

Special Olympics
North Carolina



Healthy Athletes®

USA GAMES
FITNESS PLAN

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Light Week Walk/Run/Swim/ (at least 20 min) Stretch	2 Sports Training Step Ups Arm & Leg Raises Frog Jumps	3 Stretch/Yoga Dot drill (below) Single Leg Stance	4 Walk/Run 20 min	5 Sports Training Side to Side Hops Forward Lunges Mountain Climbers	6 Rest/Recovery Stretch	7 Re-test (send results to Ellen) - Push-up test - Burpee test
8 Walk/Run/Swim/ Ride (at least 40 min) Stretch	9 Sports Training Endurance & Strength Workout 1 (below)	10 Stretch/Yoga One-legged clock with arms Leg Swing	11 Walk/Run 60 min (record distance)	12 Sports Training Endurance & Strength Workout 2 (below)	13 Rest/Recovery Stretch	14 Walk/Run/Swim/ Ride(at least 40 min) Shin Touches (30 sec. 3x) Side Plank (20 sec each side 3x)
15 Walk/Run/Swim/ Ride (at least 40 min) Stretch	16 Sports Training Endurance & Strength Workout 3 (below)	17 Stretch/Yoga Dot drill (below) Single Leg Stance	18 Walk/Run 60 min (record distance)	19 Sports Training Endurance & Strength Workout 4 (below)	20 Rest/Recovery Stretch	21 Walk/Run/Swim/ Ride (at least 40 min) Burpees Push-ups
22 Walk/Run/Swim/ Ride (at least 40 min) Stretch	23 Sports Training Endurance & Strength Workout 1 (below)	24 Stretch/Yoga One-legged clock with arms Leg Swing	25 Walk/Run 60 min (record distance)	26 Sports Training Endurance & Strength Workout 2 (below)	27 Rest/Recovery Stretch	28 Walk/Run/Swim/ Ride(at least 40 min) Shin Touches (30 sec. 3x) Side Plank (20 sec each side 3x)
29 Light Week Walk/Run/Swim/ (at least 20 min) Stretch	30 Sports Training Endurance & Strength Workout 3 (below)					

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Goals per week:

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

Endurance & Strength Training Workouts

Please, make sure to warm up and cool down before and after every workout

Workout 1

1. Forward Jacks (30 seconds)
2. Squats (15x)
3. Side arm raises (15x)
4. Forward Jacks (30 seconds)

Rest for 1 minute

5. Mountain Climbers (30 seconds)
6. Push-ups (15x)
7. Arm and Leg Raises (15x each leg)
8. Mountain Climbers (30 seconds)

Rest for 1 minute

9. Frog Jumps (30 seconds)
10. Side arm raises (15x)
11. Arm and Leg Raises (15x each leg)
12. Frog Jumps (30 second)

Rest for 2 minutes

Repeat the whole circuit 2 more times

Workout 2

1. Jumping Jack Squat (30 seconds)
2. Backward lunge (15 each leg)
3. Reverse Fly (15x)
4. High knee jog in place (45 seconds)

Rest for 1 minute

5. Side to side bounding (30 seconds)
6. Hip bridge (15x)
7. Chair dips (15x)
8. High knee jog in place (45 seconds)

Rest for 2 minutes

Repeat the whole circuit 2 more times

Workout 3

1. Forward Jacks (30 seconds)
2. Squats (20x)
3. Side arm raises (20x)
4. Forward Jacks (30 seconds)

Rest for 1 minute

5. Mountain Climbers (30 seconds)
6. Push-ups (20x)
7. Arm and Leg Raises (20x each leg)
8. Mountain Climbers (30 seconds)

Rest for 1 minute

9. Frog Jumps (30 seconds)
10. Side arm raises (20x)
11. Arm and Leg Raises (20x each leg)
12. Frog Jumps (30 second)

Rest for 2 minutes

Repeat the whole circuit 2 more times

Workout 4

1. Step ups with jump and switch (30 seconds)
2. Wall sits (20 seconds)
3. Forward arm raises (15x)
4. Step ups with jump and switch (45 seconds)

Rest for 1 minute

5. Tuck Jumps (30 seconds)
6. One leg deadlift (15 each leg)
7. Wide arm push-ups (15x)
8. Tuck jumps (45 seconds)

Rest for 2 minutes

Repeat the whole circuit 2 more times

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Dot Drill

THE DOT DRILL IS MADE UP OF FIVE DIFFERENT DRILLS, EACH DONE SIX TIMES.

1. UP AND BACK

- Start with feet on A and B.
- Now jump quickly to C with both feet
- Then jump and split feet to D and E.
- Come back the same way jumping backward.
- Repeat 5 more times.

2. RIGHT FOOT

- Your feet from up-and-back should end on dots A and B.
- Now go to dot C with your right foot.
- Now go in order: Dot D, E, C, A, B.
- Repeat 5 more times.

3. LEFT FOOT

- You will end the right foot drill on Dot B.
- Now go to dot C with your left foot.
- Now go in order: Dot D, E, C, A, B.
- Repeat 5 more times.

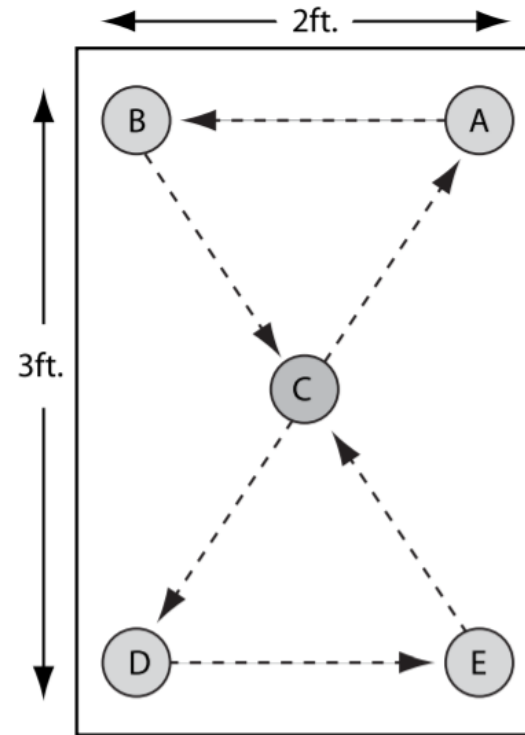
4. BOTH FEET

- You will end the left foot drill on Dot B.
- Now go to C with both feet.
- Now go in order with both feet: Dot D, E, C, A, B.
- Repeat 5 more times.

5. TURN AROUND

- You will end the Both Feet Drill on Dot B.
Now go to C with both feet.
- Now go to dots D and E spread apart both feet as in the up-and-back (Drill #1).
- Now quickly jump 180° clockwise to face the other way. You should still be on D and E.
- Hit C with both feet and then A and B with feet split.
- Now turn quickly again with a 180 spin to the left with your feet still on A and B.
- Repeat 5 more times.

DOT DRILL DIAGRAM



DOT DRILL STANDARDS

Under 50 seconds:	Super Quick
50-60 seconds:	Great
60-70 seconds:	Average

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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

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

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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