

ORIENTATION RUN				
Orientation (10 min)	Warm-Up (10 min)	Running Warm-up/ Upper Body & Core (10 min)	Run (20 min)	Cool Down (10 min)
<p><u>Review Procedures</u></p> <ul style="list-style-type: none"> ✓ Roll Call ✓ Water Coolers ✓ Running with Traffic ✓ Use Crosswalks ✓ Quiet near housing ✓ Do what you can, vs. what instructors can ✓ Personal stretches, do before and after session ✓ Safety 	<p><u>Mass Group:</u></p> <p>Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p><u>Running Warm-Up</u> <u>30 meter Up-and-Back Lines:</u></p> <p>Jog Forward---Jog Backward High Knees---Feet to Butt Side Step up---Side Step back Fred Astaire up--Fred Astaire back</p> <p>(Instructors demo & watch students' performance)</p> <ul style="list-style-type: none"> ➤ 1 min Push-ups ➤ 1 min Sit-ups (feet not held) 	<p><u>Orientation Run:</u></p> <p>20-minute easy run (See pace chart)</p>	<p><u>Walk:</u></p> <p>2-4 min to lower heart rate to ≤120 bpm</p> <p><u>Static Stretches:</u></p> <p>Quadriceps Calf/Shin Groin Seated Hamstring Gluteus Triceps Shoulders Neck/Shoulder</p>

EASY RUN

Purpose	Warm-Up (10 min)	Running Warm-up/ Upper Body & Core (10 min)	Run (25 min)	Cool Down (10 min)
<ul style="list-style-type: none"> ➤ Recovery ➤ Increase Endurance ➤ Focus on Form ➤ 3 – 6 miles ➤ 1 easy run per week 	<p style="text-align: center;"><u>Mass Group:</u></p> <p style="text-align: center;">Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p style="text-align: center;">Running Warm-Up <u>30 meter Up-and-Back Lines:</u></p> <p style="text-align: center;">Jog Forward---Jog Backward High Knees---Feet to Butt Side Step up---Side Step back Fred Astaire up--Fred Astaire back</p> <ul style="list-style-type: none"> ➤ 1 min Push-ups ➤ 1 min Sit-ups (feet not held) 	<p style="text-align: center;"><u>Easy Run:</u></p> <p style="text-align: center;">25-minute run (See pace chart) 5-minute core</p>	<p style="text-align: center;"><u>Walk:</u></p> <p style="text-align: center;">2-4 min to lower heart rate to ≤120 bpm</p> <p style="text-align: center;"><u>Static Stretches:</u></p> <p style="text-align: center;">Quadriceps Calf/Shin Groin Seated Hamstring Gluteus Triceps Shoulders Neck/Shoulder</p>

TEMPO RUN				
Purpose	Warm-Up (10 min)	Running Warm-up/ Upper Body & Core (10 min)	Run (30 min)	Cool Down (10 min)
<ul style="list-style-type: none"> ➤ Increase Lactate threshold (LT) ➤ Increase Strength ➤ 4 – 9 miles ➤ 1 tempo run per week 	<p><u>Mass Group:</u></p> <p>Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p><u>Running Warm-Up</u> <u>30 meter Up-and-Back Lines:</u></p> <p>Jog Forward---Jog Backward High Knees---Feet to Butt Side Step up---Side Step back Fred Astaire up--Fred Astaire back</p> <ul style="list-style-type: none"> ➤ 1 min Push-ups ➤ 1 min Sit-ups (feet not held) 	<p><u>Tempo Run:</u></p> <p>30-minute run <i>(See pace chart)</i></p> <p><i>5 min easy pace</i> <i>20 min tempo run</i> <i>5 min easy pace</i></p>	<p><u>Walk:</u></p> <p>2-4 min to lower heart rate to ≤120 bpm</p> <p><u>Static Stretches:</u></p> <p>Quadriceps Calf/Shin Groin Seated Hamstring Gluteus Triceps Shoulders Neck/Shoulder</p>

INTERVAL WORKOUT

Purpose	Warm-Up (10 min)	Running Warm-up/ Upper Body & Core (10 min)	Run (35 min)	Cool Down (10 min)
<ul style="list-style-type: none"> ➤ Increase VO2 max ➤ Increase strength and speed ➤ 4 – 8 miles ➤ 1 interval run per week 	<p style="text-align: center;"><u>Mass Group:</u></p> <p style="text-align: center;">Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p style="text-align: center;">Running Warm-Up <u>30 meter Up-and-Back Lines:</u></p> <p style="text-align: center;">Jog Forward---Jog Backward High Knees---Feet to Butt Side Step up---Side Step back Fred Astaire up--Fred Astaire back</p> <ul style="list-style-type: none"> ➤ 1 min Push-ups ➤ 1 min Sit-ups (feet not held) 	<p style="text-align: center;"><u>Interval Run:</u></p> <p style="text-align: center;">35-minute run</p> <p style="text-align: center;">5 min easy 25 min tempo run 4-6 work cycles equal distance rest cycles in between work cycles 5 min easy</p> <p style="text-align: center; color: red;">See pace chart for interval work cycle times</p> <p style="text-align: center; color: red;">Run slower than easy pace during rest cycle</p>	<p style="text-align: center;"><u>Walk:</u></p> <p style="text-align: center;">2-4 min to lower heart rate to ≤120 bpm</p> <p style="text-align: center;"><u>Static Stretches:</u></p> <p style="text-align: center;">Quadriceps Calf/Shin Groin Seated Hamstring Gluteus Triceps Shoulders Neck/Shoulder</p>

LONG RUN				
Purpose	Warm-Up (10 min)	Running Warm-up (5 min)	Run (40 min)	Cool Down (10 min)
<ul style="list-style-type: none"> ➤ Increase Endurance ➤ Focus on Form ➤ 5 – 15 miles ➤ 1 long run per week 	<p><u>Mass Group:</u></p> <p>Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p><u>Running Warm-Up</u> <u>30 meter Up-and-Back Lines:</u></p> <p>Jog Forward---Jog Backward Side Step up---Side Step back Fred Astaire up--Fred Astaire back High Knees---Feet to Butt</p>	<p><u>Long Run:</u></p> <p>40-minute run (See pace Chart)</p>	<p><u>Walk:</u></p> <p>2-4 min to lower heart rate to ≤120 bpm</p> <p><u>Static Stretches:</u></p> <p>Quadriceps Calf/Shin Groin Seated Hamstring Gluteus Triceps Shoulders Neck/Shoulder</p>

Pace Chart

1.5 Mile Run Time	Easy Run (min per mile)	Tempo Run (min per mile)	Interval Run (400m/1/4 mile) (min per work cycle)	Long Run (min per mile)
9-10 minutes	8-8:45	6:45-7:30	1:25-1:35	8:15-9:05
10-11 minutes	8:45-9:30	7:30-8:15	1:35-1:45	9:05-9:50
11-12 minutes	9:30-10:20	8:15-9:00	1:45-1:55	9:50-10:40
12-13 minutes	10:20-11:15	9:00-9:45	1:55-2:05	10:40-11:30
13-14 minutes	11:15-12:00	9:45-10:30	2:05-2:15	11:30-12:15
14-15 minutes	12:00-12:50	10:30-11:15	2:15-2:25	12:15-13:05
15-16 minutes	12:50-13:40	11:15-12:00	2:25-2:35	13:05-13:55

LAST MAN UP SPEED RUN

Warm-Up (10 min)	Speed-work Run (20 min)	Calisthenics (20 min)	Cool Down (10 min)
<p><u>Mass Group:</u></p> <p>Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p style="text-align: center;"><u>Speed Warm-Up</u> <u>30 meter Up-and-Back Lines:</u></p> <p style="text-align: center;">Jog Forward----Jog Backward Side Step up----Side Step back Fred Astaire up----Fred Astaire back High Knees----Feet to Butt</p> <p style="text-align: center;"><u>20 min Last-Man-Up Run:</u></p> <p style="text-align: center;"><u>Easy run pace for 1/2 mile for warm-up</u> Align group into single file line after warm-up run, set easy pace, the “last man” will complete a gradual sprint to the front of formation.</p> <p style="text-align: center;">CRITICAL: Jog = slower than easy run pace Interval = run slightly faster than your 1.5 mile pace</p> <p><input type="checkbox"/> After Run: Cooldown-1-2 min walk, heart rate <120bpm</p>	<p style="text-align: center;"><u>Perform fit deck cards</u></p> <p style="text-align: center;">Perform 10 on a 4 count</p>	<p style="text-align: center;"><u>Static Stretches:</u></p> <p style="text-align: center;">Quadriceps Calf/Shin Groin Seated Hamstring Gluteus Triceps Shoulders Neck/Shoulder</p>

SPEED/STRENGTH TRAINING

<p align="center">Warm Up (10 min)</p>	<p align="center">Calisthenics (20 min)</p>	<p align="center">Interval/Speed Work (20 min)</p>	<p align="center">Cool Down (10 min)</p>
<p align="center"><u>Mass Group:</u></p> <p>Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p align="center"><u>Perform 10 on a 4 count:</u></p> <p align="center">“Use fit deck cards”</p> <p align="center">Total Body Focus</p>	<p align="center"><u>30 meter Up-and-Back Lines:</u> Jog Forward----Jog Backward High Knees----Feet to Butt Side Step up----Side Step back Fred Astair up-----Fred Astair back</p> <p align="center"><u>20 Min Interval/Speed Work</u> Normal Jog in Formation, 2 columns</p> <p align="center">4 min easy pace warm-up</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 min jog --- 15 sec fast <input type="checkbox"/> 1 min jog --- 30 sec fast <input type="checkbox"/> 1 min jog --- 45 sec fast <input type="checkbox"/> 1 min jog --- 1 min fast <input type="checkbox"/> 1 min jog --- 45 sec fast <input type="checkbox"/> 1 min jog --- 30 sec fast <input type="checkbox"/> 1 min jog --- 15 sec fast <p align="center">5 min easy pace cool down</p> <p align="center">CRITICAL: Jog = slower than easy run pace Fast = run slightly faster than your 1.5 mile pace</p>	<p align="center"><u>Walk:</u></p> <p align="center">2-4 min to lower heart rate to ≤120 bpm</p> <p align="center"><u>Static Stretches:</u></p> <p align="center"> Quadriceps Calf/Shin Groin Seated Hamstring Gluteus Triceps Shoulders Neck/Shoulder </p>

** Not a formation run.

MUSCULAR STRENGTH (CIRCUIT TRAINING)

<p align="center">Warm Up (10 min)</p>	<p align="center">Four-Corners (40 min)</p>	<p align="center">Cool Down (10 min)</p>
<p align="center"><u>Mass Group:</u></p> <p align="center">Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p>Equipment Set-Up: Place 4 cones or markers on the field; divide students into 4 groups</p> <p>Objective: Consecutively perform indicated exercise for 30 to 60 sec on a 4-count then run around all cones before stopping at next station. Begin next exercise cycle when everyone is at their next cone/marker.</p> <p align="center">After 20 minutes, switch run direction.</p> <hr/> <hr/> <p align="center">A minimum of one Fit deck is needed; All corners perform different exercises: Follow an alternating color sequence after each run (Example: Red, Blue, Green, Orange). This rotation will ensure all body zones are worked.</p>	<p align="center"><u>Walk:</u></p> <p align="center">2-4 min to lower heart rate to ≤120 bpm</p> <p align="center"><u>Static Stretches:</u></p> <p align="center">Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus</p>

MUSCULAR STRENGTH

Warm-Up (10 min)	Warrior Circle (40 min)	Cool Down (10 min)
<p style="text-align: center;"><u>Mass Group:</u></p> <p style="text-align: center;">Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p>Objective: Perform all four fit deck card colors of 10 on a 4 count (red, orange, green, blue) then run in a tight circle for 2-minutes. The Instructors run inside the circle in opposite direction to motivate students. Repeat exercises and run interval for 40 minutes, but reverse direction of run each time.</p> <p style="text-align: center;"> 1 Set = 1 Upper Body 1 Set = 1 Core 1 Set = 1 Legs 1 Set = 1 Total Body </p> <p style="text-align: center;"> “Use fit deck Card to maintain sequence i.e.: red, blue, green and orange card” </p>	<p style="text-align: center;"><u>Walk:</u></p> <p style="text-align: center;">2 min to lower heart rate to ≤ 120 bpm</p> <p style="text-align: center;"><u>Static Stretches:</u></p> <p style="text-align: center;"> Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus </p>

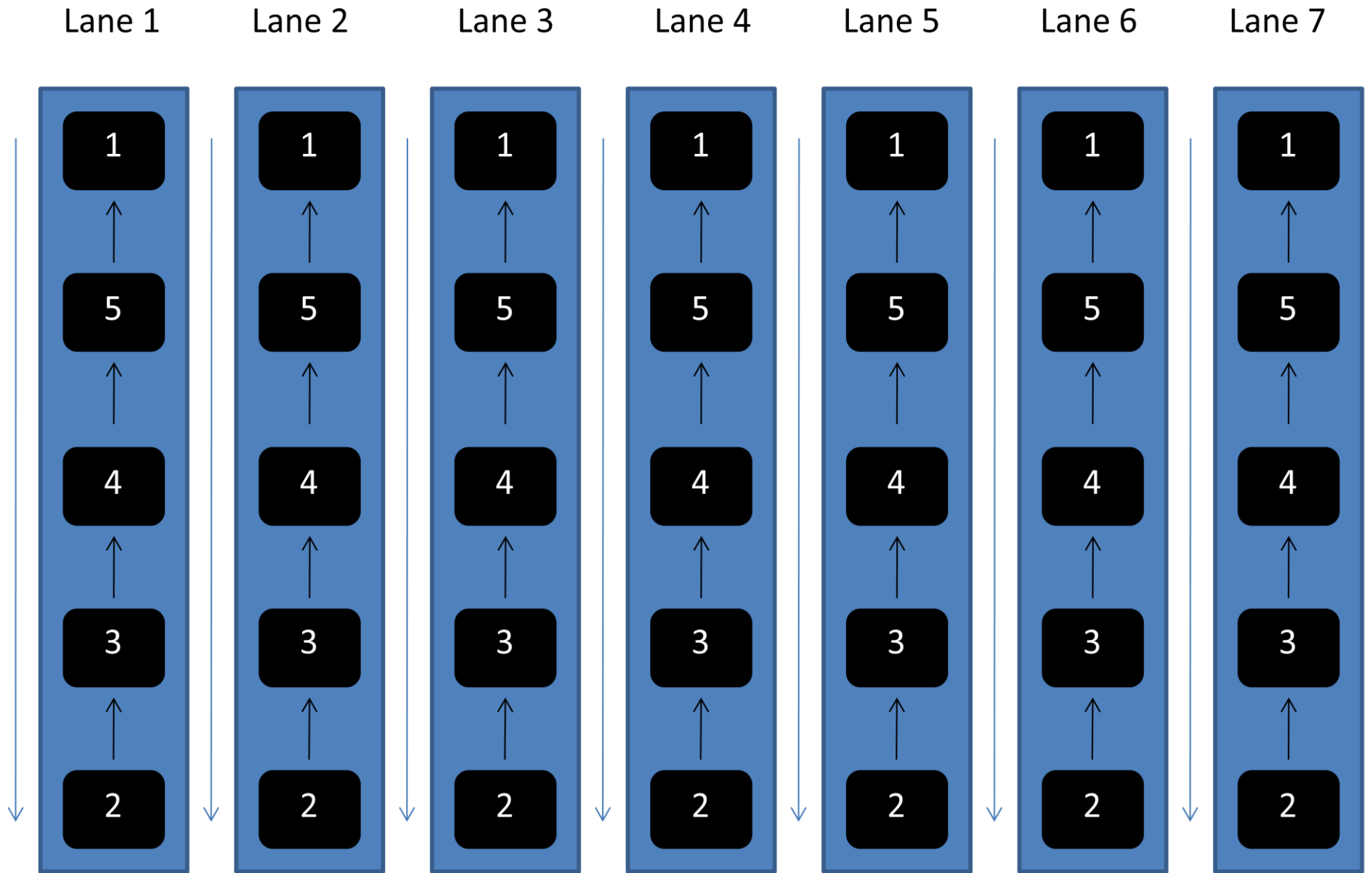
MUSCULAR STRENGTH

<p align="center">Warm-Up (10 min)</p>	<p align="center">Warrior Challenge (40 min)</p>	<p align="center">Cool Down (10 min)</p>
<p align="center"><u>Mass Group:</u></p> <p>Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p>Objective: Perform all four fit deck card colors (red, orange, green, blue) as a 2 to 6 person team or as a group. The workout will consist of five events and a prescribed number to be completed depending on the group. The events can be completed in order or in portions, leader determines which method, and is completed for time. Tailor numbers to to groups ability level and time available.</p> <p>Event 1: Upper Body Event 2: Core Event 3: Run Event 4: Legs Event 5: Total Body</p> <p>Example: Event 1: 100 Push-ups Event 2: 100 Sit-ups Event 3: 4 laps around bowl Event 4: 100 Squats Event 5: 100 Jumping Jacks</p>	<p align="center"><u>Walk:</u></p> <p>2-4 min to lower heart rate to ≤120 bpm</p> <p align="center"><u>Static Stretches:</u></p> <p align="center">Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus</p>

MUSCULAR STRENGTH

Warm-Up (10 min)	Warrior Relay (40 min)	Cool Down (10 min)
<p style="text-align: center;"><u>Mass Group:</u></p> <p style="text-align: center;">Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p>Objective: Perform all four fit deck card colors (red, orange, green, blue) as a 6 to 8 person relay team. The workout will consist of five stations and two 15 minute workouts followed by 5 minutes of rest after each.</p> <p>Station 1: Rest Station 2: Legs Station 3: Upper Body Station 4: Core Station 5: Total Body</p> <p>All four work stations start and stop at the same time with continuous work throughout the 15 minute work cycles.</p> <p>See layout chart</p>	<p style="text-align: center;"><u>Walk:</u></p> <p style="text-align: center;">2-4 min to lower heart rate to ≤120 bpm</p> <p style="text-align: center;"><u>Static Stretches:</u></p> <p style="text-align: center;">Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus</p>

Warrior Relay



Phoenix

<p>Warm-Up (10 min)</p>	<p>CrossFit (20 min)</p>	<p>Strive Circuit Training (20 min)</p>	<p>Cool Down (10 min)</p>
<p><u>Mass Group</u></p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p><u>Group</u></p> <p>Varied Workouts</p>	<p><u>Group</u></p> <p>Strive Circuit</p>	<p><u>Static Stretches:</u></p> <p>Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus</p>

Phoenix

Warm-Up (10 min)	Upper Body & Core (10 min)	Cardio (30 min)	Cool Down (10 min)
<p style="text-align: center;"><u>Mass Group</u></p> <ul style="list-style-type: none"> • Marching progressively faster • Slow jog on the spot, increasing speed = march to jog (3 minutes) <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) ➤ 	<p style="text-align: center;"><u>Mass Group</u> “Use fit deck ”</p> <p style="text-align: center;">Target: Good workout, but not exhaustion</p>	<p style="text-align: center;"><u>Individual</u></p> <p>Students will walk a minimum of 3 laps at Fisk Park track.</p> <p>Students should achieve 80% HR at the 5 minute mark. Maintain this level for 20 minutes. At this point, start cool down process reaching a HR in the area of 120 bpm at the 30 minute mark.</p>	<p style="text-align: center;"><u>Mass Group</u></p> <p>Walk in place to start cool-down until stretches begin.</p> <p style="text-align: center;"><u>Static Stretches:</u></p> <p style="text-align: center;">Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus</p>

Phoenix

Warm-Up (10 min)	STRIVE (20 min)	Cardio (20 min)	Cool Down (10 min)
<p style="text-align: center;"><u>Mass Group</u></p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p style="text-align: center;"><u>Group</u></p> <p style="text-align: center;">Strive workout</p>	<p style="text-align: center;"><u>30 meter Up-and-Back Lines:</u></p> <p style="text-align: center;">Jog Forward---jog Backward Side Step up--Side Step back High Knees--Feet to Butt Fred Astaire up--then back Jog Backward---Jog Forward</p> <p style="text-align: center;"><u>Run</u></p> <p style="text-align: center;">20 min run</p> <p style="text-align: center;">Time speed based on ability of students</p>	<p style="text-align: center;"><u>Static Stretches:</u></p> <p style="text-align: center;">Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus</p>

COMBAT SKILLS TRAINING (CST)

Warm-Up and CST Course Demonstration (15 min)		CST Course Execution (35 min) (Instructors watch students' performance)		Cool Down (10 min)
<p><u>Mass Group:</u> Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<p><u>Group:</u> Students maintain a slow run as instructor demonstrates each phase of the CST Course</p> <ul style="list-style-type: none"> ➤ Phase 1: .50 Run ➤ Phase 2: Ammo can press (1 min) ➤ Phase 3: Simulated maneuver under fire drills ➤ Leg 1: 100yds sprint, low crawl, high crawl, zig zag run and sprint ➤ Leg 2: 100yds buddy drag, push-ups and sprint ➤ Leg 3: 100yds sprint, zig zag run and sprint ➤ Leg 4: 100yds under over drill, zig zag run, balance obstacle and sprint 	<ul style="list-style-type: none"> ➤ Phase 1: .50 Run ➤ Phase 2: Ammo can press (1 min) ➤ Phase 3: Simulated maneuver under fire drills ➤ Leg 1: 25yd sprint 10yd low crawl 15yd high crawl 25yd zig zag run 25yd tire flip ➤ Leg 2: 15yd buddy drag 15yd buddy drag 70yd litter carry 	<p>*Leg 3 and 4 will be conducted while carrying 2 x 30lbs ammo cans*</p> <ul style="list-style-type: none"> ➤ Leg 3: 50yd sprint 25yd zig zag run 25yd sprint ➤ Leg 4: 25yd under over drill 25yd sprint 25yd balance obstacle 25yd sprint <p>***FINISHED***</p> <p>**Wiegths, distances, and obstacles may be tailored to fit different ability groups and equipment availability</p> <p>**Key to success is being creative with what is available while keeping safety a priority</p>	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤120 bpm</p> <p><u>Static Stretches:</u></p> <p>Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus</p>

***NOTES:**

- Limit number of students to 30 or less to stay within 1 hour schedule
- Students run course as 2 person team with the intent of starting and finishing as a team
- 4 Instructors are needed to effectively monitor students on course

MUSCULAR STRENGTH (RIFLE TRAINING)

Warm-Up (10 min)	Rifle Training Execution (40 min)		Cool Down (10 min)
<p>Mass Group: Slow jog around ½ soccer bowl</p> <ul style="list-style-type: none"> ➤ Shoulder Rolls (both directions) ➤ Trunk Twist (with elbows up) ➤ Upper Body/Hip Rotation (both directions) ➤ Knee Rotation (both directions) ➤ Ankle Rotation (both directions, both ankles) ➤ Pendulum Leg Swing (both legs) ➤ Soccer-kick Leg Swing (both legs) 	<ul style="list-style-type: none"> ➤ Arrange formation: Extended Rectangular Formation ➤ Demonstration: Explain procedures and demo proper form and technique for all movements ➤ Basic Rifle Drill Movements per set: <ul style="list-style-type: none"> 1 – The Up and Forward 2 – The Fore-up and Back 3 – The Fore-up and Bend 4 – The Fore-up and Squat ➤ Execution: <ul style="list-style-type: none"> 1 - The Up and Forward Moderate cadence, four count exercise. Depending on ability of group, 10 – 15 reps 2 – The Fore-up and Back Moderate cadence, four count exercise. Depending on ability of group, 10 – 15 reps 3 – The Fore-up and Bend Moderate cadence, four count exercise. Depending on ability of group, 10 – 15 reps 4 – The Fore-up and Squat Moderate cadence, four count exercise. Depending on ability of group, 10 – 15 reps 	<ul style="list-style-type: none"> ➤ Set 1: <ul style="list-style-type: none"> - Four basic movements, no rest in between each drill - Add optional exercise after movement 4: (push-ups, turn and bounce, the SGM Special, etc.) - Optional exercise should target push-up muscles - If needed, take a short break and roll into follow-on sets in the same manner ➤ Sets 2, 3 & 4: <ul style="list-style-type: none"> - Same as above • Group run: <ul style="list-style-type: none"> - Once Sets 1-4 are completed, collapse formation into normal interval formation, then dismiss them to form-up on the track in column of 2 for a cadence-led victory lap - Once run is complete, form up into a circle formation for cool down <p>***NOTES***</p> <ul style="list-style-type: none"> - Keep an eye on participants for proper form! - Proper technique is key to safety and appropriate execution - Break and hydrate as necessary 	<p>Walk:</p> <p>2-4 min to lower heart rate to ≤ 120 bpm</p> <p>Static Stretches:</p> <p>Neck/Shoulder Shoulders Triceps Quadriceps Calf/Shin Groin Seated Hamstring Gluteus</p>