Welcome to Trinity Sport

Orientation 2021/2022
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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!

• Trinity Sport+ (Live and On-demand Fitness Classes)
• Train Online with Trinity Sport (YouTube)
• Ask the Fitness Instructors
• Fitness Challenges
• Trinity Sport Running Programme
• Indoor, outdoor, on campus off campus
• Fitness Trail

We look forward to meeting you all during Orientation week, for now we hope you enjoy our online fitness supports!
Trinity Sport+ Live and On-Demand Fitness Classes

Trinity Sport+ allows you to access all our on-demand and live classes from our fitness studio right to your device! Join engaging fitness classes with the Trinity Sport fitness trainers, anytime, anywhere. What’s even better is that Trinity Sport+ is fully integrated with fitness trackers such as MyZone so you can track your workout with accuracy!

Trinity Sport+ includes:

- Over 30 Live classes per week
- 100’s of on demand workouts
- Workouts for beginners, intermediate and advanced users
- Multiple durations to choose from

Check out our Trinity Sport+ timetable which includes all our most popular fitness classes including Pilates, Multifit and bootcamp.

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.

- Full body workout routines
- No special equipment required
- Easy to follow 30-minute workout sessions
- Featuring Trinity Sport top fitness coaches

Get FREE access to Trinity Sport+ for two weeks, simply contact [sport@tcd.ie](mailto:sport@tcd.ie) and our staff will set up your Trinity Sport+ account. For more information, click [HERE](#).
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 Garreth, John and Mark to keep you moving. Don’t forget to follow and tag us on our social media channels!

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**The Arms Race Workout**

**By Mark**

- 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 X3
Post stretch all the major muscle groups

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**Peripheral heart flow**

**By John**

- 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

Low to high wood chops
3 x 10

Anti-Rotations
3 x 12

Rest 45s between sets
Rest 60s between exercises

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**Resistant band core workout**

**By Mark**

- Wood chops
3 x 12

High to low wood chops
3 x 10

Low to high wood chops
3 x 10

Rest 45s between sets
Rest 60s between exercises

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**advanced full body**

**By Garreth**

- Incline press up
  3x15 (feet on step)

- Tricep extension
  3x15 (hands on step)

- Elevated heel split squat
  3x15 each leg
  (slip book under heel)
  (targets quads)

- Single leg glute bridge,
  elevate toes, 3x15 each leg
  (slip book under ball of foot),
  push through heel, help target glutes

- Side plank dips
  30 seconds each side X3

- V-up
  3x10-20 reps

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**kettlebell**

**By Mark**

- KB Swings
  3 x 12 reps

- KB Romanian Deadlift
  3 x 12 reps

- KB Goblet squat to overhead press
  3 x 10 reps

- KB Reverse Lunge
  3 x 10 reps

- KB Upright rows
  3 x 10 reps

- KB Single arm Romanian Deadlift
  3 x 10 reps

Rest 45-60s between sets
Rest 60-75s between Exercises

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**cardio HIIT**

**By John**

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
Fitness Challenges

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

Tips from Garreth

It takes two! - Do it with a friend or a family member.

Plan - Write out what workouts you’re going to do each week.

Enjoy - do workouts and walking routes you enjoy. Just for fun - join in on November!

Any questions for Garreth? Email askthefitnessteam@tcd.ie

What is Core?

The core isn’t just one specific muscle, rather, it is a combination of many muscles. Generally speaking when we mention the core we refer to the abdominals (front), the obliques (hips), glutes (backside) and erector spine (lower back). So here is a 1 month challenge using only a handful of exercises that seeks to strengthen all of those components and gradually build on your abilities to hold the positions.
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.
Fitness Trail

Check out the new and improved Trinity Sport Fitness Trail – the fitness trail includes ten fitness stations around college park and we’ve added a new QR code which you can scan on your mobile phone to link you straight to video demos of the exercises. The route is signposted and there are directional green arrows places along the trail so you can’t miss it! Fitness trail guides and maps can be downloaded [here](#).

### Exercise Descriptions

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

2. **Step Walk/Runs**
   - **Exercise**: Run/walk up steps and down steps, increase speed and pump arms forward and back to increase difficulty.

3. **Triceps Dips**
   - **Exercise**: Please use hand sanitiser provided, place hands on edge of box, approximately hip width apart, fingers pointing forward, with legs extended out in front and heels on ground below.
   - **Movement Details**:
     - Bend at elbow to lower your body downward.
     - 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.

4. **Seated Ab Work**
   - **Exercise**: Please use hand sanitiser provided at station 3, 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.
   - **Movement Details**:
     - Pull knees as close to chest as possible while breathing out deeply and bracing core muscles.
     - To increase difficulty, do not use rails.

5. **Shuttle Runs**
   - **Exercise**: Please use hand sanitiser provided, note: to perform, run/walk at quick pace from marker to marker.
   - **Movement Details**:
     - Try to limit recovery at each marker and keep the run as continuous as possible.

6. **Russian Twist**
   - **Exercise**: Standing up, raise one leg up, bent at the knee, as close to the chest as possible.
   - **Movement Details**:
     - 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.

7. **Lunges**
   - **Exercise**: With hands on hips, shoulders back and chest out.
   - **Movement Details**:
     - 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, jump from one lunge position to another swapping leg mid-air.
     - Ensure you land softly after each jump lunge.

8. **Squat**
   - **Exercise**: Please use hand sanitiser provided, hold on to fence with straight arms, shoulders back and chest out.
   - **Movement Details**:
     - 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.

9. **Pull/Push Ups**
   - **Exercise**: Please use hand sanitiser provided, lean on bar facing downward at ground and bend/extend at elbows to perform push-ups.
   - **Movement Details**:
     - Alternatively, hang from bar with body straight and face upwards. Bend/extend at elbow to perform pull-ups.

10. **50M Sprint**
    - **Exercise**: Run as fast as possible to cover the 50M distance.
    - **Movement Details**:
      - Repeat if desired.

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**Hand sanitiser stations**

<table>
<thead>
<tr>
<th>Station</th>
<th>Exercise</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Zig Zag Runs</td>
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<tr>
<td>2</td>
<td>Step Walk/Runs</td>
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<tr>
<td>3</td>
<td>Triceps Dips</td>
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<tr>
<td>4</td>
<td>Seated Ab Work</td>
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<tr>
<td>5</td>
<td>Shuttle Runs</td>
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<tr>
<td>6</td>
<td>Russian Twist</td>
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<tr>
<td>7</td>
<td>Lunges</td>
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<tr>
<td>8</td>
<td>Squat</td>
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<tr>
<td>9</td>
<td>Pull/Push Ups</td>
</tr>
<tr>
<td>10</td>
<td>50M Sprint</td>
</tr>
</tbody>
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**Fitness Trail Map**

- **10 Stations**
- **1 trail = 1km**

Please ensure your health is okay before doing the Fitness Trail. If you feel faint, short of breath or in pain STOP immediately.

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**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!

- [Facebook](#) Trinity College Dublin Sport
- [Instagram](#) @tcdsport
- [Twitter](#) @tcdsports
- [LinkedIn](#) Trinity College Dublin Sport