

Warmothers Pre-Season Workouts (Fall 2013)

Cardio/Endurance Workouts:

Cardio #1:

30 - 45 minute jog, sprint the last minute

Stretch

Core workout. Repeat 3x:

Pushups (12)

One-minute (first time: front plank, second time: crunches, third time: bicycles)

45 seconds (leg lifts, supermans, butt raises)

45 seconds (side plank, other side plank, Russian twist)

Short break (30 seconds or less)

Cardio #2:

10 minute warm-up jog

Stretch and plyos (high knees, butt-kicks, skydivers, lunges, quads, hug knee to chest, hop openers, hip closers, shuffles, grapevine, skip for height, skip for distance, leaning sprints)

Repeat 2 - 4 times:

30 seconds sprint, 30 seconds jog

60 seconds sprint, 60 seconds jog

90 seconds sprint, 90 seconds jog

5 - 10 minute cool-down jog

Cardio #3:

10-minute warm-up jog

Stretch and plyos

Do once or twice:

90 seconds sprint, 90 seconds jog

60 seconds sprint, 60 seconds jog

45 seconds sprint, 45 seconds jog

30 seconds sprint, 30 seconds jog

20 seconds sprint, 20 seconds jog

10 seconds sprint, 10 seconds jog

5 - 10 minute cool-down jog

Cardio #4:

10-minute warm-up jog

Stretch and plyos

40 seconds sprint, 40 seconds jog (repeat 3 - 5 times)

20 seconds sprint, 20 seconds jog (repeat 3 - 5 times)

10 seconds sprint, 10 seconds jog (repeat 3 - 5 times)

5 - 10 minute cool-down jog

Core-workout (see Cardio #1)

Sprinting Workouts:

Sprint #1:

10 minute warm-up jog

Stretch and plyos

Circuits (set up cones in a square, 20 yards apart)

You will complete the circuit 6 times total

When you go through the circuit make sure always to face the same direction (sprint one leg, shuffle another, back-peddle the third leg, and shuffle the last leg)

Repeat 3x:

Corner 1: Burpees (5)

Corner 2: Fast feet (30 sec)

Corner 3: Tuck jumps (10)

Corner 4: Sideways skier jumps (30 sec)

Repeat 3x:

Corner 1: Speed skaters (10)

Corner 2: Star jumps (10)

Corner 3: Forward and Backwards skiers (30 sec)

Corner 4: Mountain climbers (20 each leg)

Descriptions of different elements of the circuit (if you're still confused, Google them!!!)

Fast feet: Like a sprint but you don't actually move anywhere. Pump your arms, move your

legs as fast as possible, and stay on your toes.

Tuck jumps: From a stand-still, jump and bring your knees up to your chest. Put your legs

back down before you land or else you will end up on your butt.

Skier jumps: Imagine jumping over a line. Keep both feet together, and work on jumping

either sideways or frontwards/backwards over the sideways line. You should try to cross the

line as many times as possible in 30 seconds. Do NOT lock your knees!

Speed skaters: Start on one leg with your knee slightly bent. Spring off of that leg and onto the

other leg (again, make sure your knees are not locked!!!). Pause for a second, balancing on the

one leg, and then spring back over to the first leg. Repeat.

Star jumps: Shouting 'I'm a star!' while you do these is mandatory. Start in a crouching

position with your hands touching your feet. Explode upwards into a jump, flinging your legs

and arms out to their full extension.

Sprint #2:

10 -15 minute warm-up jog

Stretch and plyos

Repeat 5 - 10x:

Sprint up hill

Walk halfway back down

Jog the rest of the way down

Turn around and explode into a sprint back up the hill

5 - 10 minute cool-down jog

Stretch

Core workout (see Cardio #1 above)

Sprint #3:

10 - 15 minute warm-up jog

Stretch and plyos

Shuttle (a.k.a. suicide) runs (3 to 5x) with active rest:

Set up 4 cones/markers 10 yards apart from each other

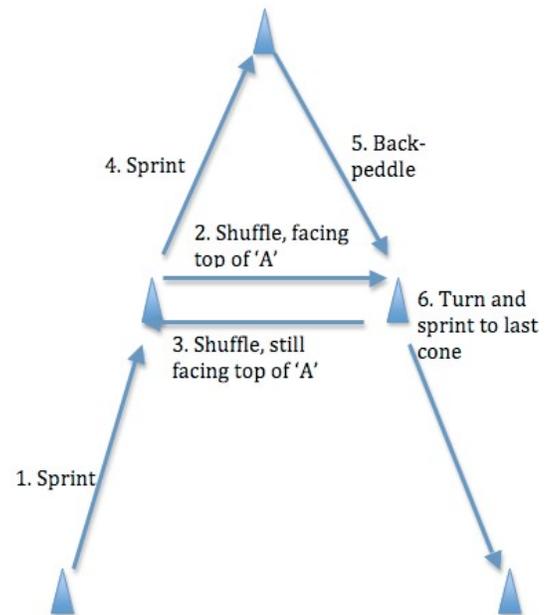
Run two full shuttle runs back-to-back (start at the first cone, sprint to the second and back, then to the third and back, then to the fourth and back, and repeat)

The "A" sprinting drill (3 - 5x) (see diagram)

Sachie shuffle, sprinting version (3 - 5x)

Sachie shuffle, normal version (once through for each speed)

5 - 10 minute cool-down jog



Strengthening Workouts:

Strength #1:

15 - 20 minute jog

Stretch

4 x 30 seconds forward lunges, alternate legs

Squats: hold squat position for 10 seconds, jump as high as you can, then return to squat position for 10 seconds (repeat 5x). Then do 10 fast squat jumps. Repeat all of this 3 times.

Calf raises, 20 each leg

4x30 seconds backwards lunges, alternating legs

3x10 Peeing dogs

Calf-raises, 20 each leg

Stretch

Push-up ladder (1, 2, 3, 4, 5, 6, 7, 6, 5, 4, 3, 2, 1)

6-minute abs:

1 minute front plank, 1 minute each side plank, 1 minute leg lifts, 1 minute crunches, 1 minute Russian Twists

Strength #2:

15 - 20 minute jog

Stretch

Repeat 3x:

12 squat jumps

10 peeing dogs (each leg)

5 burpees

20 calf raises each leg

15 lunges each leg

Repeat 3x:

10 push-ups

12 tricep dips (you can do this on the ground or off the edge of a chair/bed)

60 arm circles (hold your arms straight out to the side so that your body forms the shape of a 'T' and, holding your arms stiff, make circles in the air)

Repeat 3x:

1 minute-front plank

45 seconds each side plank

30 leg-lifts

Stretch

6-minute abs (see strength #1)

Strength #3:

10 minute warm-up jog

Stretch and plyos

Repeat 4 - 6 times (NO BREAK IN BETWEEN EACH REPETITION):

10 seconds sprinting followed by 10 lunges and 10 calf raises each leg

10 seconds sprinting followed by 10 squats and 10 calf raises each leg
5 - 10 minute cool-down jog

Repeat 3x:

30 sec. two-leg bridge (lie on back with legs bent and feet on ground, lift hips to form bridge maintaining a straight line from shoulders to knee, squeezing your butt)

30 sec. one-leg bridge (raise one leg so that it forms a continuous line with the rest of your body)

30 sec other leg bridge

Stretch

Push-up ladder (1, 2, 3, 4, 5, 6, 7, 6, 5, 4, 3, 2, 1)

6-minute abs (see strength #1)