

Summer Training Day 2/ Individual (Coach Bright)

Run between 1 and 3 miles. If you can run continuously, run the lengths of the track and walk the curves.

Stretching

- o Arm circles, lunges, pigeon, calves, thighs, stomach, gentle spine twists...
- o 10 knee pushups
- o 30 crunches

Bumping and Setting

- o Bump to yourself. Work up to 200 reps.
- o Set to yourself: 200 reps
- o Bum and set, alternating for 100 reps
- o Bump against the wall 100 reps
- o Set against the wall 100 reps

Wall Sit

Sit with your back flat against the wall, legs bent at 90 degrees and hold. Keep the hands off the legs. Remember to breathe. Work up to 60 seconds.

Stomach and Back

20 bow ups. Start on your back. Hands rest at the sides of your neck. Start sitting up, knees bent. Lay your body almost flat, keeping the feet and shoulders lifted off the floor. Then crunch in, pulling the knees toward your chest, elbows toward the knees. Repeat.

Roll onto your stomach, elbows and forearms on the floor, hands flat on floor. Press your toes into the ground and lift your body off the floor until your torso is straight. Hips remain tucked under so as to keep the stomach tight. Hold here and breathe. Work up to 60 seconds.

Lay on your stomach with both arms extended out forward like Super Man. Lift the arms and lower legs/feet off the ground, arching your back and hold for a count of 10. Lower down and rest. Repeat 4 times.

Calves

Find a step and hold onto something for balance. Do 3 sets of 20 calf raises. Don't hang down into the stretch, come right back out into a high calf raise up onto your toes.

Wrist Curls

Sit with back of wrist at the edge of one knee, forearm resting on your thigh. Holding a weight in your hand, allow hand to drop down and back, then curl up. Repeat with 3 sets of 10 on each wrist.