

TEAM Z Racers

If you have any questions about the workouts you can call
Coach Andy @906-285-1235

Dry Land Training Program

Stretch/Warmup:

Each workout should start with a light stretch and warmup. Warm up by doing 20 Burpees or 30 jumping jacks. Start slow and keep a constant pace and don't stop until you hit 20 burpees for 30 jumping jacks. The intent is to warm your muscles up, not compete for time.

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

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>
- Pushups:
 - Use Good Form! These will help with your start times! All the way to the floor and arms fully extended.
 - <https://www.youtube.com/watch?v=Pkj8LLRsoDw>
- Box Jumps:
 - You can use a small 12" sturdy box, or if you do not have a box, then use a step. Start slow-No crashing allowed!
 - <https://www.youtube.com/watch?v=TPJhsE0QeD8&t=21s>
- Plank
 - Arms fully extended and back straight. Think about your core muscles and continue to breathe!
 - https://www.youtube.com/watch?v=ASdvN_XE1_c&t=52s

- Lunges
 - <https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=4s>
- Mountain Climbers
 - <https://www.youtube.com/watch?v=cnyTQDSE884&t=1s>

Week 1

The workouts should be completed with speed and intensity. See how quickly you can do the workout while maintaining good form. Do not sacrifice good form for speed. The intent of doing the workout quickly is to keep your heart rate elevated.

U6-U10

- Monday, Wednesday, Friday
 - Stretch/Warmup (see note above)
 - 20 air squats
 - 10 sit ups
 - 20 mountain climbers
 - 30 second tuck
 - 20 mountain climbers
 - 10 sit ups
 - 20 air squats
- Tuesday and Thursday
 - Stretch/Warmup (see note above)
 - 30 mountain climbers
 - 20 lunges
 - 30 second elbow plank
 - 30 second tuck
 - 30 second elbow plank sit ups
 - 20 lunges
 - 30 mountain climbers
- Saturday
 - Group Event 8:30am at Caribou Lodge
- Sunday
 - Rest Day

U12-U14

- Monday, Wednesday, Friday
 - Stretch/Warmup (see note above)
 - 30 air squats
 - 20 sit ups
 - 30 mountain climbers
 - 40 second tuck
 - 30 mountain climbers

- 20 sit ups
 - 30 air squats
- Tuesday, Thursday
 - Stretch/Warmup (see note above)
 - 30 mountain climbers
 - 20 lunges
 - 30 second elbow plank
 - 30 second tuck
 - 30 second elbow plank sit ups
 - 20 lunges
 - 30 mountain climbers
- Saturday
 - Group Event 8:30am at Caribou Lodge
- Sunday
 - Rest Day

U14-U99

- Monday, Wednesday, Friday
 - Stretch/Warmup (see note above)
 - 50 air squats
 - 30 sit ups
 - 30 mountain climbers
 - 50 second tuck
 - 30 mountain climbers
 - 30 sit ups
 - 50 air squats
- Tuesday, Thursday
 - Stretch/Warmup (see note above)
 - 40 mountain climbers
 - 40 lunges
 - 45 second elbow plank
 - 50 second tuck
 - 45 second elbow plank sit ups
 - 40 lunges
 - 40 mountain climbers
- Saturday
 - Group Event 8:30am at Caribou Lodge
- Sunday
 - Rest Day