



# **Advanced and Intro Strength and Conditioning**

**May 21, 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
<b>A</b> Jump Squat		5		5		5		5		5
	Land Soft									
<b>A</b> Inverted Chin Up - Iso Hold		30 secs		30 secs		30 secs		30 secs		30 secs
	Hold Pull Up Position (doorframe, treebranch, etc.)									
<b>B</b> Split Jump		5		5		5		5		5
	10 Total Reps - Jump from Split Squat									
<b>B</b> Bench Dips - ISO		30 secs		30 secs		30 secs		30 secs		30 secs
	Hold the bottom of the dip position. Elbows bent									
<b>C</b> Tuck Jumps		5		5		5		5		5
	Land soft, pull knees to chest on jump									
<b>C</b> 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**

<b>Lesson Target and Objectives</b>	<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"> <li>1. Cardiovascular Endurance</li> <li>2. Muscular Strength</li> <li>3. Muscular Endurance</li> <li>4. Flexibility</li> <li>5. Body Composition</li> </ol>
<b>RPE</b>	<p>On a scale of 1 to 10, rate the difficulty of today's workout.</p> <ol style="list-style-type: none"> <li>1</li> <li>2</li> <li>3</li> <li>4</li> <li>5</li> <li>6</li> <li>7</li> <li>8</li> <li>9</li> <li>10</li> </ol>
<b>Contact</b>	<p>If you need any assistance, please use the following contact information:          Coach Harris - <a href="mailto:William_Harris@idschools.org">William_Harris@idschools.org</a>          Coach Kolster - <a href="mailto:Jay_Kolster@idschools.org">Jay_Kolster@idschools.org</a></p>
<b>Sample Survey</b>	<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>