



Van Horn High School

Coach Kolster and Coach Harris

# Advanced and Intro Strength and Conditioning

April 16, 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 - APR. 16, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Foam Roll	Foam Roll: Glutes, Hamstrings Quads Back  Do Prayers on foam roller							
<b>A</b> Box Jump		15		15		15		15
	Box Should be at a low height so the reps can be done rapidly							
<b>A</b> Sumo Squats		15		15		15		15
<b>A</b> Glute Bridge (non-weighted)		15		15		15		15
<b>B</b> Tuck Jumps		15		15		15		15
<b>B</b> Lateral Lunges		15		15		15		15
<b>B</b> Body Hip Hinge		15		15		15		15
<b>C</b> 3 Way Calf Raise		10		10		10		
<b>C</b> Flutter Kicks		30		30		30		
<b>C</b> Toe Touches		30		30		30		



## **Bodyweight Program Progression**

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.

<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>