

## Week 6 of the TEAM Z Dry Land Training Program

Keep pushing yourself. Don't just go through the motions! It isn't enough just to show up, you need to push yourself beyond what you thought was possible!

“IF IT DOESN'T CHALLENGE YOU,  
IT DOESN'T CHANGE YOU”

-FRED DEVITO

### 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=qLBIHhCXSsw>

### 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 6 (12/11-12/17/23)

### All Ages

- Monday, Wednesday, Friday
  - Run 4 laps (1/3 mile)
  - Stretch/Warmup (20 burpees and light stretch)
  - Stair work
    - 4 flights of two-legged hop up-jog down
    - Run 1 lap- Jog 1<sup>st</sup> /skip 2<sup>nd</sup> /bunny hop 3<sup>rd</sup> /jog 4<sup>th</sup> leg
    - 2 flights of right-legged hop up-jog down
    - Run 1 lap- Jog 1<sup>st</sup> /skip 2<sup>nd</sup> /bunny hop 3<sup>rd</sup> /jog 4<sup>th</sup> leg
    - 2 flights of left-legged hop up-jog down
    - Run 1 lap- Jog 1<sup>st</sup> /skip 2<sup>nd</sup> /bunny hop 3<sup>rd</sup> /jog 4<sup>th</sup> leg
    - 8 flights of two-legged hop up/every other step-jog down
    - Run 1 lap- Jog 1<sup>st</sup> /skip 2<sup>nd</sup> /bunny hop 3<sup>rd</sup> /jog 4<sup>th</sup> leg
    - 10 flights of running up/every other stair-run down/every stair.
  - Run 2 laps
  - 80 second tuck
  - Run 2 laps
  - Group Dot Drill-5 minutes
  - 12 Lunges (3 rounds)
  - 12 Mountain Climbers (3 rounds)
  - 12 Pushups (3 rounds)
  - Side plank. 30 seconds each side.
  - 60 second elbow plank
  - 40 leg levers
  - Finish up with a 80 second tuck
- Tuesday, Thursday
  - Run 4 laps (1/3 mile)
  - Stretch/Warmup (20 Burpees and light stretch)
  - 1 minute of lateral jumps over a line. **Head up, Eyes forward, bend your knees.**
  - 80 second tuck
  - Group Dot Drill-5 minutes
  - Run 2 laps
  - 50 High Box Jumps
    - **Circuit Training –20 seconds at each station. 10 seconds between stations. 3 rounds.**
      - Flutter kicks
      - Air Squats
      - High knee jump
      - Mountain Climbers
      - Lateral jump over Line
      - Push ups
      - Right legged hop
      - Left legged hop
  - 1 minute tuck
  - 1 minute plank
  - Cool down stretch.
- Saturday
  - SKI!!
- Sunday
  - SKI!!