



**TRUMAN HIGH SCHOOL**

**Pugh-Summers**

**INTRO/ADVANCED STRENGTH &  
CONDITIONING**

**April 16th, 2020**



Lesson: April 16th, 2020

## Objective/Learning Target:

Students will build on prior knowledge and experience to guide their workouts to improve their personal levels of the 5 components of fitness: Students will build on prior knowledge and experience to guide their workouts to improve their personal levels of the 5 components of fitness:

1. Cardiovascular Endurance
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Body Composition

# Thursday

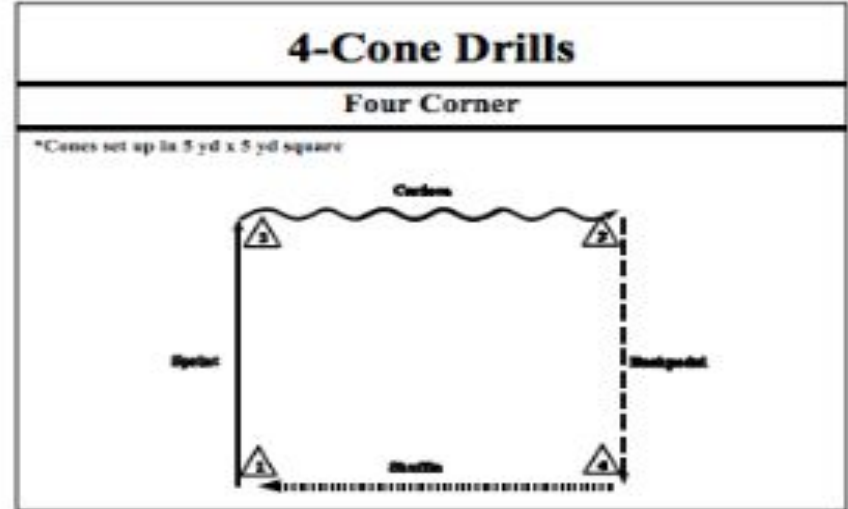
THURSDAY (AGILITY/MOBILITY)	Set(s)	REPS	NOTES
Warm UP: Normal			
High Knees	x 15 yd		
Butt Kicks	x 15 yd		
Lunge Walk	x 15 yd		
Carioca	x 15 yd		
Alt. Side Lunge	x 15 yd		
Tin Soldier	x 15 yd		
Heel Sweeps	x 15 yd		
A-March	x 15 yd		
A-Skip	x 15 yd		
A/C Skip	x 15 yd		
3 Broad Jumps	2x		
5 Single Leg Jumps	each Leg		
10 yd Sprint	X2		
HIP MOBILITY: Pick one and follow along			
<a href="#">The Myrtle Routine: DO IT!</a>			
<a href="#">Advanced Mobility Routine: 12 minutes</a>			

# Thursday

## THURSDAY (AGILITY/MOBILITY)

### 4-Cone Four Corner Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, carioca to cone #3, backpedal to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



# Thursday

## THURSDAY (AGILITY/MOBILITY)

### Circle Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2 and circle around it using quick, choppy steps, then repeat this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position

