campus sporting facilities at Islandbridge, Santry Sports Grounds, Iveagh Sports Grounds and Trinity Halls. 

Classes & courses
- Over 50 classes & fitness courses per week.
- Completely new timetable from September 2019
- New classes: GAL, adult Hip Hop, Row Fit, Foam Roller Recovery, Multifit and Heart Rate Cycle.
- Special student rates.
- Class passes available: Term 6 months €90 / Annual €150
- Book at reception: 01 896 1812 or sport@tcd.ie
Fitness Trail

While on campus you can also follow the 1km long fitness trail, you will find ten stations around college park to follow. Each station has a different exercise to complete!

**Station 1**  
Zig Zag Runs  
Running on side stepping between bollards in a side to side fashion, staying low, balanced and on toes.

**Station 2**  
Step Walk/Runs  
Run/walk up steps and down steps. Increase speed and pump arms forward and back to increase difficulty.

**Station 3**  
Tricep Dips  
Place hands on edge of box, approximately hip width apart. Begin pointing forehead, with legs extended out in front and heels on ground below. Bend at elbow to lower your body downwards. When elbow is at approximately 90 degree angle, extend and return to starting position. To increase difficulty, slow the movement down to 5 seconds per repetition. To reduce difficulty, bring heels closer to body and bend knees.

**Station 4**  
Seated Ab Work  
Sit tilted back to a 45 degree angle in the upper body, with legs slightly bent at knees and heels off the ground. Hands are supported on rails. Pull knees as close to chest as possible while breathing out deeply and bracing core muscles. To increase difficulty, do not use rails for support.

**Station 5**  
Shuttle Runs  
Running at quick pace from marker to marker. Try to limit recovery at each marker and keep the runs as continuous as possible.

**Station 6**  
Russian Twist  
Standing up, raise one leg up, bent at the knee, as close to the chest as possible. Brace core muscles and pull leg closer using hands. Twist slowly to left and right before swapping legs. To increase difficulty, do the same routine without the assistance of your hands.

**Station 7**  
Squat  
Hold on to fence with straight arms, shoulders back and chest out. Tilt pelvis back behind you and bend down at knees and hips. Keep feet flat throughout movement, going as low as comfortable. Push down through heels of feet and engage core to stand back up. To increase difficulty, stand back up faster and add a jump at the end of the movement. Be sure to land soft from the jump.

**Station 8**  
Pull/Push Ups  
Lean on bar facing downward at ground and bend at knees and hips. Keep feet flat throughout movement, placing them as close to hips as possible. Bend at elbow to perform push ups. Alternatively, hang from bar with body straight and face upwards. Bend/extend at elbow to perform pull ups.

**Station 9**  
50M Sprint  
Run as fast as possible to cover the 50m distance. Repeat if desired.

**Station 10**  
Lunges  
With hands on hips, shoulders back and chest out take a large step out in front. Bend both knees to roughly 90 degrees. Back knee should be an inch or two off the ground. Push through front foot to return leg back to standing position and repeat with other leg. To increase difficulty, jump from one lunge position to another swapping leg mid air. Ensure you land softly after each jump lunge.

**Station 11**  
Triceps Dips  
Place hands on edge of box, approximately hip width apart. Begin pointing forehead, with legs extended out in front and heels on ground below. Bend at elbow to lower your body downwards. When elbow is at approximately 90 degree angle, extend and return to starting position. To increase difficulty, slow the movement down to 5 seconds per repetition. To reduce difficulty, bring heels closer to body and bend knees.

**Station 12**  
Seated Ab Work  
Sit tilted back to a 45 degree angle in the upper body, with legs slightly bent at knees and heels off the ground. Hands are supported on rails. Pull knees as close to chest as possible while breathing out deeply and bracing core muscles. To increase difficulty, do not use rails for support.
Contact Us

If you have any queries regarding the information in this pack, or general enquiries about Trinity Sport please contact us:

01 896 1812
sport@tcd.ie

Keep up to date with Trinity Sport by following us on social media. Don’t forget to tag us!

Trinity College Dublin Sport
@tcdsport
@tcdsports
Trinity College Dublin Sport