



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

April 1th, 2020



Lesson: April 17th, 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

FRIDAY

WARM UP		When Bored...Do this: Bike, Read, Walk, Stretch, Foam Roll, Meditate...		
High Knees	x 15 yd	SPRINT SPEED DEVELOPMENT		
Butt Kicks	x 15 yd	WORKOUT:	10-20-30-40yds	
Lunge Walk	x 15 yd	DISTANCE	REPS	REST btwn Each
Carioca	x 15 yd	10yds	1	1 min
Alt. Side Lunge	x 15 yd	20yds	1	2 min
Tin Soldier	x 15 yd	30yds	1	3 min
Heel Sweeps	x 15 yd	7 Sec Sprint	4	3 min
A-March	x 10 yd	<p>You'll probably need 80 yards for this one. Another person would be good, too. Throw down a marker for a starting line and set a timer (or have your friend set one) for seven seconds. Start the timer, and sprint as far as you can in seven seconds. Make a note of how far you made it—your friend can throw down a second marker to indicate your total distance. Then, after three minutes of rest, do the same thing again, trying to get as close to your total distance on the first sprint as you can. You'll do this four times in total.</p>		
A-Skip	x 10 yd			
A/C Skip	x 10 yd			
Boom Booms Right Leg Up	x 10 yd			
Boom Booms Left Leg Up	x 10 yd			
COOL DOWN:		The Myrtle Routine: DO IT!		

FRIDAY

		Sets/Reps	NOTES
SPRINTS	See Sprint Workout below. Perform strength workout after sprint workout.		
1	Body Weight Squat (Eccentric)	3x10-12	4 sec lowering
2	Feet Elevated Push-Ups	3x12	
1A	Towel Glute Bridge Slides	3x8	2 ft. at a time
1B	Upright Rows	3x10-15	
2A	Glute Bridge w/Reach	4x6each side	\
2B	I's Y's T's W's	4x4each	
	Lateral Lunge	4x6 each	
4A	Bicep Curls: 21's	3x21	
4B	Weight Calf Raises	3x20-25	Db/Med ball
4C	Wall Tricep Extension	3x15-20	
4D	Farmers Carry	5x25secs	