TEAM Z Racers

The workouts listed below are for you to do on your own time. Our workouts at the Lindquist center will use a similar workout format, so on the days that you show up to the group event, expect to do a similar workout. Z-Bucks are earned during group events, so we hope to see all of you there!!

Starting on 11/4/24 We will be utilizing the Lindquist Center on Mondays, Tuesdays ,and Thursday evenings @5:30pm. Most workouts will be completed in less than 1 hour. The dry land practices will extend until 12/19/24. We will be on snow for the Christmas Camp on 12/20 so we need to get ready!!

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=qLBImHhCXSw>

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=aclHkVaku9U>
* 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_XEl_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>
* Rear Foot Elevated Split Squats (Exercise 2 in Video link below)
  + [alpine ski dry land exercises - Google Search](https://www.google.com/search?q=alpine+ski+dry+land+exercises&sca_esv=d93caf3cc682a2a7&rlz=1C1GCEB_enUS894US894&sxsrf=ADLYWIIAn75dY2s6IhJe5M_1VmhytMEXpA%3A1730743587977&ei=Iw0pZ7mtO_-KptQP9tzE8AQ&ved=0ahUKEwj5yoimosOJAxV_hYkEHXYuEU4Q4dUDCBA&uact=5&oq=alpine+ski+dry+land+exercises&gs_lp=Egxnd3Mtd2l6LXNlcnAiHWFscGluZSBza2kgZHJ5IGxhbmQgZXhlcmNpc2VzMggQABiABBiiBDIIEAAYogQYiQUyCBAAGKIEGIkFMggQABiABBiiBEj2a1AAWJ5pcBF4AJABAJgBkAGgAZIUqgEEMjQuNLgBA8gBAPgBAZgCLKAC_xTCAgcQABiABBgNwgIKEAAYChgNGB4YD8ICChAAGAUYChgNGB7CAggQABgIGA0YHsICCxAAGIAEGIYDGIoFwgIKECEYoAEYwwQYCsICCxAAGIAEGJECGIoFwgIIEAAYBxgKGB7CAgoQABgHGAoYHhgPwgIFEAAYgATCAgQQABgewgIGEAAYCBgewgIEECEYCpgDAJIHBDQwLjSgB4eBAQ&sclient=gws-wiz-serp#fpstate=ive&vld=cid:58f9b2f0,vid:gxmJ6hOCYCM,st:0)

**Week 7**

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.

**All Ages**

* Monday, Wednesday, Friday
  + Run 4 laps (1/3 mile)
  + Stretch/Warmup (20 burpees and light stretch)
  + 20 pushups
  + 60 wall sit
  + 60 second high plank
  + 2 Rounds
    - 30 single leg split squats
    - 25 Russian twists
    - 20 squat jumps- LAND SOFT, NO NOISE!
  + 2 rounds of 20 seconds worth of lateral box jumps
  + 10 minutes of stair work
    - 8 flights of two-legged hop up-jog down
    - 2 flights of right-legged hop up-jog down
    - 2 flights of left-legged hop up-jog down
  + Sprints- 4 shuttle runs.
  + 60 wall sit
  + 20 pushups
  + Run 2 laps
  + Side plank. 30 seconds each side.
  + 60 second high plank
  + Finish up with a 60 second tuck
  + Additional Agility
    - Single leg balance Exercise #1 [Watch Video](https://www.google.com/search?q=alpine+ski+dry+land+exercises&sca_esv=d93caf3cc682a2a7&rlz=1C1GCEB_enUS894US894&sxsrf=ADLYWIIAn75dY2s6IhJe5M_1VmhytMEXpA%3A1730743587977&ei=Iw0pZ7mtO_-KptQP9tzE8AQ&ved=0ahUKEwj5yoimosOJAxV_hYkEHXYuEU4Q4dUDCBA&uact=5&oq=alpine+ski+dry+land+exercises&gs_lp=Egxnd3Mtd2l6LXNlcnAiHWFscGluZSBza2kgZHJ5IGxhbmQgZXhlcmNpc2VzMggQABiABBiiBDIIEAAYogQYiQUyCBAAGKIEGIkFMggQABiABBiiBEj2a1AAWJ5pcBF4AJABAJgBkAGgAZIUqgEEMjQuNLgBA8gBAPgBAZgCLKAC_xTCAgcQABiABBgNwgIKEAAYChgNGB4YD8ICChAAGAUYChgNGB7CAggQABgIGA0YHsICCxAAGIAEGIYDGIoFwgIKECEYoAEYwwQYCsICCxAAGIAEGJECGIoFwgIIEAAYBxgKGB7CAgoQABgHGAoYHhgPwgIFEAAYgATCAgQQABgewgIGEAAYCBgewgIEECEYCpgDAJIHBDQwLjSgB4eBAQ&sclient=gws-wiz-serp#fpstate=ive&vld=cid:58f9b2f0,vid:gxmJ6hOCYCM,st:0)
      * 60 sec. on each leg rolling ankle of lifted leg in front of body.
      * 60 sec. on each leg. Lifted leg raised and bent in front of body.
    - Single leg lateral jump
      * 15 sets of 2. Quality over Quantity. Exercise #4 [Watch Video](https://www.google.com/search?q=alpine+ski+dry+land+exercises&sca_esv=d93caf3cc682a2a7&rlz=1C1GCEB_enUS894US894&sxsrf=ADLYWIIAn75dY2s6IhJe5M_1VmhytMEXpA%3A1730743587977&ei=Iw0pZ7mtO_-KptQP9tzE8AQ&ved=0ahUKEwj5yoimosOJAxV_hYkEHXYuEU4Q4dUDCBA&uact=5&oq=alpine+ski+dry+land+exercises&gs_lp=Egxnd3Mtd2l6LXNlcnAiHWFscGluZSBza2kgZHJ5IGxhbmQgZXhlcmNpc2VzMggQABiABBiiBDIIEAAYogQYiQUyCBAAGKIEGIkFMggQABiABBiiBEj2a1AAWJ5pcBF4AJABAJgBkAGgAZIUqgEEMjQuNLgBA8gBAPgBAZgCLKAC_xTCAgcQABiABBgNwgIKEAAYChgNGB4YD8ICChAAGAUYChgNGB7CAggQABgIGA0YHsICCxAAGIAEGIYDGIoFwgIKECEYoAEYwwQYCsICCxAAGIAEGJECGIoFwgIIEAAYBxgKGB7CAgoQABgHGAoYHhgPwgIFEAAYgATCAgQQABgewgIGEAAYCBgewgIEECEYCpgDAJIHBDQwLjSgB4eBAQ&sclient=gws-wiz-serp#fpstate=ive&vld=cid:58f9b2f0,vid:gxmJ6hOCYCM,st:0)
    - Lateral skater jumps
      * 10 sets of 4
* Tuesday and Thursday
  + Stretch/Warmup (see note above)
    - 40 high box jumps
    - 10 jumping lunges (10 on each leg)
    - 20 pushups
    - 60 second wall sit
    - 25 shoulder taps- slow
    - 50 second high plank
    - 60 second wall sit
    - 20 pushups
    - 50 single leg split squats. Rear leg on box. 25 each leg.
    - 40 lateral box jumps- LAND SOFT, NO NOISE!
    - 50 second high plank
    - 40 box jumps
    - 20 shoulder taps- slow
    - 20 lunges (20 on each leg)
    - 40 high box jumps
  + Sprints- 6 sets of shuttle runs. 25m distance. down and back, down and back. 100m total distance each set.
  + Additional Agility
    - Single leg lateral jump
      * 10 sets of 2. Quality over Quantity. Exercise #4 [Watch Video](https://www.google.com/search?q=alpine+ski+dry+land+exercises&sca_esv=d93caf3cc682a2a7&rlz=1C1GCEB_enUS894US894&sxsrf=ADLYWIIAn75dY2s6IhJe5M_1VmhytMEXpA%3A1730743587977&ei=Iw0pZ7mtO_-KptQP9tzE8AQ&ved=0ahUKEwj5yoimosOJAxV_hYkEHXYuEU4Q4dUDCBA&uact=5&oq=alpine+ski+dry+land+exercises&gs_lp=Egxnd3Mtd2l6LXNlcnAiHWFscGluZSBza2kgZHJ5IGxhbmQgZXhlcmNpc2VzMggQABiABBiiBDIIEAAYogQYiQUyCBAAGKIEGIkFMggQABiABBiiBEj2a1AAWJ5pcBF4AJABAJgBkAGgAZIUqgEEMjQuNLgBA8gBAPgBAZgCLKAC_xTCAgcQABiABBgNwgIKEAAYChgNGB4YD8ICChAAGAUYChgNGB7CAggQABgIGA0YHsICCxAAGIAEGIYDGIoFwgIKECEYoAEYwwQYCsICCxAAGIAEGJECGIoFwgIIEAAYBxgKGB7CAgoQABgHGAoYHhgPwgIFEAAYgATCAgQQABgewgIGEAAYCBgewgIEECEYCpgDAJIHBDQwLjSgB4eBAQ&sclient=gws-wiz-serp" \l "fpstate=ive&vld=cid:58f9b2f0,vid:gxmJ6hOCYCM,st:0)
    - Lateral skater jumps
      * 10 sets of 4 Quality over Quantity. Exercise #5 [Watch Video](https://www.google.com/search?q=alpine+ski+dry+land+exercises&sca_esv=d93caf3cc682a2a7&rlz=1C1GCEB_enUS894US894&sxsrf=ADLYWIIAn75dY2s6IhJe5M_1VmhytMEXpA%3A1730743587977&ei=Iw0pZ7mtO_-KptQP9tzE8AQ&ved=0ahUKEwj5yoimosOJAxV_hYkEHXYuEU4Q4dUDCBA&uact=5&oq=alpine+ski+dry+land+exercises&gs_lp=Egxnd3Mtd2l6LXNlcnAiHWFscGluZSBza2kgZHJ5IGxhbmQgZXhlcmNpc2VzMggQABiABBiiBDIIEAAYogQYiQUyCBAAGKIEGIkFMggQABiABBiiBEj2a1AAWJ5pcBF4AJABAJgBkAGgAZIUqgEEMjQuNLgBA8gBAPgBAZgCLKAC_xTCAgcQABiABBgNwgIKEAAYChgNGB4YD8ICChAAGAUYChgNGB7CAggQABgIGA0YHsICCxAAGIAEGIYDGIoFwgIKECEYoAEYwwQYCsICCxAAGIAEGJECGIoFwgIIEAAYBxgKGB7CAgoQABgHGAoYHhgPwgIFEAAYgATCAgQQABgewgIGEAAYCBgewgIEECEYCpgDAJIHBDQwLjSgB4eBAQ&sclient=gws-wiz-serp#fpstate=ive&vld=cid:58f9b2f0,vid:gxmJ6hOCYCM,st:0)
    - Wall Lean Leg Lifts
      * Think stacking drill on snow! Keep hips parallel to floor. 10 leg lifts per side.
      * Exercise #6 [Watch Video](https://www.google.com/search?q=alpine+ski+dry+land+exercises&sca_esv=d93caf3cc682a2a7&rlz=1C1GCEB_enUS894US894&sxsrf=ADLYWIIAn75dY2s6IhJe5M_1VmhytMEXpA%3A1730743587977&ei=Iw0pZ7mtO_-KptQP9tzE8AQ&ved=0ahUKEwj5yoimosOJAxV_hYkEHXYuEU4Q4dUDCBA&uact=5&oq=alpine+ski+dry+land+exercises&gs_lp=Egxnd3Mtd2l6LXNlcnAiHWFscGluZSBza2kgZHJ5IGxhbmQgZXhlcmNpc2VzMggQABiABBiiBDIIEAAYogQYiQUyCBAAGKIEGIkFMggQABiABBiiBEj2a1AAWJ5pcBF4AJABAJgBkAGgAZIUqgEEMjQuNLgBA8gBAPgBAZgCLKAC_xTCAgcQABiABBgNwgIKEAAYChgNGB4YD8ICChAAGAUYChgNGB7CAggQABgIGA0YHsICCxAAGIAEGIYDGIoFwgIKECEYoAEYwwQYCsICCxAAGIAEGJECGIoFwgIIEAAYBxgKGB7CAgoQABgHGAoYHhgPwgIFEAAYgATCAgQQABgewgIGEAAYCBgewgIEECEYCpgDAJIHBDQwLjSgB4eBAQ&sclient=gws-wiz-serp#fpstate=ive&vld=cid:58f9b2f0,vid:gxmJ6hOCYCM,st:0)
    - Single leg balance Exercise #1 [Watch Video](https://www.google.com/search?q=alpine+ski+dry+land+exercises&sca_esv=d93caf3cc682a2a7&rlz=1C1GCEB_enUS894US894&sxsrf=ADLYWIIAn75dY2s6IhJe5M_1VmhytMEXpA%3A1730743587977&ei=Iw0pZ7mtO_-KptQP9tzE8AQ&ved=0ahUKEwj5yoimosOJAxV_hYkEHXYuEU4Q4dUDCBA&uact=5&oq=alpine+ski+dry+land+exercises&gs_lp=Egxnd3Mtd2l6LXNlcnAiHWFscGluZSBza2kgZHJ5IGxhbmQgZXhlcmNpc2VzMggQABiABBiiBDIIEAAYogQYiQUyCBAAGKIEGIkFMggQABiABBiiBEj2a1AAWJ5pcBF4AJABAJgBkAGgAZIUqgEEMjQuNLgBA8gBAPgBAZgCLKAC_xTCAgcQABiABBgNwgIKEAAYChgNGB4YD8ICChAAGAUYChgNGB7CAggQABgIGA0YHsICCxAAGIAEGIYDGIoFwgIKECEYoAEYwwQYCsICCxAAGIAEGJECGIoFwgIIEAAYBxgKGB7CAgoQABgHGAoYHhgPwgIFEAAYgATCAgQQABgewgIGEAAYCBgewgIEECEYCpgDAJIHBDQwLjSgB4eBAQ&sclient=gws-wiz-serp#fpstate=ive&vld=cid:58f9b2f0,vid:gxmJ6hOCYCM,st:0)
      * 4 sets of 30 seconds
        + Advanced: Raise knee and rotate raised knee/leg to open hip position.
* Saturday
  + Find a hill and run 50 yd sprints up the hill. 20 sprints. Be sure to warm up first.
* Sunday
  + Rest Day