

WORKOUT : Week of October 19 - 25, 2020

WARM-UP: (10 minutes)

see sheet: http://centrechateau.com/competition/workouts/outdoor_stretches.pdf

RUN (jog) to a nearby Parc: (ideally about a 12 minute jog)

SPRINTS: (~16 minutes) Find area away from people with enough space for sprints.

- 1-minute run (maintain max throughout) ... 10 second walk (**running forwards**)
- 1-minute run (maintain max throughout) ... 20 second walk (**running forwards/backwards**)
- 1-minute run (maintain max throughout) ... 30 second walk (**running sideways**)
 - **Repeat all 4x (total)**
 - *NOTE: if able to measure, pulse should be minimum 30bts/10sec, but not more than 32bts*

SHADOW BOXING: (~10 minutes)

- 1-2-1 step right (SR) // 1-1-1 SR // 1-2-2 SR // 1-2-1-2 SR (repeat ... 2 mins)
- 1-2-1 step left (SL) // 1-1-1 SL // 1-2-2 SL // 1-2-1-2 SL (repeat ... 2 mins)
- 1-2-1 step back (SB) // 1-1-1 SB // 1-2-2 SB // 1-2-1-2 SB (repeat ... 2 mins)
- 1-2-1 mix moves (MX) // 1-1-1 MX // 1-2-2 MX // 1-2-1-2 MX (repeat ... 2 mins)
- REST 30 seconds between rounds

STRENGTH: (~16 minutes) – 30 second rounds

- Scissor Legs / Alternating Leg Lifts / Pikes / Push-Ups
- Small Circles / Medium Circles / Large Circles / Pikes / Push-Ups
- Bicycle / Stopping Bicycle / Speed Bicycle / Pikes
- Speed Bicycle / Stopping Bicycle / Bicycle / Push-Ups
- Bicycle / Tricycle / Blade / Pikes / Push-Ups

- **Log Position:**
- Hold it (x2) // Roll it // Hold it // Bounce it // Hold it // TAPS (x4)

TOTAL TIME (~1h10 ... or longer)

END: Stretch in the parc and walk home, or light jog home and then do stretching.

see last pages of sheet: http://centrechateau.com/competition/workouts/outdoor_stretches.pdf