

**BEFORE EACH WORKOUT:
STRETCH!**

Footwork/Agility:

- Grapevine
- Backpedaling
- Slalom running
- Skipping
- Defensive shuffle
- Train tracks

Some examples of stickwork:

- Indian dribble
- Speed dribble
- Dodges
- Shooting
- Pushes
- Drives
- Choke stick drives

Running Glossary

Fartleks: A fartlek is split into three part. The first part is a run. The middle part consists of timed sprints and runs. The third part is another run.

For example: a 30 minute fartlek is

5 min run

20 minutes of: 1 min hard run/sprint followed by 2 mins jog

5 min run

Rests: For track workouts,

After an 800, rest 3 minutes

After a 600, rest 2 ½ minutes

After a 400, rest 2 minutes

After a 300, rest 1 ½ minutes

After a 200, rest 1 minute.

Shuttles: Up and back. For example: 3 x 300 shuttles @ 25 yds

Run 25 yards, up and back a total 12 times to equal 300 yards.

Ladders: Example: 15 yard ladder = up 5/back 5, up 10/back 10, up 15/back 15.

Active Rest: Walking, jogging. NOT STANDING STILL OR HAVING HANDS ON KNEES!!

Lifting

Lifting if your choice. You may do Circuit A or Circuit B. They require light weights- 10lbs max. If you do not have access to dumbbells or medicine balls- improvise!! Use milk jugs filled with water or sand. This workout does NOT require a gym membership.

CIRCUIT "A"

This circuit should take you less than 5 minutes.

- The rest in between should be however long it took you to do the circuit the previous rotation.
- The first 3 weeks - repeat circuit 3 times (June 8th to 27th)
- The second 3 weeks - repeat circuit 4 times (June 28th to July 18th)
- The third 3 weeks - repeat circuit 5 times (July 26th to August 14th)

10 exercises x 3 rotations

- use 5 or 10 lb dumbbells
 - use 6-10 lb medicine balls
1. Reverse Lunge x10 reps each leg
 2. Squat and press x10
 3. Upright Row x10
 4. Romanian Dead Lifts's x10
 5. Pushups x10
 6. Step Ups x10 each leg
 7. Kickbacks x10 reps each leg
 8. Bent Over Row x10
 9. Wood Choppers with medicine ball x10
 10. 20 split jumps (body weight)

-OR-

CIRCUIT "B"

This circuit includes 10 stations, doing each station 40 seconds and resting (and rotating) 10 seconds between each station. A full circuit is 10 stations.

- Rest 1 minute between each circuit
- The first 4 weeks- repeat circuit 3 times (June 8th to July 4th)
- The second 5 weeks - repeat circuit 4 times (July 7th to August 14th)

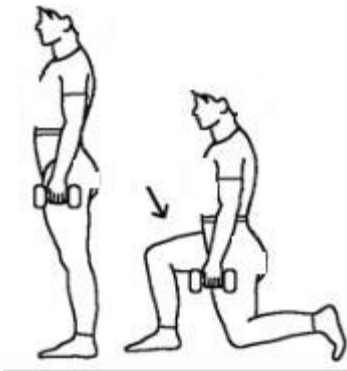
1. Explosive Step-ups
2. Push-ups on bench
3. Jump Rope(fast)
4. Lateral Line Hops(quick)
5. Squat and Upright Row with DB or medicine ball
6. BUP's
7. Bench Dips
8. Overhead squat (quick)- with a long stick or no weight)
9. Full Sit-ups
10. Stationary High Knees

Glossary of Exercises

Circuit A:

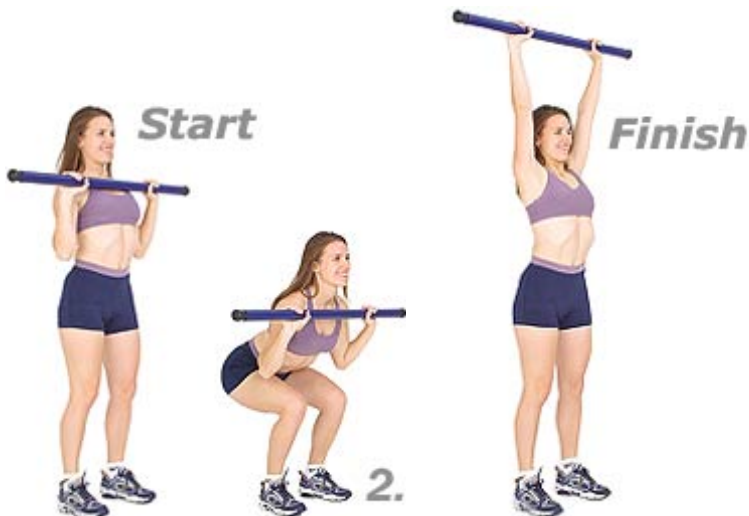
Reverse Lunges:

Stand with your feet about shoulder width apart and grab a dumbbell in each hand and let them hang at your sides. Begin by reaching one of your feet back behind you like you are taking the first step if walking backwards. Really reach back with this stride to get a good stretch. Bring that leg back to the start position and repeat the same movement with your opposite leg. Be sure to keep your back firmly upright and straight throughout this exercise.



Squat and Press:

Begin with feet hip-width apart, sit back into the squat, into the heels with the knees aligned with ankles. Don't allow the chest to collapse forward. Hold for 2 seconds. Return to the starting position pushing the weight over-head until arms are straight but not locked.



Upright Row:

Begin with an overhand grip, and hands comfortably apart, let the weight hang directly in front of you. Lift the bar straight up, keeping the bar close to your body. Lift until your elbows and forearms are level with the ground. Lower the weight slowly to the starting point.



Romanian Deadlift:

Lower the weight under controlled motion by bending the hips and knees until your back is parallel to the floor. Return to starting position. Keep back straight/chest out during exercise.



Pushups:

You may start on your knees during the beginning of summer. You should be on your toes by the middle/end of summer. Back straight, butt down.

Stepups:

Use a solid platform or step. Step up onto your whole foot; lift the body up with the first leg, rather than pressing off with the floor foot. With the first foot, step back down at a controlled speed, then follow with the other foot. Alternate feet from one step to the next (right up, left up, right down, left down; left up, right up, left down, right down). Use a steady pace you can maintain for the whole time.



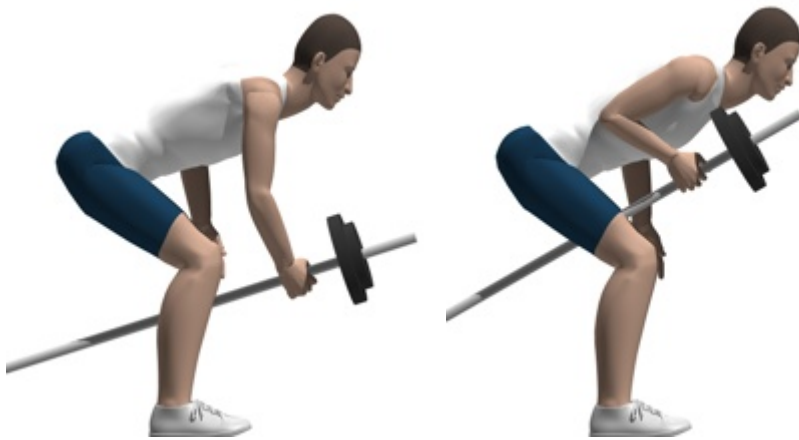
Kickbacks:

Get on your hands and knees on a mat on the floor with your back parallel to the ground. In a controlled motion, thrust one of your feet backwards as though you are kicking like a horse. Be sure to really flex your butt for a one-count when your leg is fully extended back behind you. Return to the start position and repeat with the opposite leg.



Bent Over Rows:

Kneel over side of bench (or chair) by placing knee and hand of supporting arm on bench. Position foot of opposite leg slightly back to side. Grasp dumbbell from floor. Pull dumbbell to side until it makes contact with ribs or until upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched forward. Repeat and continue with opposite arm.



picture)

(Use dumbbells, not a bar like the

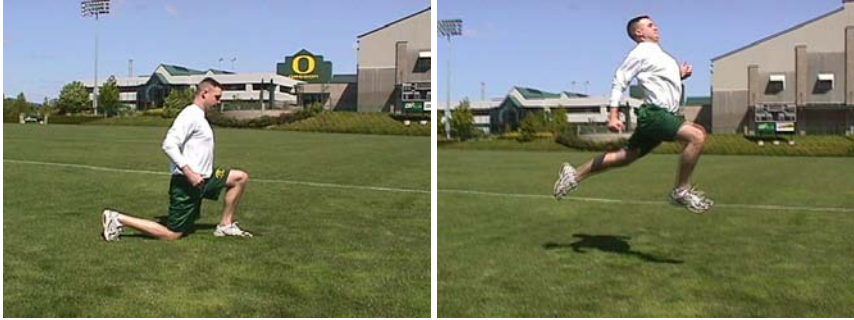
Woodchoppers:

Start in a squat position holding a medicine ball at your side with two hands. Now explode upwards bringing the medicine ball across your body to the other side as high as you can. Upon return to the starting position bring the medicine ball downwards using your abs. Repeat with opposite side of body.



Split Jumps:

Jump as high and straight as possible, bringing the right leg in front. Block with the arms to gain additional lift. Upon landing, retain the spread-legged position, bending the knees to absorb the shock. It is important to keep the shoulders back and in line with the hips to maintain proper stability. Continue the motion for the required repetitions, then switch legs and perform them again with the opposite leg.



Circuit B:

Explosive Step-Ups:

See example of Step-ups in Circuit A glossary.

Difference: Bring opposite up, like a “high knee” and jump simultaneously.

Push-ups on Bench:

Start in a table top position with your hands on the bench. Make sure that your neck and back are straight, your hips and abs are tight, and your shoulders in line with your wrists. Lower your body down to the ground until your elbows are at a 90 degree angle. While maintaining a straight back and good posture, Push yourself back up to the starting position and repeat.



Jump Rope:

This is not what you did in elementary school. Both feet together and as quickly as possible.

Lateral Line Hops:

Start with feet shoulder width apart. Jump to the side, landing on both feet. Jump the other way. Make sure that you land on **BOTH FEET** at the same time.



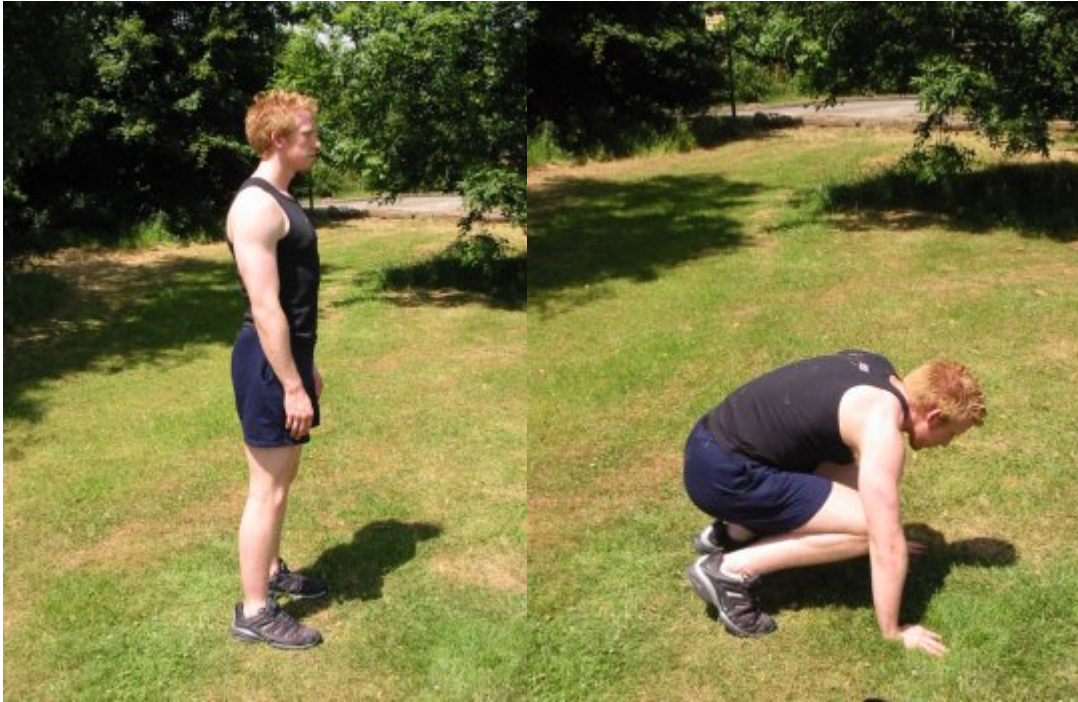
Squat and Upright Row:

See description for Squat and Upright Row in Circuit A Glossary.

Do not do them simultaneously, first squat, then upright row.

Burpees:

Stand straight. Bend your knees and put your hands on the floor (squat), kick your legs back until you are in a pushup position, then bring your knees back in and stand up again.



Bench Dips:

You need two chairs, two benches- two anything. Just get your feet and butt off the ground. Keep the buttocks close to the bench, otherwise this exercise can be very stressful on the shoulders. Do not drop the head or round the shoulders. Do not go deeper in the dip than the upper arms being parallel with the ground.



Overhead squat:

Grip the bar wide enough so when it is pressed out it is positioned ~8 inches above your head. Keep your chest up and inflated, arch your back tightly, and position your feet in a squat stance. Slowly descend by pushing your hips back and flexing at the hip and knee joints. Go down until the back of your thighs (hamstrings) are parallel to the ground. Drive out of the bottom position by extending your knees and hips.



Full Sit-Up:

Keep your hands behind your head. Do not pull on your head/neck. Elbows should be out.

Stationary High Knees:

Can also be thought of as running in place. Pick knees up high, as quickly as possible.