



Advanced and Intro Strength and Conditioning

April 22, 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**

Dynamic Warm Up

Drill 10 Yds, Jog next 10 yds

- High Knee Hug
- Bent Leg Knee Hug
- Walking Hip Rotator Stretch
- Walking Quad Stretch
- Walking Toe Touch
- Walking Straight Leg Kicks

Speed Improvement Drills

Arm Action x10 each
Arm Action x 10 each (Start slow and Speed UP)
A-Skip x 20 Yards
A-Skip W/ Paw Back x 20 Yards
Power Skip For Height x 20 Yards
Power Skip For Distance x 20 Yards
Ham Kicks 2 x 10 Yards
High Knees 2 x 10 Yards
Form Run Build Up 2 x 30 Yards
Quick Step To Sprint 2 x 20 Yards (5+15)

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Jump Squat		5		5		5		5		5
	Land Soft									
A Inverted Chin Up - Iso Hold		30 secs		30 secs		30 secs		30 secs		30 secs
	Hold Pull Up Position (doorframe, treebranch, etc.)									
B Split Jump		5		5		5		5		5
	10 Total Reps - Jump from Split Squat									
B Bench Dips - ISO		30 secs		30 secs		30 secs		30 secs		30 secs
	Hold the bottom of the dip position. Elbows bent									
C Tuck Jumps		5		5		5		5		5
	Land soft, pull knees to chest on jump									
C Push Up Plank		30 secs		30 secs		30 secs		30 secs		30 secs
	Hold bottom of push-up position - Chest just off the ground									



This program will consist of 5 Weeks of Training with the intensity, and time increasing as we progress on a weekly basis. The Progression for the program will be listed here.

Week 1: 45 Seconds rest after all sets and reps are completed.

Week 2: 45 Seconds rest after all sets and reps are completed.

Week 3: 30 Seconds rest after all sets and reps are completed.

Week 4: 30 Seconds rest after all sets and reps are completed.

Week 5: 25 Seconds rest after all sets and reps are completed.

Bodyweight Program Progression

Lesson Target and Objectives	<p>Students will build on prior knowledge and experience to guide their workouts to improve their personal levels of the 5 components of fitness:</p> <ol style="list-style-type: none"> 1. Cardiovascular Endurance 2. Muscular Strength 3. Muscular Endurance 4. Flexibility 5. Body Composition
RPE	<p>On a scale of 1 to 10, rate the difficulty of today's workout.</p> <ol style="list-style-type: none"> 1 2 3 4 5 6 7 8 9 10
Contact	<p>If you need any assistance, please use the following contact information: Coach Harris - William_Harris@idschools.org Coach Kolster - Jay_Kolster@idschools.org</p>
Sample Survey	<p>How many uninterrupted hours of sleep did you get last night? Did you eat a preworkout meal? Did you plan for a post-workout meal? Yes/NO</p>