

6 Week Conditioning Program-Grade 9

All workouts should be done every-other day, preceded by a form-running workout as a quick warm-up-

Warm-Up-Skill to be done for 15 yards, followed by 10 yard jog (2x)-

High Knees
Butt Kicks
Skip
Carioca
Slide (L & R)

Weeks 1 & 2- 2 Workouts each week-

Day 1-Speed Workout-

4-60 yard sprints
2-40 yard sprints
2-20 yard Sprint

Day 2-Distance-

1 Mile Run

Weeks 3 & 4-3 Workouts each week-

Day 1-Speed Workout-

2-100 yard sprints
4-60 yard sprints
4-40 yard sprints
2-20 yard sprints

Day 2-Distance-

1 ½ mile run

Day 3-25 yard Ladders (2x)-

To be done all in one sprint-
Sprint 5 yards, touch line, sprint back to start
Sprint 10 yards, touch line, sprint back to start
Sprint 15 yards, touch line, sprint back to start
Sprint 20 yards, touch line, sprint back to start
Sprint 25 yards, touch line, sprint back to start

Weeks 5 & 6-3 Workouts each week-

Day 1-Speed Workout-

2-100 yard sprints
4-60 yard sprints
4-40 yard sprints
2-20 yard sprints

Day 2-Distance-

2 mile run

Day 3-Integrated-

8 Minute run consisting of-Jogging the length of field, sprinting width of end-zone as many times as possible for 8 minutes

Strength Home Workout-Grade 9

Perform all body weight exercises 3 non-consecutive days a week with a minimum of 12-15 repetitions for 3 sets.

Exercise-

Push-ups (Chest, Deltoids, Triceps)-Keep butt down and body straight, lower until nose is 3 inches off of floor, raise until arms are straight

Lunge (Quadriceps, Gluteals)-Start with feet together, take a step that is a little bit bigger than a normal step with one foot, lower until back knee is an inch off of floor. Do not allow front knee to go past toes!! Push off with front foot back to starting position, switch feet and repeat

Chair Dips (Triceps)-Start seated on the edge of a chair with arms at sides and palms on chair, and feet straight out on floor (thumbs pointing forward). Slide forward slightly so butt is just in front of chair, keeping all weight on hands on edge of chair and heels on floor. Lower body with arms keeping back straight and as close to chair as possible. Try to reach 90 degree bend in arms, then rise back up. Try not to let arms flair out to the side, keep elbows pointing backward.

Toe Raise (Calves)- Using stair case, stand so that only your toes are on the step and your heels are hanging off of edge of bottom step. Holding on to railing with hand, lower heels as low as possible, then rise until standing on tippy-toes. Repeat 12 times

Chair Squat-(Quadriceps, Gluteals, hamstrings)-Start by standing two steps in front of a chair with your feet slightly wider than shoulder-width. Lower you body slowly, sticking your butt out and not allowing your knees to come past your toes, until you reach the chair. Stand back up as soon as you touch the chair and repeat.

Wall Push (Chest, Deltoids, Triceps)- Stand a foot away from the wall with one foot in front of another, with front knee bent and back leg straight for balance. Place hands in push-up position with elbows bent on secure wall at about a shoulder's width, and push against the wall as hard as you can for 30 seconds, take a 20 second break, and repeat 5 times

Pull-Ups (Back, Biceps)-Attach a pull-up bar in a doorway. Use an underhand or an overhand grip, and pull up until your chin is over the bar. Lower until arms are almost straight, then repeat.

Crunches (Abdominals) - Bend knees at a 90 degree angle and place feet on a chair. Cross arms over chest, and roll up slowly coming about half-way up, lower and repeat without stopping

Fitness Center at the high school hours 4:30 – 6:30 pm, Monday through Friday.