

WEEKLY STRENGTH and CONDITIONING SUMMARY

MONDAY	BEFORE WORKOUT: Hips, "Hard Core," Dynamic Warm Up	Usually a recovery workout	AFTER WORKOUT: Dumbbell Circuit + Dumbbell Standing Series
TUESDAY (AM)	WARM UP: March/bow/crawl + hip/glute activation	WORKOUT: Pushups and reverse sit-ups; Cleans, deadlifts, bent rows; Pullups and dips	SNACK DURING FIRST PERIOD! Fuel wisely today.
TUESDAY (PM)	WARM UP: Static Stretching, Circles/Swings	Event specific hard effort.	COOL DOWN: Targeted stretching based on soreness. Ice bath.
WEDNESDAY	BEFORE WORKOUT: Pedestal Series Core, Dynamic Warm Up, Hurdle Drills	Usually a recovery workout	AFTER WORKOUT: Dumbbell Circuit + Dumbbell Standing Series
THURSDAY (AM)	WARM UP: March/bow/crawl + hip/glute activation	WORKOUT: Box Jumps; Squats, lunges, military press; 4-way legs; runner touches	SNACK DURING FIRST PERIOD! Fuel wisely today.
THURSDAY (PM)	WARM UP: Static Stretching, Circles/Swings	Event specific hard effort.	COOL DOWN: Targeted stretching based on soreness. Ice bath.
FRIDAY	Before OR After Workout: Med Ball Core Exercises	Usually a recovery workout	Before OR After Workout: Med Ball Core Exercises

MONDAY AFTERNOON

DYNAMIC WARM UP	HIPS and CORE (before workout)	DUMBBELLS (after workout)
<p>Exercises #1-6 for 20-25m each Exercises #7-12 for 50-70m each</p> <ol style="list-style-type: none"> 1. Knee to Chest 2. Knee to Chest to Outer Hip 3. Knee to Outer Hip to Chest 4. Lunge 1: front, front, pivot, back, back 5. Lunge 2: side to side, pivot, side to side 6. Lunge 3: defensive shuffle, get low 7. Skip 1: skip,dip,stretch,arm circle scoop 8. Skip 2: high knee skip, flap/clap arms 9. Skip 3: Lateral with big arm circles 10. Skip 4: Carioca with high knee 11. Stride 1: backwards run 12. Stride 2: forward strides x 2-4 	<p>2 sets of 15 reps / 20-30 seconds</p> <ol style="list-style-type: none"> 1. Clam 2. Reverse Clam 3. Booty Lock <p>30 seconds each</p> <ol style="list-style-type: none"> 1. New crunches: in/out/diagonal, 2. New crunches: circles/ figure 8 3. Side plank hip drops: Left side 4. Side plank hip drops: Right side 5. Superman: crunches arms forward 6. Superman: hold with wings 7. Plank with variation <ol style="list-style-type: none"> a. Option One <ol style="list-style-type: none"> i. Elbows ii. hands b. Option Two <ol style="list-style-type: none"> i. up/downs ii. shoulder taps c. Option Three <ol style="list-style-type: none"> i. left leg hold ii. right leg hold 8. Russian Twists 9. Side Plank knee to chest: Left side 10. Side Plank knee to chest: Right side 11. Bridges : both legs 12. Bridges: left leg up, then right leg up 13. Lower Abs: Flutter kicks 14. Lower Abs: scissor kicks 	<p>25 meters per exercise, #1-5 then repeat</p> <ol style="list-style-type: none"> 1. Waiter left, then right 2. Suitcase left, then right 3. Bicep Curl to Overhead left, then right 4. Zombie 5. Halo clockwise, then counterclockwise <p>Standing Series 15-20 reps per leg</p> <ol style="list-style-type: none"> 1. Heel Raises: 3 directions 2. Toe Raises: 3 directions 3. Standing on one leg, pass the dumbbell around your waist

TUESDAY MORNING

Marches, Bows, Crawls Warm Up	Hip and Plyo Activation	Workout
<p>Take your time. Do not strain.</p> <p>5 x each leg or 10 total steps.</p> <p>Marches</p> <ol style="list-style-type: none"> 1. Knee to chest/heel to butt 2. Open the gate 3. Close the gate 4. Flappy Bird 5. T-twist <p>Bows</p> <ol style="list-style-type: none"> 6. 3 point Hamstring 7. Calf Swoop <p>Crawls</p> <ol style="list-style-type: none"> 8. Bear Crawl 9. Spider Crawl 10. Inchworm 11. Frog Hop 	<p>Table Top Position 15 reps on each side</p> <ol style="list-style-type: none"> 1. Fire Hydrant 2. Kick Ceiling <p>Plyos</p> <ol style="list-style-type: none"> 1. Pogo x 15 2. Rocket x 5 3. Scissor Jump x 5 4. Squat Jump x 10 	<ol style="list-style-type: none"> 1. Body Weight <ol style="list-style-type: none"> a. 60 seconds push ups b. 60 seconds reverse sit ups 2. Barbell <ol style="list-style-type: none"> a. Cleans b. Romanian Deadlift c. Bent Rows 3. Body Weight (or weighted) <ol style="list-style-type: none"> a. Pull Ups b. Dips <p>Week One Barbell Reps</p> <ul style="list-style-type: none"> ● 10, 8, 6 <p>Week Two Barbell Reps</p> <ul style="list-style-type: none"> ● 5 x 5 <p>Week Three Barbell Reps</p> <ul style="list-style-type: none"> ● 3 x 3 <p>Week Four day one</p> <ul style="list-style-type: none"> ● REST <p>Week Four day two Max Test</p> <ul style="list-style-type: none"> ● 5, 4, 3, 2, 1 (max)

WEDNESDAY AFTERNOON

DYNAMIC WARM UP	HIPS and CORE (before)	DUMBBELLS (after)
<p>Exercises #1-6 for 20-25m each Exercises #7-12 for 50-70m each</p> <p>Knee to Chest</p> <p>Knee to Chest to Outer Hip</p> <p>Knee to Outer Hip to Chest</p> <p>Lunge 1: front, front, pivot, back, back</p> <p>Lunge 2: side to side, pivot, side to side</p> <p>Lunge 3: defensive shuffle, get low</p> <p>Skip 1: skip, dip, stretch, arm circle scoop</p> <p>Skip 2: high knee skip, flap/clap arms</p> <p>Skip 3: Lateral with big arm circles</p> <p>Skip 4: Carioca with high knee</p> <p>Stride 1: backwards run</p> <p>Stride 2: forward strides x 2-4</p>	<p>Hurdles 2 sets x 10 hurdles</p> <ol style="list-style-type: none"> 1. Bent knee forward 2. Bent knee backward 3. Straight leg forward 4. Straight leg backward 5. Can-Can 6. Over-Under with pivot <p>Pedestal Series Lift leg for 10-15 reps or hold for 30 sec</p> <ol style="list-style-type: none"> 1. Forearm Plank (left and right legs) <ol style="list-style-type: none"> a. Face Down b. Left Side c. Right Side d. Face Up 2. Regular Plank (left and right legs) <ol style="list-style-type: none"> a. Face Down b. Left Side c. Right Side d. Face Up <p>25 reps each or 30 seconds each</p> <ol style="list-style-type: none"> 1. Russian Twists 2. Legs Up, bent knee: Reach for Heels 3. Legs Up, straight legs: Reach for toes 4. Penguin 5. Bridges 6. Candlesticks (add twist) 	<p>Walking Series 25 meters per exercise, #1-5 then repeat</p> <ol style="list-style-type: none"> 1. Waiter left, then right 2. Suitcase left, then right 3. Bicep Curl to Overhead left, then right 4. Zombie 5. Halo clockwise, then counterclockwise <p>Standing Series 15-20 reps per leg</p> <ol style="list-style-type: none"> 1. Heel Raises: 3 directions 2. Toe Raises: 3 directions 3. Standing on one leg, pass the dumbbell around your waist

THURSDAY MORNING

Marches, Bows, Crawls Warm Up	Hip and Plyo Activation	Workout
<p>Take your time. Do not strain.</p> <p>5 x each leg or 10 total steps.</p> <p>Marches</p> <ol style="list-style-type: none"> 1. Knee to chest/heel to butt 2. Open the gate 3. Close the gate 4. Flappy Bird 5. T-twist <p>Bows</p> <ol style="list-style-type: none"> 1. 3 point Hamstring 2. Calf Swoop <p>Crawls</p> <ol style="list-style-type: none"> 1. Bear Crawl 2. Spider Crawl 3. Inchworm 4. Frog Hop 	<p>Table Top Position 15 reps on each side</p> <ol style="list-style-type: none"> 1. Fire Hydrant 2. Kick Ceiling <p>Plyos</p> <ol style="list-style-type: none"> 1. Pogo x 15 2. Rocket x 5 3. Scissor Jump x 5 4. Squat Jump x 10 	<ol style="list-style-type: none"> 1. Box Jumps 3 sets x 5 reps 2. Barbell <ol style="list-style-type: none"> a. Squats b. Lunges c. Military Press 3. Body Weight (or weighted) 3 sets x 10-15 reps <ol style="list-style-type: none"> a. 4-way leg movement with theraband or machine b. Runner Touches <p>Week One Barbell Reps</p> <ul style="list-style-type: none"> ● 10, 8, 6 <p>Week Two Barbell Reps</p> <ul style="list-style-type: none"> ● 5 x 5 <p>Week Three Barbell Reps</p> <ul style="list-style-type: none"> ● 3 x 3 <p>Week Four day one</p> <ul style="list-style-type: none"> ● REST <p>Week Four day two Max Test</p> <ul style="list-style-type: none"> ● 5, 4, 3, 2, 1 (max)

FRIDAY AFTERNOON

Dynamic Warm Up	Med Ball Exercises	Optional, additional Med Ball
<p>Exercises #1-6 for 20-25m each Exercises #7-12 for 50-70m each</p> <p>Knee to Chest</p> <p>Knee to Chest to Outer Hip</p> <p>Knee to Outer Hip to Chest</p> <p>Lunge 1: front, front, pivot, back, back</p> <p>Lunge 2: side to side, pivot, side to side</p> <p>Lunge 3: defensive shuffle, get low</p> <p>Skip 1: skip, dip, stretch, arm circle scoop</p> <p>Skip 2: high knee skip, flap/clap arms</p> <p>Skip 3: Lateral with big arm circles</p> <p>Skip 4: Carioca with high knee</p> <p>Stride 1: backwards run</p> <p>Stride 2: forward strides x 2-4</p>	<p>Each exercise 2-3 sets of 8-12 reps</p> <p>Med Ball Sitting</p> <ol style="list-style-type: none"> 1. Russian Twist 2. Chest Pass <ol style="list-style-type: none"> a. Variation: partner stands on one leg 3. Overhead Pass <ol style="list-style-type: none"> a. Variation: partner stands on one leg <p>Med Ball Standing</p> <ol style="list-style-type: none"> 1. Half Twist <ol style="list-style-type: none"> a. Variation: stand 2-3 strides apart and pass 2. Full Twist <ol style="list-style-type: none"> a. Variation: stand 2-3 strides apart and pass 3. Over/Under 	<p>Med Ball Motion Solo</p> <ol style="list-style-type: none"> 1. Push Up 2. Lunges <ol style="list-style-type: none"> a. Variation: twist over front leg 3. Roll to push up 4. Ribbon 5. Lumberjack Chops <p>Med Ball Throw</p> <ol style="list-style-type: none"> 1. Granny toss for height with hop forward <ol style="list-style-type: none"> a. sprinter/jumper variation add depth jump off box 2. Backward overhead throw for distance