

July 2016

AS OF RIGHT NOW ALL THE SESSIONS WILL BE @ LIONS FIELDS. You will know of any location changes, due to weather, by 4:30 PM. Please be sure to check your email before you leave.

Contact info: Coach Willey - mattwilley13@comcast.net, Coach LaFond- ashley.lafond@sau19.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 mile jog- under 25 mins	June 28th Session 5:30-7:00 PM	June 29th Session 5:30-7:00 PM	June 30th Session 5:30-7:00 PM	1 3 mile jog- under 25 mins	2
3	4	5 Session 5:30-7:00 PM @ St. As	6 Session 5:30-7:00 PM @ St. As	7 Session 5:30-7:00 PM @ St. As	8 3 mile jog- under 25 mins	9
10	11 3 mile jog- under 25 mins	12 Session 5:30-7:00 PM	13 Session 5:30-7:00 PM	14 Session 5:30-7:00 PM	15 3 mile jog- under 25 mins	16
17	18 3 mile jog- under 25 mins	19 Session 5:30-7:00 PM	20 Session 5:30-7:00 PM	21 Session 5:30-7:00 PM	22 2-mile timed trial @ GHS 8:30 AM	23
24	25 3 mile jog- under 25 mins	26 Session 5:30-7:00 PM	27 Session 5:30-7:00 PM	28 Session 5:30-7:00 PM	29 3 mile jog- under 25 mins	

Workout Thoughts

***If you follow this plan you will be in good form for our fall season.

Everyday the expectation is girls are doing 60 push-ups and 150 crunches. These can be done whenever or however they want, but they NEED to be done. The girls may choose to do them in sets of 10, 20, 30, once they get up, before bed, before/after our sessions, waiting for food at the microwave, etc., but throughout the course of the day they are to be done.

***All of the workouts below are to be done in circuit fashion (work for 50 seconds and 10 seconds to get into your next exercise.) This will total one minute for each “round”. The rest period between “rounds” should be one full minute. The girls should start with 3 rounds, but push to get 4 rounds if possible. If done properly, these workouts should take 20-30 minutes. The idea is to keep the heart rate up, use only their body weight, and have a focus on major muscles while doing *functional movements*. (Functional movements- movements used in everyday life and sports.)

Workout #1

- Wall squats
- Square jumps
- Rows
- Push-ups
- Sit-ups
- One minute rest before next round

Workout #2

- Lunges
- Jump rope
- Dips
- Crunches
- One minute rest before next round

Workout #3

- **Squats**
- **Box jumps**
- **Pull-ups**
- **Push-ups**
- **Planks**
- **One minute rest before next round**

These workouts should be done every other day if possible. The goal is to do three “resistant” workouts a week. It takes about three months to start to see results. If the girls have any questions about these movements they should ask at one of our sessions, or please email.