



# STRENGTH AND CONDITIONING -- COACH HARRIS - COACH KOLSTER

**WEDNESDAY - APR. 8, 2020**

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
<b>In-Place Warm Up</b>	Warm-up X10 Reps Each Exercise • Neck Rolls • Shoulder Circles • Arm Circles • Hip Circles • Trunk Circles • Good Morning • Seated Hip Up • Lying Straight Leg Raises • Lying Bent Knee Trunk Rotations • Lying Straight Leg Iron Cross  Warm-up should be done prior to all lifting sessions.					
<b>Dynamic Warm Up</b>	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					
<b>Speed Improvement Drills</b>	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)					
<b>A Skater Jumps</b>		5		5		5
<b>B MB Lateral Throws</b>		5		5		5
<b>C 25 Yard Build Up + 10 Yard Zone</b>	<b>1 set - Record completion of cardio/run</b> Take 25 Yards to build up to 90% of Top Speed and Hold for 10 Yards 5 Total Reps - Take Full Recovery Before the Next Rep - Rest 90 secs. between sets					
<b>Foam Roll</b>	Foam Roll: Glutes, Hamstrings Quads Back  Do Prayers on foam roller					
<b>Lesson Target and Objectives</b>	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					
<b>RPE</b>	On a scale of 1 to 10, rate the difficulty of today's workout. 1 2 3 4 5 6 7 8 9 10					
<b>Contact</b>	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>					



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<b>Sample Survey</b>	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					
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