

Week 5 of the TEAM Z Dry Land Training Program

Great Job Sticking with the Program! Don't slow down. Several of you are already skiing....Great!.....Don't stop your Dry Land Training. You need to build up your strength during the week to be able to perform your best on the weekend!

"TODAY I WILL DO WHAT OTHERS WON'T, SO TOMMORROW I CAN ACCOMPLISH WHAT OTHERS CAN'T"

-JERRY RICE

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=qLBImHhCXSsw>

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 (12/4-12/10/23)

All Ages

- Monday, Wednesday, Friday
 - Run 4 laps (1/3 mile)
 - Stretch/Warmup (20 burpees and light stretch)
 - 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
 - 8 flights of two-legged hop up/every other step-jog down
 - 10 flights of running up/every other stair-run down/every stair.
 - Run 2 laps
 - 60 second tuck
 - Run 2 laps
 - Broad jumps/jog/high knees/jog-2 laps
 - 10 Lunges (3 rounds)
 - 10 Mountain Climbers (3 rounds)
 - 10 Pushups (3 rounds)
 - Side plank. 30 seconds each side.
 - 60 second high plank
 - Finish up with a 60 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.**
 - 1 minute tuck
 - 50 High Box Jumps
 - Run 2 laps
 - 50 High Box Jumps
 - 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 –20 seconds at each station. 10 seconds between stations. 3 rounds.**
 - Flutter kicks
 - Air Squats
 - Plank
 - 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!!

