

Corona Break Training Week of April 27, 2020:

Monday/Wednesday -

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- 500 Sit-ups (arms across chest, feet stay down or under something, elbows have to touch your mid quads)- Yes this is very similar to the core being done on Tuesday/Thursday→ Just more today!**

Tuesday/Thursday-

1. 5 Minute Loosen
2. Jump Rope Cardio Combo
 - a. 4 Minutes Jump Rope (1 Regular, 1 R, 1 L, 1 Regular)
 - b. 5 Minute 80% Run
 - c. 1 Minute Rest
 - d. 4 Minutes Jump Rope (1 Regular, 1 R, 1 L, 1 Regular)
 - e. 5 Minute 90% Run
 - f. 1 Minute Rest
 - g. 4 Minutes Jump Rope (1 Regular, 1 R, 1 L, 1 Regular)
 - h. 5 Minute 100% Run
3. Core Routine- Sit Up Challenge

Friday:

5 Min Jog/Bike/Some Sort of Cardio to Get Loose

Core Burner- Do each repetition perfectly

10 x

[15 Leg Lifts

[25 V Ups

[20 Glute Bridges

[30 Toe Touches

[20 Crunches

[:45-:60 Rest

**** this is to provide rest of legs and arms to do the Senior Challenge on Saturday**

15 Minutes Stretch/Yoga

Saturday:

Senior Boys Challenge Day- Landon, James, Harrison and Nick are your architects for today's workout. See next page!

***** 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 *****

May 2nd Workout

Find an open area, preferably in grass.

Warmup

- run across the grass (Max around 100 feet) at 50% effort. Rest 15 seconds. Run back across at 60% effort. Rest 15 seconds. Continue this build until a 100% effort sprint.
- Rest 1 minute and bear crawl across the same area you ran. Immediately go into 10 pushups.
- Any extra loosen or stretching you need

Circuit

Get your bike and two chairs out. Do this whole circuit for three rounds

- Run continuously for 3 minutes at a hard effort, then go straight into biking for 2 minutes at a hard effort. Rest for 30 seconds
- Do these exercises all one immediately after another and each with rep counts of 20
 - Pushups, squats, lunges, superman pumps, and chair dips
- Rest 1.5 minute then repeat whole thing three times.

Pushup Challenge!!

- Your rest is determined by how fast you can get your reps in the 1 minute time frame
- Each round is 1 minute, start at 4 pushups, then increase by 4 reps every round
- Go until you cannot get the next amount of reps in the next minute
- Post on group Instagram the highest rep round you completed