

April 6: Training Tuesday

We are continuing to work on our skills to help us jump higher and farther! Being light on your feet is important for track and field as well as other sports, like basketball and volleyball!

First, let's warm up!

1 Jumping Ts: Do for 30 seconds

- Stand with your feet together and your arms at your sides.
- Jump and raise your arms out to shoulder height, forming a "T", and your legs open wide.
- Jump again and bring your legs together and your arms in.

Chair modification: Do the same leg and arm movements while sitting in a chair. You can also just do the arm movements and see how quickly you can raise and lower your arms.



2 Elbow to Knee Touches: Do for 30 seconds

- Stand with your feet shoulder-width apart.
- Bend your arms, making fists with your hands. Hold your elbows out in front of you, even with your shoulders.
- Raise your left knee and twist to touch it with your right elbow, or as close as possible. Then lower your knee and switch and touch your right knee to your left elbow.
- Continue to switch sides.

Chair modification: Do the same arm and leg movements while sitting in a chair. You can also just do the arm movements, but really focus on twisting to bring your elbow to the outside of your knee.



3 Jog or March in Place: Do for 30 seconds

Rest for 30 seconds, then get water. Repeat 2 more times.

Week 4 – Alpine Ski

1. Russian Twist

- Start by sitting on the floor with your knees bent and your back off the ground
- Bring your feet slightly off the ground
- Place your hands together in front of your chest
- Keeping your feet raised, twist your upper body moving your hands from side to side
- Do this for **30 seconds or 30 total twists**



2. Interval Running in Place



- Start by running in place at a medium speed (20 seconds).
- Now run in place even faster (20 seconds).
- Run as fast as you can in place (20 seconds).
- This workout is 60 seconds total with no break.
- Make sure to pump your arms.

Remember to go back through all 4 exercises 1 more time.

3. One Leg Dead Lift



- Start by balancing on your right foot (picture 1) and, using your hip as the hinge point, lean forward with your back straight (picture 2)
- Your left leg should be straight and off the ground behind you
- Lean forward as far as you can towards the ground while balancing on the right leg
- Now, stand up straight and switch legs
- Repeat this **10 times on each leg**
- For more difficulty, hold weights or bottle of water

4. Squat Jumps



- Start by lowering yourself into a squat position; then push upward with your legs to jump off the ground
- Jump as high as you can
- Land and lower back into squat position. Jump back up as high as you can
- Do this **15 times**

Let's cool down!

8 Quadriceps Stretch: Hold for 15 seconds each leg

- Lie on the ground on your right side.
- Bend your left knee. Grab your left foot with your left hand.
- Pull your foot behind you toward your buttocks.
- You should feel a stretch in the front of your thigh.
- Now, switch sides so that you are laying on the ground on your left side and your right leg is bent.
- If you cannot reach your foot, you can use a towel to wrap around your foot and you can grab the towel instead of your foot.

Chair modification: Triceps stretch instructions on page 8



9 Modified Hurdler's Stretch: Hold for 15 seconds each leg

- Bend your right leg. Place the bottom of your right foot on the inside of your left leg.
- Let your right knee fall toward the floor.
- Keep your back straight.
- Bend forward toward your left knee.
- You should feel a stretch in the back of your left leg and the inside of your right hip.
- Repeat this stretch with your right leg straight and your left leg bent.



Chair modification: Follow these same steps while placing your straight leg on a chair across from you and the other foot planted flat on the ground.

10 Calf Stretch: Hold for 15 seconds each side

**Rest for 30 seconds.
Repeat 2 more times.**