



**TRUMAN HIGH SCHOOL**

**Pugh-Summers**

**INTRO/ADVANCED STRENGTH &  
CONDITIONING**

**May 1st, 2020**



Lesson: May 1st, 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	<b>SPRINT SPEED DEVELOPMENT</b>		
Butt Kicks	x 15 yd	<b>WORKOUT:</b>	<b>10-20-30-40yds</b>	
Lunge Walk	x 15 yd	<b>DISTANCE</b>	<b>REPS</b>	<b>REST btwn Each</b>
Carioca	x 15 yd	10yds	5	1 min
Alt. Side Lunge	x 15 yd	20yds	3	2 min
Tin Soldier	x 15 yd	30yds	3	3 min
Heel Sweeps	x 15 yd	60yds	2	3-5 min
A-March	x 10 yd	<b>10 &amp; 20s focus on Drive and Acceleration.</b> <b>30s focus on the transition.</b> <b>60s focus on posture, leg/arm drive</b> <b>COOL DOWN &amp; STRETCH</b>		
A-Skip	x 10 yd			
A/C Skip	x 10 yd			
<a href="#">Boom Booms Right Leg Up</a>	x 10 yd			
<a href="#">Boom Booms Left Leg Up</a>	x 10 yd			
<b>COOL DOWN:</b>		<a href="#">The Myrtle Routine: DO IT!</a>		

# FRIDAY

		Sets/Reps	NOTES
SPRINTS	See Sprint Workout below. Perform strength workout after sprint workout.		
1	<a href="#">Body Weight Squat (Eccentric)</a>	3x10-12	4 sec lowering
2	<a href="#">Feet Elevated Push-Ups</a>	3xMax	
1A	<a href="#">Towel Glute Bridge Slides</a>	3x6	1 ft. at a time
1B	<a href="#">Upright Rows</a>	3x15-20	
2A	<a href="#">Glute Bridge w/Reach</a>	4x6each side	\
2B	<a href="#">I's Y's T's W's</a>	4x16(4each)	
	<a href="#">Lateral Lunge(Goblet)</a>	4x6 each	
4A	<a href="#">Bicep Curls: 21's</a>	3x21	
4B	<a href="#">Weight Calf Raises</a>	3x20-25	Db/Med ball
4C	<a href="#">Wall Tricep Extension</a>	3x15-20	
4D	<a href="#">Farmers Carry</a>	5x25secs	