

## Corona Break Training Week of April 20, 2020:

Monday/Wednesday/Friday-  
Doubles

*Morning*

1. Choice 5 Minute Dynamic Warm Up
2. HIIT Circuit- 20 Minutes
3. 5 Minute Stretch
4. Get ready for school day

*Afternoon*

1. Full Dynamic Warm up
2. Strength Circuit
3. 15 Minutes Aerobic Choice Loosen- do when fatigued!
4. Static Stretch Routine

**\*\*Wednesday Challenge- Has to be done on Wednesday-  
Strength Triathlon 100 Push Ups 200 Squats 300 Lunges (total)- You can break up how you want to finish in best time while maintaining proper form throughout \*\***

Tuesday/Thursday-

1. 5 Minute Loosen
2. Cardio Continuous- maintain 120-140HR (low end HR work this week)- 30-40 Minutes continues based on how you feel- pick any cardio exercise
3. Core Routine

Saturday:

1. Dynamic Warm Up
2. Legs for Days- Do at least 2 rounds. If you really feeling it, then do 3 rounds and if you are really feelin' it, do 5 rounds!!!!
  - a. 5 Minutes Super Legs- Repeat Continuously
    - 10x Squats
    - 20 x Single Leg Lunge Pumps (keep foot forward and change after 10)
    - 20 x Jump Lunges
    - 10 x Jump Squats
  - b. 1 Minute Rest
  - c. 5 Minutes Walking Squats- Squat Down then while in squat take right then left step turn around after 2.5 minutes (So this is sort of like a squat w/duck walk and up squat)
  - d. 1 Minute Rest
  - e. 5 Minute Walking Lunges w/Double Pulse while in lunging position – turn around and come back after 2.5 minutes
  - f. 1 minute Rest
  - g. 5 Minute Wall Sit
  - h. 2 Minutes Rest
3. Static Stretch or Yoga 15 to 20 Minute (find an app and yoga class you would like to do to get in solid loosen)

**\*\*\* Pull Ups- If you can do there somewhere whether it a pull up bar, a park, a tree branch, whatever, please try to do them. Use your sheet to track \*\*\***