

U13-U19 Distance Fitness Session 3/24



• Warm-up (12-15 minutes) Pulse Raiser

- Jog in place (20 steps)
- High Knees, High Heels (10 each)
- Open Gate, Close Gate (10 each)
- Cross Kicks (below waist height and above waist height) (10 each)
- Straight kicks (below waist heel extended, above waist toe extended) (10 each)
- Tiptoe walk (stepping side to side) (20 steps)
- Heel walk (stepping side to side) (20 Steps)
- Kickbacks and kick outs (10 each)
- Skipping (low power skip, regular, and for height) (10 each)
 - 2 sets

• Standing Strength training (23-25 minutes)

- Squats {Lower body and core} (regular, narrow, wide, and sumo), (10 each variation)
 - 30 second jog in place
 - 3 sets
- Lunges {Quadriceps and core} (regular, legs wide side lunges) (10, each leg)
 - 20 x-jumps
 - 3 sets
- Star jumps {Full body, emphasis on lower body strength} (10)
 - Standing storks (10 each leg)
 - 30 second jog in place
 - 3 sets

• Seated Strength training (25 minutes)

- Glute bridge {Glutes and hamstrings} (30 second hold)
- High plank {Shoulders and core} (high push-up posture, 30 second hold)
- Reverse plank {Core} (elbows under shoulders, 30 second hold)
- High plank {Should stability, chest strength, and core} (shoulder taps, R hand to L shoulder and L hand to R shoulder, 30 taps)
 - 30 second jog in place
 - 3 sets
- Penguin Crunch {Obliques or outer abdominals} (hand to ankle, 20 ankle taps)
- 3-way core {Focused core exercises, upper abdominals, lower abdominals, and full core strength}
 - Knees up, crunch (7 crunches)
 - Head rested, legs extended out, and tuck knees over chest (7 leg extensions)
 - Crunch and leg extension together (7 full crunches with leg extension)
- Clamshells {Glute strength and hip mobility} (15 each side)
 - 30 second jog in place
 - 3 sets

• Cool down (10 minutes)

- 20 “step” jog in place
- Open/close gate (10 each)
 - 2 sets

- 20 “step” jog in place
- Open/close gate (10 each)
 - 2 sets
- 20 “step” jog in place
- Tiptoe walk (20 steps)
- Heel walk (20 steps)
 - 2 sets
- 20 “step” jog in place
- Jog with hamstring sweep (20)
 - 2 sets
- 3-minute jog in place.