

# Fitness Heptathlon Weekly Workouts

<u>Warm Up</u> This Warmup is completed standing near a counter or chair for additional support or in a chair if necessary	<u>Cool Down</u> With some Static Stretching Hold Each Stretch for the count of 10
<ul style="list-style-type: none"> <li>• Marching in place (30 repetitions)                             <ul style="list-style-type: none"> <li>○ Stand tall</li> <li>○ Engage core</li> <li>○ Move arms</li> </ul> </li> <li>• Heel Touches out in front (30 repetitions)</li> <li>• Side Steps (30 repetitions)</li> <li>• Shoulder Rolls back (10 repetitions)</li> <li>• Shoulder rolls forward (10 repetitions)</li> <li>• Wide arms circles back (10 repetitions)</li> <li>• Wide arms circles front (10 repetitions)</li> <li>• Front Punches (10 repetitions each arm)</li> <li>• Cross punches (10 repetitions each arm)</li> <li>• Punches to ceiling (10 repetitions)</li> <li>• Lift Right leg (10 repetitions)                             <ul style="list-style-type: none"> <li>○ Bend at knee- extend- bend</li> <li>○ Use chair or counter for stability</li> </ul> </li> <li>• Lift Left Leg(10 repetitions)                             <ul style="list-style-type: none"> <li>○ Bend at knee- extend- bend</li> <li>○ Use chair or counter for stability</li> </ul> </li> <li>• Heel Raises (10 repetitions)</li> <li>• Lift Right Leg- point and flex toes (10 repetitions)</li> <li>• Foot circles (10 each direction)</li> <li>• Lift Left Leg- point and flex toes(10 repetitions)</li> <li>• Foot circles (10 each direction)</li> <li>• March in place (30 repetitions)</li> </ul>	<ul style="list-style-type: none"> <li>• Take a deep breath</li> <li>• Left ear to left shoulder</li> <li>• Right ear to right shoulder</li> <li>• Left arm across chest</li> <li>• Right arm across chest</li> <li>• Left Arm overhead (Triceps)</li> <li>• Right arm overhead (triceps)</li> <li>• Bend and touch toes</li> <li>• Face right side and touch toes (flat back)</li> <li>• Lunge (calf stretch)</li> <li>• Weight on back leg and flex front toe</li> <li>• Repeat on other side</li> <li>• Bend in center and roll up slow</li> <li>• Deep breath and reach over head</li> <li>• Slight tilt to the right-left-center &amp; back</li> <li>• Deep breath and finish.</li> </ul>

# Workouts

Each category below has 3 exercises to choose from. You will pick one exercise from each category (Agility and Speed, Balance, Core Strength, Cardiovascular Endurance, Lower Body Endurance, Lower Body Strength, and Upper Body Strength) to complete your workout. The exercise you pick will be the exercise you do for weeks 1,2 and 3 and then you will change your exercise in week 4. There is a chart below to track your exercises and how you are feeling during this experience. Hope you guys are having a fit summer and make sure you remember to drink your water!

\*Exercises marked with a \* can be referred to the Fitness Heptathlon Coaches Guide\*

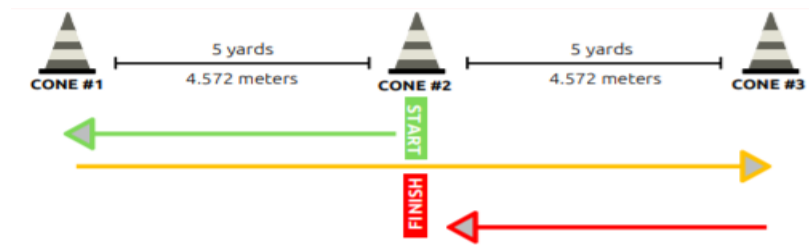
## Agility and Speed

### ○ Side shuffle

- Place two objects roughly 15 feet apart
- Starting at one of the objects, sidestep, or shuffle, to the other
- Once you reach the second object shuffle back to the first object, making sure to face the same way to ensure both sides are being trained.
- Complete 5 repetitions (down and back). Repeat 3 times with 60 seconds of rest in between
- Focus on form and technique to begin, then adding speed and intensity as you progress

### ○ 5-10-5 Agility Drill\*

- Place three cones 5 yards (4.572 meters) apart in a straight line
- Have athlete start at cone #2 in a good starting stance so they can sprint to cone #1.
- Athlete should sprint to cone #1 and touch the cone with their fingertips.
- Athlete should then turn and sprint to the cone #3 and touch cone #3 with their fingertips.
- Athlete should return to cone #2.
- Repeat this exercise 3 times with 60 seconds of rest in between



### ○ 10-yard run/walk/roll\*

- Create a start line and a finish line measured 10 yards apart with two objects
- The athlete will run/walk/roll as quick as they can from the start to finish line

- Athlete will repeat this exercise 3 times with 60 seconds of rest in between.

## **Balance**

### • **Weight Shifts**

- Stand with your feet hip-width apart and your weight equally distributed on both legs
- Shift your weight to your right side, then lift your left foot off the floor
- Hold the position as long as you can maintain good form, up to 30 seconds.
- Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions.
- Aim for 3 repetitions on each side. Repeat 3 times with 60 seconds of rest in between.



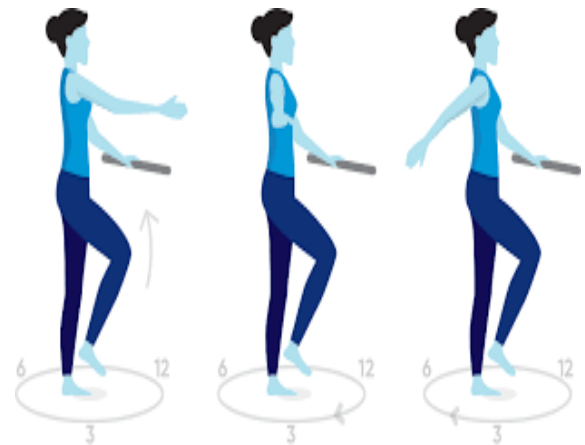
### • **“Tightrope” Walking**

- (Optional): Find a straight flat object, like a string or line on the floor, to imitate a tight rope
- The athlete will then walk on this tight rope, heel to toe for a short distance, 10 steps, and then walk back.
- Repeat this exercise 3 times with 60 seconds of rest in between.



### • **Clock Reach**

- Using a chair or counter for support
- Imagine that you are standing in the center of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.
- Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time.
- Repeat on both sides



## Core strength

### • **Crunches\***

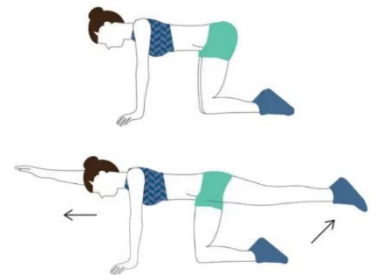
- Athlete lies on their back on the floor. They bend their hips and knees, so their feet are flat on the floor.
- Athlete reaches their arms toward their knees.
- Athlete lifts their head and then slowly lifts their upper back until they reach their knees.
- Athlete should get their shoulder blades completely off the ground.
- Athlete touches their knees and lower all the way back down, including their head.
- Complete 15 repetitions 3 times with 60 seconds of rest in between.

### • **Plank\***

- Athlete starts on hands and knees
- Athlete straightens one leg at a time and put the balls of their feet on the floor.
- Athlete's hands are placed below their shoulders.
- Athlete's body should make a straight line from their heels to their shoulders.
- Athlete should keep their abdominal muscles tight and their back straight.
- Athlete should hold this position in the correct form for as long as possible
- Repeat 3 times with 60 seconds of rest in between

### • **Bird Dog Crunch**

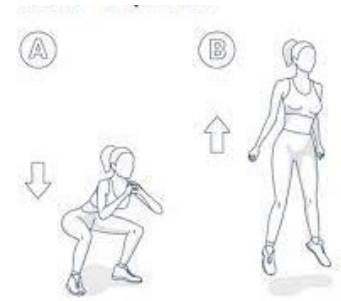
- Athlete is on all fours with a neutral neck position
- With the core engaged athlete raises one arm straight out in front of them.
- At the same time, if capable, athlete will raise the opposite leg straight out behind them
- Then they place the arm and leg back down and repeat on the other side
- Complete 5 full movements on both sides.
- Repeat 3 times with 60 seconds of rest in between



## Lower Body Endurance

### • **Jumping Squats**

- Athlete stands with legs slightly wider than hip width apart
- They bend their knees to a small squat
- On their way up they jump in the air and land back in the squat
- Complete 15 repetitions of this movement and Repeat 3 times



### • **Wall Sits\***

- Athlete will find a wall they are able to lean up against.
- Putting their backs against the wall they will imitate as if they are sitting in a chair
- Hold this exercise for 30-60 seconds. Repeat 3 times.

### • **Side-to-Side Jumps\***

- Place three lines or three cones on the ground one foot (or 30 cm) apart. Adaptations can be made to reduce this distance if needed.
- Athlete starts on cone #2 and jumps with two feet to cone #1.
- Athlete then jumps back to cone #2.
- Once the Athlete is back to cone #2, they immediately jump to cone #3.
- Once they have jumped to cone #3 they jump back to cone #2.
- Athlete completes exercise for 30 seconds. Repeat 3 times with 30 seconds or rest in between

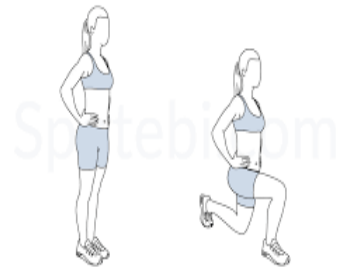
## Lower Body Strength

### • Squats\*

- Standing up tall with your feet shoulder-width apart.
- Holding onto your chair with both hands if needed
- Hinging at the hips and sitting back as if you were sitting on a chair.
- As you sit back, go no deeper than 90 degrees and as you stand back up.
- Put equal weight through both legs.
- Make sure your knees don't go over the line of your toes and they aren't moving inward throughout the exercise.
- Complete 15 repetitions, Repeat 3 times with 60 seconds of rest in between.

### • Lunges

- Standing up tall, with both hands on the chair.
- Take a large step directly backwards and drop down just before the floor.
- Come back up and repeat for the opposite leg.
- Keep your body upright throughout the exercise, ensuring the knee of your front foot does not come past the line of your toes.
- Complete 15 repetitions on each side, Repeat 3 times with 60 seconds of rest in between.



### • Hip Abductions (leg sideways and straight)

- Standing tall with your feet close together and holding on to your chair with one hand
- Slowly bring your leg out to the side and in a controlled motion bringing your feet back together.
- Ensure you keep your toes facing the front throughout this exercise, also make sure that you do not lean during this exercise or hitch your pelvis.
- Complete 15 repetitions and switch sides, Repeat 3 times with 60 seconds of rest in between.



## Upper Body Strength

- **Push Ups\***

- Participant starts in a high plank position with arms shoulder width apart and palms flat on the floor.
- The head, back, hips, knees and toes should be in a straight line.
- Participant bends their elbows and lower their chest toward the ground. Participants must bend their elbows at least 90 degrees before returning to the starting position. They should use their arms and core to push back up to the starting position

- **Lateral Raise (Arms out to the side)**

- Start with arms straight down to the side, with soup can or water bottle as extra resistance.
- Raise arms straight to the side to be in line with shoulders (think like a T)
- Lower arms back down and complete 15 repetitions.
- Repeat 3 times with 60 seconds of rest in between.



- **Overhead Press**

- Sit straight up in a chair. Your feet should be firmly on the ground, about shoulder-width apart.
- Using light weights, a soup can, or water bottle for extra resistance
- Bend your arms, with your hands next to your shoulders like a goalpost.
- Raise your arms, so they stretch up above you.
- Lower your arms to the starting position.
- Complete 15 repetitions, Repeat 3 times with 60 seconds of rest in between.



## Cardiovascular Endurance

- **Marching or High Knees**

- Athlete will start with feet Together and raise one leg with a bent knee
- They will then either jump and switch legs or place the raised leg down and raise the other leg
- Perform this movement for 30-60 seconds. Repeat 3 times



- **Jumping Jacks\***

- Athlete will start with arms at their side and feet together.
- They will then jump their legs apart and bring their arms over their head like a star.
  - For Side steps just step one leg out to the side with the same arm motion
- They will then return to starting position
- Do this exercise for 30-60 seconds. Repeat 3 times.

- **Jog in Place**

- Athlete will act as if they are running but stay in the same place
- Perform this exercise for 30-60 seconds. Repeat 3 times.

Great job guys you have completed the workout! Use the chart below to track your workouts and how you are feeling each week. You are doing great and keep up the hard work!



	Warm Up	Agility and Speed	Balance	Cardio	Core Body Strength	Lower Body Strength	Lower Body Endurance	Upper Body Strength	Cool Down	How Did your workout Feel? Circle One
<b>Exercises</b> Write your exercise down										
<b>Week 1</b> Check it off										
<b>Week 2</b> Check it off										
<b>Week 3</b> Check it off										
<b>Exercises</b> Write your exercise down										
<b>Week 4</b> Check it off										
<b>Week 5</b> Check it off										
<b>Week 6</b> Check it off										

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