

# Week 4 of the TEAM Z Dry Land Training Program

## Stretch/Warmup:

Each workout should start with a light stretch and warmup. Warm up by doing burpees or jumping jacks. Start slow and keep a constant pace and don't stop until you hit 20 burpees or 20 jumping jacks. The intent is to warm your muscles up, not compete for time.

<https://www.youtube.com/watch?v=qLBIhHhCXSsw>

## Workouts:

Workouts listed below are intended to be a mix of leg, core, and upper body strengthening along with some Cardio work. Flexibility is very important as well, so be sure to go through a good stretch routine after each workout is complete and while your muscles are still warmed up.

## Exercises:

- Air Squats:
  - Hands locked in front of you and be sure to go all the way to a good tuck position with your legs. If needed, use a low chair to be sure that you are going low enough. Have your partner or parent let you know if your thighs are parallel to the ground.
    - <https://www.youtube.com/watch?v=acIHkVaku9U>
- Lunges
  - <https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=4s>
- Mountain Climbers
  - <https://www.youtube.com/watch?v=cnyTQDSE884&t=1s>

## Week 4 (11/27-12/3/23)

### U6-U10

- Monday, Wednesday, Friday
  - Run 4 laps (1/3 mile)
  - Stretch/Warmup (20 burpees and light stretch)
  - 2 minutes of steps. Step up with both feet and back down with both feet.
  - 2 minutes of lateral jumps with short box. **Land Softly!**
  - 60 second tuck
  - Run 2 laps
  - Broad jumps/jog/high knees/jog-3 laps
  - Bear crawl/jog/bunny hop/jog-3 laps
  - **12 minutes of NON-STOP Exercises and then you are done. See Exercises below. Don't stop between exercises. You have to keep moving.**
  - 10 Burpees
  - 10 Box jumps
  - 10 Lunges
  - 10 Mountain Climbers
  - 20 Air Squats
  - Continue to Repeat the 5 exercises until your 12 minute timer beeps. Do the exercises in order and don't stop between exercises! Keep moving.
  - Side plank. 30 seconds each side.
  - Finish up with a 60 second tuck
- Tuesday, Thursday
  - Run 4 laps (1/3 mile)
  - Stretch/Warmup (40 lateral jumps and light stretch)
  - 1 minute of lateral jumps over a line. **Head up, Eyes forward, bend your knees.**
  - 1 minute tuck
  - Run 2 laps
  - 8 minutes of stairs
    - AT HOME
    - 15 Pushups. Use good form. Use your knees if you need to.
    - 10 Leg Levers (Lay on your back and lift your legs in the air. Keep your shoulder blades on the ground.)
    - 15 Lunges
    - 25 second High Plank. Arms fully extended.
    - 15 Pushups
    - 60 second tuck.
    - **Round #2 Do all exercises listed above again!**
    - Group Workout
    - **Circuit Training – 1 minute at each station. 15 seconds between stations. 2 rounds.**
      - Dot Drill (3 stations)
      - Flutter kicks
      - Air Squats
      - Plank
      - Mountain Climbers
      - Lateral jump over Line
      - Push ups
  - 1 minute tuck
  - 1 minute plank
  - Cool down stretch.
- Saturday
  - Go for a 2-3 mile hike with hills
- Sunday
  - Recovery day. Go for a walk outside and stretch.

## U12-U14

- Monday, Wednesday, Friday
  - Run 4 laps (1/3 mile)
  - Stretch/Warmup (20 burpees and light stretch)
  - 2 minutes of steps. Step up with both feet and back down with both feet.
  - 2 minutes of lateral jumps with short box. **Land Softly!**
  - 60 second tuck
  - Run 2 laps
  - Broad jumps/jog/high knees/jog-3 laps
  - Bear crawl/jog/bunny hop/jog-3 laps
  - **12 minutes of NON-STOP Exercises and then you are done. See Exercises below. Don't stop between exercises. You have to keep moving.**
  - 10 Burpees
  - 10 Box jumps
  - 10 Lunges
  - 10 Mountain Climbers
  - 20 Air Squats
  - Continue to Repeat the 5 exercises until your 12 minute timer beeps. Do the exercises in order and don't stop between exercises! Keep moving.
  - Side plank. 40 seconds each side.
  - Finish up with an 80 second tuck
- Tuesday, Thursday
  - Run 4 laps (1/3 mile)
  - Stretch/Warmup (40 lateral jumps and light stretch)
  - 1 minute of lateral jumps over a line. **Head up, Eyes forward, bend your knees.**
  - 1 minute tuck
  - Run 2 laps
  - 8 minutes of stairs
    - AT HOME
    - 15 Pushups. Use good form. Use your knees if you need to.
    - 10 Leg Levers (Lay on your back and lift your legs in the air. Keep your shoulder blades on the ground.)
    - 15 Lunges
    - 25 second High Plank. Arms fully extended.
    - 15 Pushups
    - 60 second tuck.
    - **Round #2 Do all exercises listed above again!**
    - Group Workout
    - **Circuit Training – 1 minute at each station. 15 seconds between stations. 2 rounds.**
      - Dot Drill (3 stations)
      - Flutter kicks
      - Air Squats
      - Plank
      - Mountain Climbers
      - Lateral jump over Line
      - Push ups
  - 1 minute tuck
  - 1 minute plank
  - Cool down stretch.

## U16-U99

- Monday, Wednesday, Friday
  - Run 4 laps (1/3 mile)
  - Stretch/Warmup (20 burpees and light stretch)
  - 2 minutes of steps. Step up with both feet and back down with both feet.
  - 2 minutes of lateral jumps with short box. **Land Softly!**
  - 60 second tuck
  - Run 2 laps
  - Broad jumps/jog/high knees/jog-3 laps
  - Bear crawl/jog/bunny hop/jog-3 laps
  - **12 minutes of NON-STOP Exercises and then you are done. See Exercises below. Don't stop between exercises. You have to keep moving.**
  - 10 Burpees
  - 10 Box jumps
  - 10 Lunges
  - 10 Mountain Climbers
  - 20 Air Squats
  - Continue to Repeat the 5 exercises until your 12 minute timer beeps. Do the exercises in order and don't stop between exercises! Keep moving.
  - Side plank. 45 seconds each side.
  - Finish up with an 80 second tuck
- Tuesday, Thursday
  - Run 4 laps (1/3 mile)
  - Stretch/Warmup (40 lateral jumps and light stretch)
  - 1 minute of lateral jumps over a line. **Head up, Eyes forward, bend your knees.**
  - 1 minute tuck
  - Run 2 laps
  - 8 minutes of stairs
    - AT HOME
    - 15 Pushups. Use good form. Use your knees if you need to.
    - 10 Leg Levers (Lay on your back and lift your legs in the air. Keep your shoulder blades on the ground.)
    - 15 Lunges
    - 25 second High Plank. Arms fully extended.
    - 15 Pushups
    - 60 second tuck.
    - **Round #2 Do all exercises listed above again!**
    - Group Workout
    - **Circuit Training – 1 minute at each station. 15 seconds between stations. 2 rounds.**
      - Dot Drill (3 stations)
      - Flutter kicks
      - Air Squats
      - Plank
      - Mountain Climbers
      - Lateral jump over Line
      - Push ups
  - 1 minute tuck
  - 1 minute plank
  - Cool down stretch.
- Saturday
  - Go for a 2-3 mile hike with hills
- Sunday
  - Recovery day. Go for a walk outside and stretch.