

Fit for Fall 2019

Training to take place at the Eng School of Self Defense, 503 N. Main Street, Clover. September obstacle course location at New Centre Park. Please wear proper attire (socks & running shoes) & bring water.

August 2019

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>This program is not for beginners. Participants are encouraged to prepare for the Fit for Fall program. Completion of the 30-Day Challenge as well as the ability to run for at least 1 mile is highly recommended. This schedule is only a guide and may be altered as needed to fit the needs of the class.</p>				1	2	3
<p>4 Week #1 Cardio</p> <p><u>Run/jog</u> <u>Walk</u> 1.0 .5</p>	<p>5 -Warm-up, Stretches & Mobility Drills -Run/jog/walk</p>	6	<p>7 -Warm-up, Stretches & Mobility Drills -Run/jog/walk</p>	8	<p>9 -Warm-up, Stretches & Mobility Drills -Run/jog/walk</p>	<p>10 These drills will be referred to as "WSMD" on the calendar</p>
<p>11 Week #2 Cardio</p> <p><u>Run/jog</u> <u>Walk</u> 1.5 .5</p>	<p>12 -WSMD -Core drills -Run/jog/walk</p>	13	<p>14 -WSMD -Core drills -Run/jog/walk</p>	15	<p>16 -WSMD -Core drills -Run/jog/walk</p>	<p>17 Core Drills will be called CD's from here on and vary from day to day</p>
<p>18 Week #3 Cardio</p> <p><u>Run/jog</u> <u>Walk</u> 2.0 .5</p>	<p>19 -WSMD's -Interval Training -Run/jog/walk</p>	20	<p>21 -WSMD -CD's -Run/jog/walk</p>	22	<p>23 -WSMD -CD's -Run/jog/walk</p>	<p>24 Interval Training done at pace that allows you to go full time</p>
<p>25 Week #4 Cardio</p> <p><u>Run/jog</u> <u>Walk</u> 2.5 .5</p>	<p>26 -WSMD's -Circuit Training -Run/jog/walk</p>	27	<p>28 -WSMD's -Interval Training -Run/jog/walk</p>	29	30	<p>31 NEW CENTRE PK -Short Obstacle -Run/jog/walk</p>

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September 2019

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1 Week #5 Cardio <u>Run/jog</u> <u>Walk</u> 3.0 .5	2 LABOR DAY -WSMD's -Cardio/hills -Run/jog/walk	3	4 -WSMD -CD's -Run/jog/walk	5	6	7 NEW CENTRE PK -Short Obstacle -Run/jog/walk YOUTH TRAINING
8 Week #6 Cardio <u>Run/jog</u> <u>Walk</u> 3.5 .5	9 -WSMD's -Track work/drills -Run/jog/walk	10	11 -WSMD -CD's -Run/jog/walk (Light work-out)	12	13 PEP RALLY	14 Steele Creek YMCA <u>C2 Obstacle Trail</u> <u>Run</u> Camp Thunderbird
<p>The last week of the training (September 9-13) 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>Warm Up Drills can be:</p> <ul style="list-style-type: none"> -Walking/jogging in place w/ arms moving -Skipping (upper body inclusion) -Step-ups/downs (upper body inclusion) -Walking crunches -Toy soldiers -Jumping jacks (moderate speed) 			<p>Mobility Drills can be:</p> <ul style="list-style-type: none"> - Ankle Rotations / Knee Rotations - Hip Rotations - Wrist Flexes / Shoulder Rotations - Neck Flex - High Knee Drill - Glute Hugs (figure 4's) - Butt Kick Drill - Knee Hugs - Hip Flexors - Spiderman Crawl 			