

Charlotte Trojan/Trojanettes Strength and Conditioning

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Active Recovery:	Flip a Coin:		Work Day:		Flip a Coin:	Weekly Competition Challenge: "HERSCHEL WALKER CHALLENGE"
20 minutes of activity: bike, walk, jog	<u>HEADS</u>	HIIT CHALLENGE!!!	100 Jumping Jacks 90 Air Squats 80 Sit Ups 70 Push Ups 60 Split Jumps 50 walking Lunges 40 Reverse lunges 30 Donkey Kicks 20 Mountain Climb 10 Pistol Squat 5 - 40 yd sprints	HIIT CHALLENGE!!!	10,9,8,7,6,5,4,3,2,1 1. split jumps 2. push ups 3. v-ups holding something	
Health Challenge	Repeat 5 times: 5 Push-ups 10 Sit-ups 15 Air Squats	Choose one of the below:		Choose one of the below:	1. split jumps 2. push ups 3. v-ups holding something	**TO START THE CHALLENGE YOU MUST PUT ON 90'S OR EARLY 2000'S HIP HOP MUSIC (you have 24 hours to complete the challenge.
Really wash your hand for 20 seconds thoroughly	<u>TAILS</u>				<u>TAILS</u>	Option A:
	Repeat 4 times: 21 Butt Kicks 15 High Knees 9 Mountain Climber	<u>HEALTH CHALLENGE</u>	<u>HEALTH CHALLENGE</u>	<u>HEALTH CHALLENGE</u>	21,18,15,12 1. object jump ons 2. push ups 3. run to end of block and back	# number of sets are up to you 1. 500 Push-Ups 2. 500 Sit-Ups 3. 5 K run or 10 k bike ride
	<u>HEALTH CHALLENGE</u>	Create a smoothie of you choice	<u>HEALTH CHALLENGE</u>	zero sodas for today	<u>HEALTH CHALLENGE</u>	Option B:
	Drink 4 or more glasses or bottles of water		Eat fruit for dessert today		Drink 4 or more glasses or bottles of water, 1 fruit, and zero sodas today	As many rounds as possible for time: throughout the day 1. Squats: 10 reps 2. Push-ups: 10 reps 3. Jumping Jacks: 15 Reps 4. Reverse Lunges: 6 reps each leg Sit ups: 10 reps

HIIT CHALLENGE (High Intensity Interval Training)

OUTDOOR	INDOOR / OUTDOOR	
"Walk this Weight"	"Catch me if you Can"	"No Pain No Gain"
Interval Running: 10 Minutes 10 Seconds of Full Speed Run / 20 Seconds Walk Cool down: Alternate 30 seconds Jogging and 30 seconds walking cool down last 10 minutes	Crossfit Wod: 8 Minutes Exercise: AMRAP(As many rounds as Possible) Complete as many rounds of the exercises below in order. Record how many rounds you finished Rest as needed but try to rest as little as possible.	Pyramid Workout: No Time Limit Exercise reps: 10,9,8,7,6,5,4,3,2,1 Do the exercises in order, do all exercises at the same reps before moving down to next reps. Example: 10 burpees, 10 air Squats, 10 Psh ups..than move to 9 burpees, 9 air squats, 9 push ups.
"Rise and Grind"	<u>EXERCISES:</u> 21 - Jumping Jacks 18 - Split Jumps 15 - Push-Ups 12 - Squat Jumps	<u>EXERCISES:</u> Burpees Air Squats Push-Ups
Interval Running: 10 Minutes 20 Seconds of Full Speed Run / 10 Seconds Walk Cool down: 1 Mile: Jog for 2 Minutes then walk for 2 Minutes Repeat 5 times if you can't judge a mile	"Hit the Deck"	
"Hit and Run"	Tabata Style: Work 20 seconds / Rest 10 Seconds - 9 Minutes Total Exercises: Complete Both Rounds at 20 seconds working / 10 seconds resting	
Interval Running: 10 Minutes 30 Seconds of Full Speed Run / 30 Seconds Walk Cool down: 1 Mile: Jog for 2 Minutes then walk for 2 Minutes Repeat 5 times if you can't judge a mile	<u>ROUND 1: Repeat 4 times through</u> Burpees 20 seconds / Rest 10 Seconds Walking Lunges 20 seconds / Rest 10 Seconds Rest 1 minute after round 1 (all 4 times through is 1 round)	<u>ROUND 2: Repeat 4 times through</u> Push-Ups 20 seconds / Rest 10 Seconds Crunches: 20 seconds / Rest 10 Seconds