

***Special Olympics***  
*North Carolina*



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**USA GAMES**  
**FITNESS PLAN**

# March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Quick Punches	2 Rest	3 Re-test (send results to Ellen) - Push-up test - Burpee test
4 Walk/Run/Swim/ Ride (at least 30 min) Stretch	5 Sports Training Step Ups Arm & Leg Raises	6 Stretch/Yoga Balance Walk	7 Walk/Run 45 min (record distance)	8 Sports Training Side to Side Hops Forward Lunges	9 Rest Stretch	10 Rest
11 Walk/Run/Swim/ Ride (at least 30 min) Stretch	12 Sports Training Step Ups Hip Bridge Frog Jumps	13 Stretch/Yoga Balance Walk	14 Walk/Run 45 min (record distance)	15 Sports Training Side to Side Hops Backward Lunges Mountain Climbers	16 Rest Stretch	17 Burpees Overhead Press
18 Walk/Run/Swim/ Ride (at least 30 min) Stretch	19 Sports Training Step Ups Arm & Leg Raises Frog Jumps	20 Stretch/Yoga Balance Walk	21 Walk/Run 45 min (record distance)	22 Sports Training Side to Side Hops Forward Lunges Mountain Climbers	23 Rest Stretch	24 Burpees Push-ups
25 Walk/Run/Swim/ Ride (at least 30 min) Stretch	26 Sports Training Step Ups Hip Bridge Frog Jumps	27 Stretch Balance Walk	28 Walk/Run 45 min (record distance)	29 Sports Training Side to Side Hops Backward Lunges Mountain Climbers	30 Rest Stretch	31 Burpees Overhead Press

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### Goals per week:

- 5 Active Days
- 5 Endurance Days
- 3 Strength Days
- 3 Stretching Days
- 1 Balance Day

# Sports Specific Strength Training Options

The following are suggestions of exercises or circuits that athletes & coaches can follow when looking for extra strength and fitness training. If you've never used weights before it is important that you have a strength coach present to make sure you have correct form and do not hurt yourself.

## Athletics

1. **Power Cleans** - 5 sets of 5 reps
2. **Barbell Squats** - 3 sets of 6 reps
3. **Bench Press** - 3 sets of 6 reps
4. **3 Sets of the following:**
  - Chinups - 10 reps
  - Jump Squats- 12 reps (hold a weighted plate for a challenge)
  - Hanging Knee raises - 20 reps
  - Reverse Lunge with knee drive - 8 reps on each leg
  - Dips - 10 reps

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# Basketball

## 1. 5 by 10 Circuit

- 10 Box jumps (start with a small height and work up)
- 10 Kettle bell swings
- 10 Knees-to-elbows (hanging from a bar),
- 10 Wall balls (14-20lbs)
- 10 Burpees

## 2. 10-minute Jump Rope Circuit

- Quick Feet: 3 x 30s, rest 15s between each 30s rep
- Lateral Quick Feet: 3 x 30s, rest 15s between each 20s rep
- Ali Shuffle: 3 x 30s, rest 15s between each 30s rep
- Hurdle Step: 3 x 5s, each leg, rest 10s
- Lateral Hurdle: Step 3 x 5s, each leg, rest 10s
- Double Jumps: 2 x 10 (20 total)

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# Bowling

**Squats** – 4 sets of 10

Rest 1 minute

**Barbell Lunge** – 2 sets of 12

Rest 1 minute

**Power Snatch** – 4 sets of 5

Rest 1 minute

**Bench Press** – 2 sets of 10

Rest 1 minute

**Dumbbell Curl** – 2 sets of 10

Rest 1 minute

**Tricep Pushdown** – 2 sets of 10

Rest 1 minute

**Dumbbell Rear Lateral Raise** – 2 sets of 10

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# Flag Football

## 1. Sprint Circuit

Sprint-to-Shuffle - 2 each direction (2 min. rest/3 min. before next drill)

Sprints - 2x40 yards (4-5 min. rest/7 min. before next drill)

Sprints - 2x50 yards (5 min. rest/7 min. before next drill)

\* Sprint-to-Shuffle: Sprint 20 yards forward, then transition to a lateral shuffle for 10 yards.

## 2. Overall Circuit

*(Perform each exercise for 30 seconds)*

1. High Knees
2. Push-ups
3. Mountain Climbers
4. Pull-ups
5. Tuck Jumps
6. Sit-ups

\*repeat 3 times, resting 2 minutes after each cycle

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# Golf

1. Mini-Band Walk Forward – 1x10 steps
  2. Mini-Band Walk Sideways – 1x 10 steps, each direction
  3. Hip Crossovers - 1x6 reps, each direction
  4. Glute Bridges- 1x10 reps
  5. Lateral Squat - 1x6 reps, each direction
  6. Backward Lunge with Tilt – 1x6 reps, each leg
  7. Knee Hugs – 1x6 reps, each knee
  8. Med-Ball Perpendicular Throws – 1x10 throws, each side
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## Swimming Dryland Circuits

### Circuit 1

Squats – 24 reps

Lunges – 24 reps

Split jumps – 24 reps

Rocket jumps – 12 reps

\*repeat 3 times

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## **Circuit 2**

*(30 seconds on, 15 seconds rest)*

1. Medicine Ball Squats
2. Stability Ball Log Roll
3. Overhead Slams
4. Jump Squats
5. Arm Rope Slams
6. T-Push Up
7. Split Jumps
8. Plank Hold with Alternating Hand to Shoulder Touches

\* repeat 3 times

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## **Tennis**

### **Circuit 1**

Ball Wall Squats -2x10 reps

Side-lying Physio Ball Abduction – 2x6 reps

Squat Thrust – 2x6 reps

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## **Circuit 2**

Box Jump – 3x10 reps

Split Squat Jump – 3x10 reps

Lateral Cone Hop – 3x10 reps

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## **Volleyball**

Shrugs – 12 reps

Squat/Leg Press – 10 reps

Leg Extensions – 12 reps

Leg Raises – 20 reps

Leg Curl – 12 reps

Calves – 20 reps

Groin – 15 reps

Superman – 20 reps

Crunches – 30 reps

Bench Press – 12 reps

Row – 12 reps

Lateral Raise – 12 reps

Shoulder Press – 12 reps

Pulldown – 12 reps

Pushups – 15 reps

Biceps – 12 reps

Triceps – 12 reps

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