Dryland

Session 2

- Warmup:
  - Stretch for 5 minutes
  - 50 Jumping Jacks
  - 1:00 Minute High knees running in place
  - 1:00 Minute Shadow Boxing
- Main set
  - Core work - Repeat each 2x (Pre senior 3x) Rest 1:00 between each round
    - 1:00 - Bicycle Crunch
      - Example = https://www.youtube.com/watch?v=eBZ4rdDjLFM
    - 1:00 Leg lifts- use a partner -
      - Example = https://www.youtube.com/watch?v=2owf3NTjGzk
    - 1:00 Up and down blanks
      - Example = https://www.youtube.com/watch?v=_Fij1WV0ico
    - 1:00 Mountain climbers
      - Example = https://www.youtube.com/watch?v=zT-9L3CEcmk
  - Working on fast starts and Turns - 2x thru (Pre Senior 3x)
    - 25 Leg apart Jumps
    - 25 Streamline Jumps
    - 25 Track start Jumps
    - 25 Streamline Jumps
- Cool down
  - 10 minute walk or jog

*** Leg apart Jumps: feet at least 1 foot apart - Jump as far out as you can, turn around jump back - Land both feet at same time
*** Track Start Jumps: 1 foot back Jump as far you can, land on same both feet at same time