

Dryland Program for K1 athletes

Dynamic Stretch/Warm-up (15 mins): Basically with these stretches/movements we are both moving and stretching at the same time. We use these movements to warm the muscles up and give them a more elastic quality that is less likely to injure.



High knees



Butt kickers



Foot Fire – Leading into Drop Squats



Side Shuffles



Carioca



Slalom Hip Twists/Speiss in place



Sumo's



Hip Openers



Lunge Walks



Lunge Hops (in place - 5 per leg)



Jumps w/ knee raise



Leg Swings

Aerobics' (30 mins): Best Achieved through continuous games and activities like: Soccer, floor hockey, running, swimming, rowing, and rollerblading.

Speed, Agility, Balance Coordination, Quickness, and Reaction Time (10 mins): Programmable (we know what to do), Reactive (we react to a coach/other athlete), or involves quick movement with the feet and or arms.

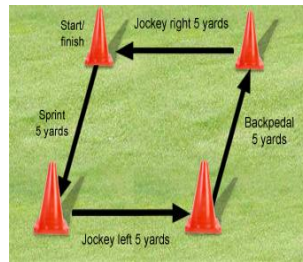
These exercises will be determined by the coach, will change from session to session and will progress from easy to more difficult.

Some examples include:

Speed: Ladder Speed Run



Agility: Cone drills



B&C: Left-Leg Balance Right-Leg Reach



Quickness: Plyometric Push-ups



Reaction Time: Directional Mirror Drill

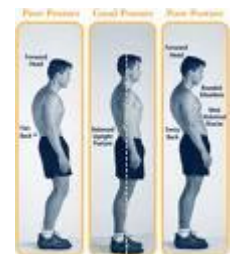


General Strength and Core(25 mins): Emphasis with all exercises is to maintain good posture in the upper and lower body (ie. **head back, chin tucked in, shoulders back, curved lower spine, and knees slightly bent**)

Ball Squats: 2 sets, 30 reps



Ex, of good posture: In the middle



Emphasis on:

- Proper upper body posture (head on top of spine, shoulders back, curved lower back)
- Tall upper body

- Feet shoulder width apart
- Counter-movement with arms
- Feet/heels flat on the ground

Wall Sits: holding position for at least 2 minutes, but the key is max effort



Emphasis on:

- Feet flat on ground, shoulder width apart
- 90 degrees flexion at the knee
- Hands to the sides or crossed over the chest **NOT** on the knees
- GOOD UPPER BODY POSTURE

Medicine Ball Dynamic Lunge: 2 sets for at least 40 meters



Emphasis on:

- tall spine, head flexed forward on top, shoulders back, and curve in the lower back
- knees behind toes
- flexing to 90 degrees at the knee
- Upper body moves independently of lower body, head stays forward
- do not over-exaggerate a lunging movement, more like a step forward

Hamstring Curls w/ Swiss ball: 3 sets, 10 – 15 reps 2 up: 2 down



Emphasis on:

- core activation throughout movement
- slow and smooth not jerky

Triceps Dips: 2 sets, to max



Emphasis on:

- four points of contact (both feet, both hands)
- good upper body posture
- descending to 90 degrees flexion at the elbows
- elbows kept close to the body

Pull-ups: 2 sets, to max



Emphasis on:

- quite lower body (no swinging)
- using just the arms to pull-up
- over-hand grip on bar/bars

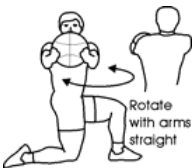
Core: Emphasis here is to have good upper body posture throughout the movements



Side Plank: 1 set holding for 30 seconds on each side



Front Plank: 1 set holding for 1 minute



One-Knee Medicine Ball Rotation:

(2 sets 15 reps on each side)



Double Leg Lifts: 2 sets to max



Crunches: 2 sets to max



Prone Leg Lift (one or both legs): 1 set to max

Static Stretch (10 mins): Our muscles are warm, and elastic from our workout. We can now safely and effectively stretch these tissues to their full potential.

*All stretches should be held for at least 30 seconds



Calve stretch: both straight and bent knee



Sitting Hamstring Stretch: emphasis on good posture



Single-Leg Hamstring Stretch



Hip Flexor Stretch



Groin Stretch



Lower Back Stretch



Quadriceps Stretch



Shoulders Stretch

Total Workout time: 85 mins

Warm-up: 0 – 10 mins

Aerobics': 10 – 40 mins

SAQ/ABC: 40 – 50 mins

General Strength/Core: 50 – 75 mins

Static Stretch/Flexibility: 75 – 85 mins