

## Camp Exercises 2008

### Run & Jump Exercises

General Guidelines: Do exercises at a moderate pace. We will do these for 30 minutes so start out slowly. Go around the cone and back to start.

#### Run

##### Stride Walk

Take huge steps and stretch out the legs.

##### Band March

Walk with knees going up high.

##### Hop Both Legs

##### Sideways Hop

Lead leg out, back leg to meet it, repeat.

#### Run

##### Lunges

1 Leg forward bend back leg and touch knee to ground, switch legs.

##### Tin Soldier March

Legs straight and arms straight, right arm and leg then left arm and leg.

##### Hop Right Leg Only

##### Hop Left Leg Only

##### Sideways Crossover Running

Trail leg in front, then in back, of lead leg and repeat.

##### Backwards Running

*Our goal is to do endurance work on legs for swimming and wall push-offs.*

### Flip for Fitness

General Guidelines: Each card suit represents an exercise. The number = number of repetitions. You can modify the exercises. Flip card, do the exercise, go through the whole deck.

Spades = Squat Jumps

Hearts = Lunges

Diamonds = Hops

Clubs = Mountain Climbers

Example; 9 of diamonds = 9 hops

*Our goal is to work leg muscles to help swimmers push off harder on turns, and starts.*

### Dice Advice

General Guidelines: Roll 1 die to determine what exercise to do, roll 2<sup>nd</sup> die to determine how long to do the exercise. Each number equals minutes of that exercise. You can modify the exercises.

Total time = 30 minutes

1-Jump rope

2-Run in place

3-Jumping jacks

4-Up-down push ups

5-Knee high march in place

6-Cross country Skiers

Example: Roll a 3 = jumping jacks, then roll a 5, do them (jumping jacks) for 5 minutes.

*Our goal is keeping the heart rate up to gain cardiovascular fitness and also to work the leg muscles for wall push-offs.*

### **Jump Up, On, and Over**

These exercises are best done on sets of stairs. Do the exercise on the way up and walk on the way back down unless otherwise stated. Stretch calves before doing these exercises.

#### **Walk up**

#### **Walk up 2 at a time**

#### **Walk up 3 at a time**

#### **Walk up as many as possible at a time**

#### **Heel ups**

Stand with balls of feet on stair, let heels drop then raise heels, repeat 25 times

#### **Heel ups-Toes in/Heels out**

#### **Heel ups-Heels in/Toes out**

#### **Hop up right leg only**

#### **Hop up left leg only**

#### **Hop up both legs**

#### **Hop down/Hop up**

Hop down from first step, bend knees as you land, then hop forward as far as possible

#### **Step up Sideways-Right leg lead**

#### **Step up Sideways-Left leg lead**

#### **Step up backwards**

#### **Step up backwards-Toes in**

#### **Step up backwards-Toes out**

#### **Create your own "safe" stepping exercise**

*Our goal is to work the legs for starts and wall push-offs.*

### **Jump Rope to Power**

Do with a partner, one of you jumps while the other watches and cheers you on. Have the more experienced go first so a newer jumper can watch and learn. Jump for 1 minute and then switch.

- 1- 2 Foot Jump
- 2- Reverse Jump
- 3- Twist 2 Foot Jump
- 4- Jogging Step
- 5- Jogging Step-High Knees
- 6- Double Under
- 7- Jumping Jack
- 8- Cross Footing
- 9- One Foot Jump, Switch ½ Way
- 10- Heel and Toe

Repeat each while moving forward. Do moving exercises 30 seconds before switching.

*Our goal is to gain cardiovascular fitness and work our legs for wall push-offs.*