

Elementary and Middle School Workouts Week 2

Homework: □ Make sure you have good running shoes.

Workout: Feel free to reduce repetitions for elementary age. The key is to get the kids moving and have fun learning to run! Don't let them overdo it. Encourage them, run with them! If your middle schoolers would like to increase the running time, feel free to add 2 minutes and 2 repetitions to each interval.

Monday - Start the week of with a prayer for our team!
Jog for 2 minutes without stopping, walk for 2 minutes. (X3)

Tuesday – Jog for 3 minutes, walk for 2 minutes. (X3)
15 high knees
15 bum kicks
15 squats
Stretch
Hydrate

Wednesday - Jog for 3 minutes, walk for 2 minutes (X3)
15 sit ups
15 push ups
5 thirty second planks
Stretch
Hydrate

Thursday - Jog for 3 minutes, walk for 2 minutes (X3)
15 lunges on right leg
15 lunges on left leg
15 Glute bridges, hold for 3 seconds each
Stretch
Hydrate

Friday – jog for 3-5 minutes
Sprint 10 times at your chosen distance
Stretch
Hydrate