

Special Olympics Cleveland County 2018 Training Basketball Team Training Plan

<p>March</p>	<ul style="list-style-type: none"> • Fitness Test Comparison • Practice <u>2x's</u> a week • Walk track 5-8 laps each practice • Ride stationary bikes for 15 minutes each practice • 1 scrimmage a week • Attend Planet Fitness up to <u>3x's</u> a week (optional) 	<ul style="list-style-type: none"> • 3/13/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) • 3/20/2018: coaches collect healthy habits data via Fitness and Nutrition Google form • 3/27/2018: coaches collect healthy habits data via Fitness and Nutrition Google form
<p>April</p>	<ul style="list-style-type: none"> • Spring Break (no mandatory practice 4/2-4/6) • Fitness Test Comparison • Practice <u>2x's</u> a week • Walk track 5-8 laps each practice • Ride stationary bikes for 15 minutes each practice • 1 scrimmage a week • Attend Planet Fitness up to 3x's a week (optional) 	<ul style="list-style-type: none"> • 4/10/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) • 4/27/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (health metrics and lifestyle survey collected)
<p>May</p>	<ul style="list-style-type: none"> • Fitness Test Comparison • Practice <u>2x's</u> a week • Walk track 5-8 laps each practice • Ride stationary bikes for 15 minutes each practice • 1 scrimmage a week (possibly Wake) • Attend Planet Fitness up to 3x's a week (optional) 	<ul style="list-style-type: none"> • 5/8/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) • 5/15/2018: coaches collect healthy habits data via Fitness and Nutrition Google form • 5/22/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)
<p>June</p>	<ul style="list-style-type: none"> • Fitness Test Comparison • Practice <u>2x's</u> a week • Walk track 5-8 laps each practice • Ride stationary bikes for 15 minutes each practice • 1 scrimmage a week (possibly Wake) • Attend Planet Fitness up to 3x's a week (optional) 	<ul style="list-style-type: none"> • 6/5/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) • 6/12/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Final Health Metrics and lifestyle survey collected) • 6/30/2018: coaches collect healthy habits data via Fitness and Nutrition Google form