

Developmental Competitive and Jr. Red practice Groups

- Keep working hard, be positive and stay focused!
- We are closer to getting back in the pool.
- Enjoy the beautiful spring weather. We will be melting before we know it.
- This week, I've created two circuits, either in one small area or between two markers, and a core circuit.
- You can always do any of the previous suggested activities

CIRCUIT 1: Set up two markers in your yard or driveway, about 20yds apart depending on room.

Do Each activity twice. Rest 5-15 seconds after each activity.

- Jog There and Back
- Jog Forwards High Knee Skip Back
- Jog Forwards Butt Kicks Back
- Sidestep swinging arm above the head facing the same way there and back
- Karaoke, there and back [facing the same way]
- Streamline lunges forward [Keep Chest & Eyes up), Jog back
- Bunny Hops Forwards **Fast** / Jog Back
- Bounds [leap as far as possible each bound] / Jog Back
- **Sprint** Forwards Jog Back
- Streamline lunges forward [Keep Chest & Eyes up) / Jog back
- Bear Crawl forwards and Backwards (if you can) [keep knees about 2" off the ground, back flat]
- Burpee Bounds [leap forwards after each burpee] / Jog Back
- **Sprint** Forwards Jog Back
- Duck Walk Forwards [in a low squat] / Jog Back
- Lateral Duck Walk. Sideways, Facing the same way there & back [Stay low, chest up]
- Inch Worms there [Walk hands out to a plank, (push up optional), then walk feet up to hands, stand up and keep repeating.] / Jog Back
- Bear Crawl Sideways/Lateral facing same way there & back [keep knees about 2" off the ground, back flat]
- Streamline bunny Hops / Jog Back
- **Sprint** Forwards Jog Back
- Forward walks with forward single Arm circles / Backwards walk with backward arm circles. Straight arms full circles keeping arms close to the ears.

Rest 1-2 Minutes and repeat the circuit if you can

CIRCUIT 2: In one spot or Area.

Either a designated **# of reps** or **:20-30** seconds of each exercise.

Rest :10-15 seconds after each exercise

- Jog [Good Form, use arms]
- Skip [Get knees up high]
- Butt Kicks [get heels up]
- Jumping Jacks [Hands together above head and touch thighs]
- **20** Squats [Sit back on your heels, Feet Parallel & shoulder width apart, Keep chest up]
- **20** Forward Lunges [Keep chest up, Good Balance.]
- **10** Walk outs [Bend over and walk out to a full plank, then walk hands back in and stand up]
- Sprint [run as fast as you can, in one spot, driving your arms and knees]
- **10** push Ups [good Form, Get Chest to the ground, modify on Knees]
- Squat Hold [Hold a low squat position]
- **10** Burpees [Good Form & streamline on the Jump. No a push up]
- **30** Split Squats [15 on each Leg]: In the reverse Lunge position Squat up and Down, knee almost touching the ground.
- Jump Rope If you don't have a rope, just jump on 2 feet, turning hands at side as if had a rope
- **10** Walk outs with a Push up [Bend over and walk out to a full plank, Good Push up, then walk hands back in and stand up]
- Squat & Squat Hold Ladder **up to 10**. [1 Squat, the squat hold for 1 count, 2 squats, the squat hold for 2 Count ASO] [Hold a low squat position]
- **20** Cobras [Tricep Pushups, On Stomach, Hands under Chest]
- Munchkin Jumping Jacks [In the squat position, Hands together above head and touch thighs]
- Jog [Good Form, use arms]
- **20** See Saw Lunges. [Forward Lunge, then Reverse Lunge of the same leg and switch legs. Start & Finish each lunge with feet together. Good Balance. Forward & reverse Lunge =1]
- **10** Streamline Jumps [squat down and touch the ground with both hands and explode up to a high and tall Streamline]

Rest 1-2 Minutes and repeat the circuit if you can

Yoga. Improve flexibility, body posture and relax. Good for a Warm Down

Easy Relaxing 20minute Yoga for beginners.

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Build on the Yoga and check out More Yoga with Adriene:

<https://yogawithadriene.com/free-yoga-videos/>

KEEP WORKING YOUR CORE!

Try to do this 2-3 times a week. More is never a problem.

New Core this week is Mountain Climbers and ½ Plank

CORE CIRCUIT:

Start with **:20 Work :40 Rest**

Build up to **:30 Work :30 Rest**

Then **:40 Work :20 Rest**

- Full Sit ups [Arms across your chest, feet flat. Sit up and get elbows over your knees]
- Crunches [Knees at 90°, eyes straight up] Flutter Kicks
- Full Plank [Back Flat, Shoulders over Hands]
- Mountain Climbers [in the full Plank position, pull knees through as far as possible and as fast as possible but with good form]
- Y-Hold. [arms out Straight in a Y, Raise Chest and Legs as High as Possible]
- Swimmers. [each Limb as high as possible]
- Flutter Kicks
- Russian Twists [Tap Hands [together] sided to side or hold an object like a soccer ball]
- ½ Plank [Back Flat, elbows flat on the ground, arms parallel (hands not together) Shoulders directly over Elbows]
- Plank Walks [From the full plank position, drop down, one arm at a time, to the half plank position then push, one hand at a time back up to the full plank position. Alt. which arm you start with]
- Full Sit ups with a Twist [Fingers on ears, feet flat. Sit up and twist R elbow in front of the L knee and then reverse on the next sit up]