

## Fit for Fall 2017

Training to take place at the Eng School of Self Defense, 503 N. Main Street, Clover. September obstacle course location TBD. Please wear proper attire and bring water.

August 2017

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
This program is not for beginners. Participants are encouraged to prepare for the Fit for Fall program. A good program is the 30-Day Challenge.		1.	2.	3.	4.	5.
6. Week #1 Cardio  <u>Run/jog</u> <u>Walk</u> 1.0     .5	7. -Warm-up, Stretches & Mobility Drills -Run/jog/walk	8.	9. -Warm-up, Stretches & Mobility Drills -Run/jog/walk	10.	11. -Warm-up, Stretches & Mobility Drills -Run/jog/walk	12. These drills will be referred to as <b>"WSMD"</b> on the calendar
13. Week #2 Cardio  <u>Run/jog</u> <u>Walk</u> 1.5     .5	14. -WSMD -Core drills -Run/jog/walk	15.	16. -WSMD -Core drills -Run/jog/walk	17.	18. -WSMD -Core drills -Run/jog/walk	19. Core Drills will be called <b>CD's</b> from here on and vary from day to day
20. Week #3 Cardio  <u>Run/jog</u> <u>Walk</u> 2.0     .5	21. -WSMD's -Interval Training -Run/jog/walk	22.	23. -WSMD -CD's -Run/jog/walk	24.	25. -WSMD -CD's -Run/jog/walk	26. Interval Training done at pace that allows you to go full time
27. Week #4 Cardio  <u>Run/jog</u> <u>Walk</u> 2.5     .5	28. -WSMD's -Circuit Training -Run/jog/walk	29.	30. -WSMD's -Interval Training -Run/jog/walk	31.	September 1.	September 2. -WSMD -CD's -Run/jog/walk

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27. Week #4 Cardio  <u>Run/jog</u> <u>Walk</u> 2.5 .5	28. -WSMD's -Circuit Training -Run/jog/walk	29.	30. -WSMD's -Interval Training -Run/jog/walk		1.	2. -WSMD -CD's -Run/jog/walk
3. Week #5 Cardio  <u>Run/jog</u> <u>Walk</u> 3.0 .5	4. <b>LABOR DAY</b> -WSMD's -Cardio/hills -Run/jog/walk	5.	6. -WSMD -CD's -Run/jog/walk	7.	8.	9. -Short Obstacle -Run/jog/walk
10. Week #6 Cardio  <u>Run/jog</u> <u>Walk</u> 3.5 .5	11. -WSMD's -Track work/drills -Run/jog/walk	12.	13. -WSMD -CD's -Run/jog/walk (Light work-out)	14.	15.  <b>PEP RALLY</b>	16. <b>Steele Creek YMCA</b> <u>C2 Obstacle Trail</u> <u>Run</u> <b>Camp Thunderbird</b>
<p>The last week of the training (September 11-15) should be a time of recovery and rest. Use this week to stay loose with proper warm-ups, mobility drills and stretching. Light exercises and easy jog okay through Wednesday. Hydrate well Thursday and Friday. You can introduce additional carbohydrates (pasta and light starches not sugars) in preparation for Saturday. This will provide some extra energy for the event.</p> <p><i>Before beginning any new exercise regimen, especially if you are not used to regular exercise, it is important to consult with your primary care physician.</i></p>						
<p><b>Warm Up Drills</b> can be:</p> <ul style="list-style-type: none"> <li>-Walking/jogging in place w/ arms moving</li> <li>-Skipping (upper body inclusion)</li> <li>-Step-ups/downs (upper body inclusion)</li> <li>-Walking crunches</li> <li>-Toy soldiers</li> <li>-Jumping jacks (moderate speed)</li> </ul>			<p><b>Mobility Drills</b> can be:</p> <ul style="list-style-type: none"> <li>- Ankle Rotations / Knee Rotations</li> <li>- Hip Rotations</li> <li>- Wrist Flexes / Shoulder Rotations</li> <li>- Neck Flex</li> <li>- High Knee Drill</li> <li>- Glute Hugs (figure 4's)</li> <li>- Butt Kick Drill</li> <li>- Knee Hugs</li> <li>- Hip Flexors</li> <li>- Spiderman Crawl</li> </ul>			