

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.

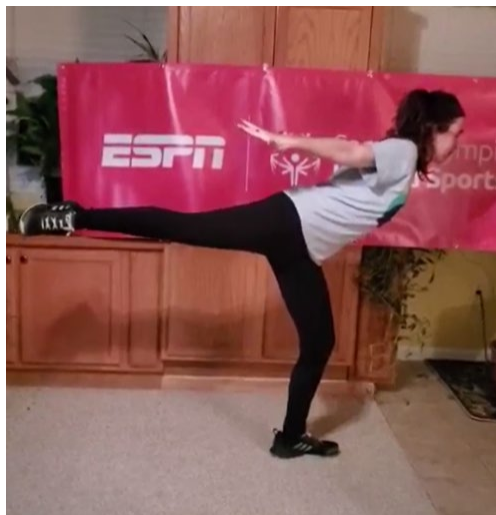
Week 4 – Skating

1. Reverse Lunges

- Stand up tall. Take a big step back with one leg and drop your back knee toward the ground.
- Press up to return to standing, then raise your knee up and balance on one leg. Return to both feet on the ground. This is 1. To make it harder, keep your foot off the ground as you bring it forward.
- Step back with other leg and do the same action with the other leg. This is 2.
- Keep switching legs for a **total of 20 times**.

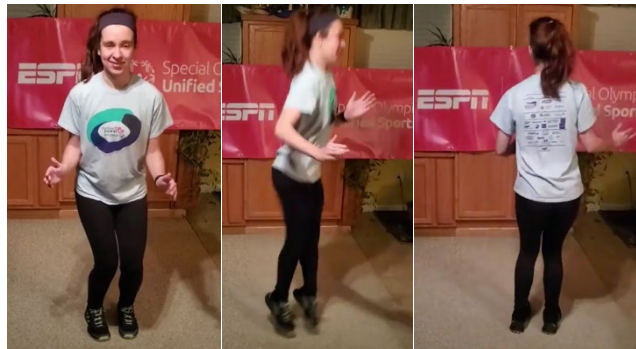


2. Spiral



- Stand on one foot, arms extended to the side
- Extend other leg behind you while bending forward at your waist, until upper body is parallel to the floor
- Raise extended leg to that knee and foot are even with your hip
- Hold this position for **10 seconds**
- Repeat on each leg **5 times**.

3. Half Turns



- Start with your feet shoulder width apart and your arms out (left picture)
- Jump and turn about 180 degrees to the side (center picture)
- Balance yourself (right picture), then jump again, turning another 180 degrees
- After two jumps, you should be back at your starting position; attempt your jumps in the opposite direction
- Complete **16 jumps**

4. Walking Crossovers



- Place your left arm in front of your body with your right arm behind you (picture left)
- Lift left foot and place on outside of right foot with knees bent (picture right) and hold for **3 seconds**
- Now lift your right leg and place it beside your left foot, back at starting position (picture left)
- Take **5 steps to left** and then use your opposite feet and arms, taking **5 steps back to the right**

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.**