

Week 3 of the TEAM Z Dry Land Training Program

Your Future Depends On What You Do Today!

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 6 (11/20-11/26/23)

U6-U10

- Monday, Wednesday, Friday
 - Run 4 laps (1/3 mile)
 - Stretch/Warmup (20 jumping jacks and light stretch)
 - 4 minutes of steps. Step up with both feet and back down with both feet.
 - 2 minutes of lateral jumps with short box. **Land Softly!**
 - 1 minute tuck
 - Run 2 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 50 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
 - 2 minutes Taller box jumps. Jump up, then step down.
 - 1 minute elbow plank
 - 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!**
 - 1 minute tuck
 - 1 minute plank
- 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 jumping jacks and light stretch)
 - 4 minutes of steps. Step up with both feet and back down with both feet.
 - 2 minutes of lateral jumps with short box. Land Softly!
 - 1 minute tuck
 - Run 2 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 50 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
 - 2 minutes Taller box jumps. Jump up, then step down.
 - 1 minute elbow plank
 - 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 Complete 2 more rounds of all exercises listed above (Do every listed exercise 3 times in the order that they are listed)!**
 - 1 minute tuck
 - 1 minute plank
- Saturday
 - Go for a 2-3 mile hike with hills
- Sunday
 - Recovery day. Go for a walk outside and stretch.

U16-U99

- Monday, Wednesday, Friday
 - Run 4 laps (1/3 mile)
 - Stretch/Warmup (20 jumping jacks and light stretch)
 - 4 minutes of steps. Step up with both feet and back down with both feet.
 - 2 minutes of lateral jumps with short box. Land Softly!
 - 1 minute tuck
 - **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 50 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
 - 2 minutes Taller box jumps. Jump up, then step down.
 - 1 minute elbow plank
 - 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 Complete 3 more rounds of all exercises listed above (Do every listed exercise 4 times in the order that they are listed)!**
 - 1 minute tuck
 - 1 minute plank
- Saturday
 - Go for a 2-3 mile hike with hills
- Sunday
 - Recovery day. Go for a walk outside and stretch.

