

## **Summer/Fall Workout Plan**

As we prepare for our Winter 2017-2018 season, I am hoping you all find yourself staying active during the summer and fall. I have included below some recommendations for working out this summer. Some of you may have access to a gym or weight room, others may not. If you are paddling this summer, consider adding this to your days off, if you aren't already cross training with running or swimming or hiking. What you want to work toward is building strength and cardio capacity. Include interval training and tabata style workouts where you can. Be creative, use this guide or find your own workouts but the key is to measure your growth by increasing your ability to do pushups, pull ups, run long distances, swim for time, or whatever measure you choose. Do workouts in groups or with a buddy, it's more fun that way! Call me or email anytime with questions. [ckehaumeyer@gmail.com](mailto:ckehaumeyer@gmail.com)/ 808-630-4960

### **With a Gym:**

Focus workouts on Legs/Back/Biceps (one day) and Shoulders/Chest/Triceps (one day). This should be done every other day. With a cardio warmup for about 10 minutes before lifting. Lift four days a week, and add in interval cardio workouts on your fifth day. Use one or two days for rest or reserve those days for hiking or beach.

Gym workouts can be found online but if you don't have a lifting coach or experience lifting, please read up on best practices or check out videos for proper technique.

<http://www.muscleandfitness.com/workouts/workout-tips/teenage-weightlifting-guide>  
<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/weight-training/art-20045842>

### **Without a Gym:**

Body weight workouts are just as effective at building strength needed for paddling.

Here are a few websites with excellent workouts and tips for technique.

<https://www.nerdfitness.com/blog/beginner-body-weight-workout-burn-fat-build-muscle/>  
<https://www.muscleandstrength.com/workouts/9-week-progressive-bodyweight-workout>

Here are are few Instagram sites with awesome workouts too.

@cardioexercises @cardio\_exercises\_

### **At Kamehameha- Kapalama, Koai'a**

Football coach, Abu Ma'afala has put together a summer program for ALL athletes. If you would like to be included in this summer training schedule as a team or individual, please contact him at 842-8242 or call me and I can get in touch with him on your behalf.

The schedule is attached. I highly encourage you to take advantage of this opportunity to learn more about strength training. These are valuable skills you will be thankful for as you grow older and stronger.

Here is a Monday through Friday example, just in case you need a starting point. I suggest adding sprint intervals or another form of cardio to supplement.

***Monday:***

*20 Squats  
15 sec plank  
25 crunches  
35 jumping jacks  
15 lunges  
25 wall sit  
10 sit ups  
10 butt kicks  
5 pushups*

***Tuesday:***

*10 Squats  
30 sec plank  
25 crunches  
10 jumping jacks  
25 lunges  
45 sec wall sit  
35 sit ups*

*20 butt kicks*

*10 push ups*

***Wednesday***

*15 squats  
40 sec plank  
30 crunches  
50 jumping jacks  
25 lunges  
35 sec wall sit  
30 sit ups  
25 butt kicks  
10 push ups*

***Thursday:***

*35 squats  
30 sec plank  
20 crunches  
25 jumping jacks*

*15 lunges*

*60 sec wall sit*

*55 sit ups*

*35 butt kicks*

*20 push ups*

***Friday:***

*25 squats  
60 sec plank  
30 crunches  
55 jumping jacks  
60 lunges  
45 sec wall sit  
40 sit ups  
50 butt kicks 30  
pushups*

***Sat/Sunday: Rest  
Day***

**June/July/August**

Focus on maxing out your strength and reps as the summer progresses. The closer we get to paddling season, you will want to extend your cardio distance and intensity. The stronger your running, the stronger your paddling. We hope you are paddling for club, but if you are not, focus on the bigger muscle groups as you train and exercise. This includes back, shoulders, core, and legs.

**September/October**

If you are not doing a Fall sport, please join in our pre-season condition or continue the workouts you did over the summer. Take advantage of ALL the equipment on campus. If you want a coordinated workout while on campus, please contact me directly.

# WARRIOR SPORT PERFORMANCE FACILITY – SUMMER 2017 HOURS

	MON (BOYS)	TUES (GIRLS)	WED (BOTH)	THURS (GIRLS)	FRI (BOYS)
12PM			(BOYS)		
1230PM			(BOYS)		
1PM	JV/VARS FOOTBALL		JV/VARS FOOTBALL		JV/VARS FOOTBALL
130PM					
2PM					
230PM					
3PM		GIRLS WATER POLO	BOYS WATER POLO	GIRLS WATER POLO	
330PM					
4PM	BOYS WATER POLO	GIRLS CHEER/VB	(GIRLS)	GIRLS CHEER/VB	GIRLS BASKETBALL
430PM			(GIRLS)		
5PM		GIRLS BASKETBALL	(GIRLS)		
530PM			(GIRLS)	INT FOOTBALL	
6PM			(GIRLS)		

**\*WEIGHTROOM CLOSES AT 630PM DAILY**

**\*THERE WILL ALSO BE SPEED AND QUICKNESS DROP-IN TRAINING ON MONDAYS & WEDNESDAYS FROM 3-4PM IN THE STADIUM.  
ALL WELCOME TO ATTEND**