

Class: Learn to train

Time: 60 minutes

Ages: 10-14

Post assessment

Week 1 / DAY 1

Water breaks are built in or as needed

Block 1 (15 minutes)

- Go over the objectives for the day – Most important Have FUN!
- Active warmup plus running mechanics drills (Skip progression, arm swing, ankle-knee placement, foot strike)

Block 2 (15 minutes)

- (2 min) Break / Explanation
- (2 min) Mobility / Glute activation
- (8 min) X RUN – ON FIELD /*Focus on running mechanics*

Block 3 (15 minutes)

- (2 min) Break /explanation
- (13 min) lower body strength circuit – 4 stations – 2:30 min each-45 sec break between stations
 - Body Weight Lunge – (*multi directional*)
 - KB swing (*hip hinge*)
 - Stick or Band overhead squat – (*Check mobility*)
 - Knees to feet jumps (*hip explosion*)

Block 4 (10 minutes)

- (2 min) Break / explanation
- (8 min) upper body strength circuit – 3 stations – 2:00 min each – 30 sec break between stations
 - Band assisted pullups (*shoulders/back/ Grip strength*)
 - Band assisted pushups (*chest/shoulders*)
 - 4 corner slow crawl (*chest/shoulders/core*)

Block 5 (5 minutes)

- (3 min) Cooldown static or band stretch
- (2 min) Debrief /Nutrition talk