



**SWARTHMORE
WARMOTHERS**

WINTER 2012-2013 WORKOUTS

Name:

Pod:

Secret Mission Throw:

It's Blue v. Orca v. Humpback v. Beluga v. Sperm.

Dear Team,

This workout schedule is designed to help us maintain a base level of fitness over winter break so that we can hit the ground running upon our return. Developing our fitness as a team over winter break will give us more time to focus on our skills and chemistry as a team, and will play a crucial role in injury prevention.

If you do not follow this schedule you will be hot-ovened at every practice. Just kidding! But we would really like this schedule to be followed semi-rigorously. That said, pay attention to how your body is feeling as you complete these workouts. If you are in pain (especially the kind of pain that gets worse when you do something active) realize that your body is telling you something. Masking the pain with Advil prevents you from being able to listen to your body, which can lead you to overwork and injure yourself. **WE DO NOT WANT ANY OF YOU TO GET INJURED!!!** Injuries are bad. So please, push yourself with these workouts, but do not push yourself too far. Make sure to stretch every day, stay hydrated, eat well, and get lots of sleep. If you are in pain or are struggling with the workouts, feel free to contact any of us captains. Good luck with the training, and remember to log your workouts so everyone on the team can see how buff you are getting!

We have assigned you all secret mission throws to practice over winter break (you can find your assigned throw on the front of your packet). The throws were selected to target specific aspects of your throwing games that we think, if mastered, would greatly benefit the team. At the first practice after winter break, everyone will have the chance to show off how much progress she has made on her secret mission throw. So bring a disc home, teach your family and friends how to throw, and perfect your secret mission throw!

Your pod will be your primary support structure through this. Take the initiative to check in with your pod when you are feeling confident, terrified, pumped, pooped, accomplished, and frustrated. We encourage pump-up pod emails, Google+ pod hangouts, gloating emails to the listserv, annoying workout reminder texts, and photographic evidence of how hard you are working.

Love,
Elemilachie

By working out and throwing, you can **earn points for your pod**. The pod with the most points (average points per capita) by the end of the day on January 25th wins (prize TBD, but it's gonna be good – probably something for each member of your pod.)

To log your workouts, visit our website [warmothers.weebly.com] and navigate to the blog [warmothers.weebly.com/blog]. The “Warmothers Winter Workouts” post includes the form for logging workouts. We will send periodic score updates, and you can also see the in-progress results of the competition if you click on “see other responses” after logging your workout.

Some rules for logging workouts:

- +You must log any workout on the day that you do it. You **may not** retroactively log workouts
- +You **may** log multiple activities (e.g. planned workout + throwing)
- +You **may not** log multiple iterations of the same activity on the same day (e.g. two core workouts)
- +If core is a component of the planned workout, you **may not** also log a core workout
- +You **may not** log rest days as planned workouts

You may log workouts from December 12, 2012 to January 25th, 2013. On January 26th, we will be doing a second diagnostic workout in our pods.

When you do the **scheduled workout** for that day: **4 points**

When you **throw** for 20 minutes or more: **2 points**

When you do a **core workout** (at least 8 minutes of actual exercises): **1 point**

When you do a **non-scheduled workout**: **1 point**

Helpful lingo:

Rep = repetitions, i.e. each time you do something

Set = groups of repetitions

4 x 30 seconds = 30 seconds each time, 4 times total

4 x 30 = do 30 each time, 4 times total

4 x 30m = go for 30 meters each time, 4 times total

Sample core workout activities:

Work your way up to doing one full minute for each activity. A good core workout would be 8 of these, for one minute each, only taking short breaks in between exercises.

If you don't know how to do an exercise, Google it. There are TONS of good core exercises online

+**Forward plank**

+**Side plank**

+**Crunches:** You can do these with your legs on the ground or with your legs in the air bent at a 90 degree angle.

+**Toe touches:** Lie on your back. Put your legs up in the air so that they make a 90 degree angle with your torso (or as close to that as you can get). Engaging your abs, reach up with

both hands and try to touch your toes. Avoid rocking back and forth ... do these slowly and precisely!

+**Bicycles** (take them slow)

+**Bridge**: also do the one-leg variation on each side.

+**Supermans**: Lie on your stomach, extend your arms out in front of you like a superhero, lift both of your legs and arms 1-2 inches off of the floor and hold

+**Russian twist** (can modify by holding something heavy)

+**Leg lifts**: Lie on your back, hands under butt (or head for a challenge), and swing your legs up perpendicular to your body. Bring your legs almost down to the floor, but don't let them touch the floor! Repeat.

+**Butt raises**: Lie on your back, put your hands under your butt, and lift your but up towards the ceiling. Be careful not to rock back and forth/use the momentum that you already have to make the butt-raising easier.

+**Google 8-minute abs or consult FitDeck for other ideas!!!**

Throw every day.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Dec 23 #1	Dec 24 #2	Dec 25 #10	Dec 26 #7	Dec 27 #10	Dec 28 #3	Dec 29 #10
Dec 30 #4	Dec 31 #2	Jan 1 #10	Jan 2 #9	Jan 3 #6	Jan 4 #10	Jan 5 #8
Jan 6 #5	Jan 7 #10	Jan 8 #7	Jan 9 #3	Jan 10 #9	Jan 11 #10	Jan 12 #4
Jan 13 #5	Jan 14 #10	Jan 15 #1	Jan 16 #8	Jan 17 #3	Jan 18 #6	Jan 19 #10

Workout Descriptions

Workout #1: 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)

Break (try to keep this short, like 30 sec or so)

Workout #2: Strength 1

15 - 20 minute jog

Stretch

4 x 30 seconds forward lunges, alternating legs

Squats (start in low squat position and hold for 10 seconds, jump as high as you can, and return to squat for 10 seconds, repeat 5 times, then do 10 fast jumps go all the way back to squat in between, then hold for 10 seconds) x 3 sets

Calf raises, 20 each leg

4 x 30 seconds backwards lunges, alternating legs

3x10 Peeing dogs (each side, forward and backward)

Calf raises, 20 each leg

Stretch

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

Workout #3: Strength 2 - *FitDeck Cards* (attached at back of packet)

10 minute warm-up jog

Stretch

Choose 3 *lower body* FitDeck cards

Choose 3 *upper body* FitDeck cards

Choose 3 *middle body* FitDeck cards

Choose 2 *full body* FitDeck cards

Do 3 sets of each card at the "Intermediate" or "Advanced" suggested time/reps

Stretch

Workout #4: Cardio 2 - *Molly's Workout*

10 minute warm-up jog

Stretch and go through 15m warm-up plyos:

High knees, butt-kicks, skydivers, sideways lunges, quads, knee to chest, hip openers, hip closers, shuffles both way, grapevine both way, skip for height, skip for distance, leaning sprints

Repeat 2 - 4 times:

30 seconds sprint, 30 seconds jog (as slow as you need it to be, but not a walk!!!)

60 seconds sprint, 60 seconds jog

90 seconds sprint, 90 seconds jog

5 - 10 minute cool-down jog

Stretch

Workout #5: Strength 3

10 minute warm-up jog

Stretch and go through 15m warm-up plyos:

High knees, butt-kicks, skydivers, sideways lunges, quads, knee to chest, hip openers, hip closers, shuffles both way, grapevine both way, skip for height, skip for distance, leaning sprints

Take as much time as you need between these plyos:

2 x 100m strides (75%) *Focus on form: use your arms, abs, etc

No rest during this segment:

50m sprint followed by 10 **lunges** and 10 calf raises each leg

90 sec jog

50m sprint followed by 10 **squats** and 10 calf raises each leg

90 sec jog

50m sprint followed by 10 **lunges** and 10 calf raises each leg

90 sec jog

50m sprint followed by 10 **squats** and 10 calf raises each leg

90 sec jog

3 x 15 one-leg bridge (lie on back with legs bent and feet on ground, lift hips into bridge (straight line from shoulders to knee, squeeze your butt) and then lift one leg at a time at 90 degree angle (maintaining straight line from shoulders to knee to toe)

5-10 minute cool-down jog

Stretch

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

Workout #6: Plyo / Agility 2 - Circuits

10 minute warm-up jog

Stretch and go through 15m warm-up plyos:

High knees, butt-kicks, skydivers, sideways lunges, quads, knee to chest, hip openers, hip closers, shuffles both way, grapevine both way, skip for height, skip for distance, leaning sprints

Circuits - set up a square (cones/markers 20 yards apart)

You will complete the circuit 6 times total.

Always facing the same direction (shuffle the sideways ones, back-peddle the backwards one, sprint the forwards one)

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 (one-footed) (10 each leg)
Corner 2: Star jumps (10)
Corner 3: Forward and Backwards skier jumps (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.

Workout #7: Cardio 3 - Hill Sprints

For this workout you need to find a hill/incline - be wary of the steepness and length of the hill you choose. The goal for hill sprints is to maintain as close to a full sprint all the way up the hill - to accomplish this you need to choose a hill that's not too long and not too steep. That said, you should not choose a 'hill' with such a gradual slope that it's not significantly different from running on flat ground

10 - 15 minute warm-up jog

Stretch

Go through 15m warm-up plyos (on flat ground):

High knees, butt-kicks, skydivers, sideways lunges, quads, knee to chest, hip openers, hip closers, shuffles both way, grapevine both way, skip for height, skip for distance, leaning sprints

Repeat 5 - 10x:

Sprint up the hill

Walk halfway back down the hill

Jog the rest of the way down

Turn around and explode into sprint back up the hill

5 - 10 minute cool-down jog

Stretch

Workout #8: Cardio 4 - Short Distance, Direction Changing

10 - 15 minute warm-up jog

Stretch

Go through 15m warm-up plyos:

High knees, butt-kicks, skydivers, sideways lunges, quads, knee to chest, hip openers, hip closers, shuffles both way, grapevine both way, skip for height, skip for distance, leaning sprints

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

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

Run two full shuttle runs back-to-back (start at the first cone, sprint to the second, sprint back to the first, sprint to the third, sprint back to the first, sprint to the fourth, and back to the first ... that's one -- do two for each set)

Additional notes: shuttle-runs are great for frisbee because they simulate the type of sharp direction changes that we make when we're cutting. When you're doing the shuttle-runs, focus on exploding out of the turn. Also, make sure to alternate what foot you're planting with (if you're like me, you feel more comfortable planting with one foot over the other)

Make sure you take an active rest in between each shuttle (active meaning either jogging - preferable - or walking ... keep moving!!!)

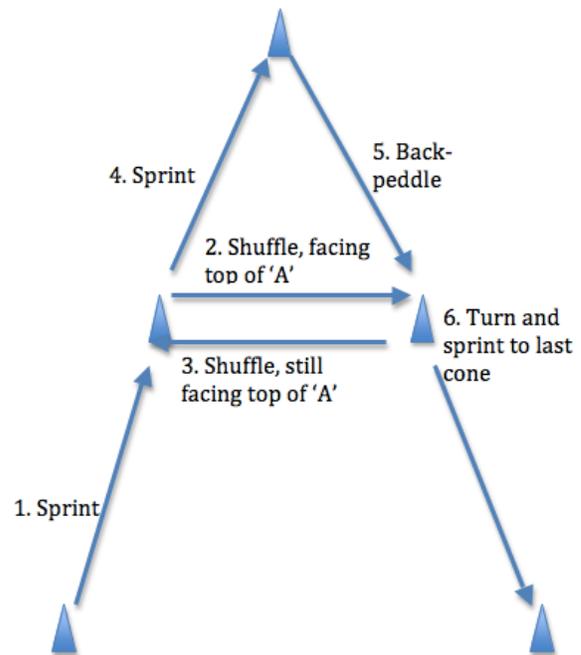
The "A" sprinting drill (3 to 5x) [see diagram]

Sachie shuffle, sprinting version! (3 to 5x)

Sachie shuffle, normal version, once through for each speed (suuper slow, then walking speed, then shuffle speed)

5 - 10 minute cool-down

Stretch



Workout #9: Your Choice!

Do your own activity (yoga, basketball, swimming)

Workout #10: Rest!

Stretch, watch TV, read a book, lay in bed and do nothing.