

BASE PHASE:

Emphasis on improving aerobic/muscular endurance, target specific fitness needs, and intensity awareness.

Warm-ups: Move in six directions, use variable foot positions, include build-up drills.

	<p>BASE 2.1 Interval: Cardio + Core (AE + ME/CORE) WU x 7 Intervals AE x 5 min @ 6-8 Core exercises x 2 min @ 6-7 Gear shifting x 2 min (every 15 sec) Core exercises x 2 min @ 6-7 Repeat x 3 WD x 7 min</p>	<p>BASE 2.2 Circuit: Cardio + Strength (AE + ME + STR) WU x 10 Circuit 6 rounds of (12-minutes) ME Upper Body x 1 min @ 8 ME Lower Body x 1 min @ 8 AE x 6 min @ 6-7 with noodle 2 rounds of (16-minutes) with noodle ME Upper Body x 4 min @ 7 ME Lower Body x 4 min @ 7 WD x 6 min</p>	<p>BASE 2.3 Mixed Formats (AE + ME) WU x 8 Interval: 10 rounds of (20-minutes) + ME x 1 min @ 6 + AE x 1 min @ 9 Circuit x 12 minutes + MOB x 1 min @ full ROM + STR x 1 min @ 8 STR x 1 min @ 8 + AE x 1 min @ self-selected + Student Choice x 1 min Repeat x 3 (focus SP/FP/TP) Drills for Skills x 4 min* WD x 6 min</p>	<p>BASE 2.4 Circuit: Noodle Abs BASE 2.4 (AE + ME) WU x 8 @ 4-9 Circuit: noodle assist vs. noodle resist AE x 2 min ME x 1:30 min (noodle assist) AE x 2 min ME x 1:30 min (noodle resist) Repeat x 5 rounds WD x 7 min</p>
Movement intensity:	Aware: If it hurts make the move smaller	Aware: Practice variable ROM	Aware: Practice small changes	Aware: Make every move a core exercise
Metabolic intensity:	Aware: Feel heart, lungs, muscle	Aware: Feel heart, lungs, muscle	Aware: Feel heart, lungs, muscle	Aware: Equipment safety
Variable:				
	<p>BASE 2.5 Intervals: Cardio + Balance (AE + ME) Intervals WU x 7 @ 1-10 AE x 5 min @ 7 Core exercises x 2 min @ 7 Tabata x 2 min + ME upper body x 2 min @ 7-8 + ME lower body x 2 min @ 7-8 Balance exercises x 4 min Repeat x 2 WD x 7 min</p>	<p>BASE 2.6 HIYO (AE + ME + MOB) WU x 8 @ 4-7 HIYO (34-minutes): YO=yoga @5-7 + AE x 2 min + HI = HIIT @8-10, repeat x 5 + YO x 2 min, AE x 2 min, HI x 3 min + YO x 3 min, AE x 2 min, HI x 4 min + YO x 2 min, AE x 2 min, HI x 1 min + YO x 2 min, AE x 2 min, HI x 1 min + YO x 3 min, AE x 2 min, HI x 4 min WD x 8 min</p>	<p>BASE 2.7 Mixed Formats (AE + ME + NM) WU x 10 min Continuous w choreo x 10 min ME x 2 min @7-8 Core x 2 min @6-7 Build Up Drill x 2 min Repeat x 2 WD x 8 min</p>	<p>BASE 2.8 Endurance Drills (AE + ME/LT) WU x 10 @ 1-10 Endurance Drills (30 minutes) + FAST cadence x 30 sec. up + 30 sec. down + HARD LB x 1 min + easy x 1 min + HARD UB x 1 min + easy x 1 min + HARD total body 1 min + easy x 1 min AE X 3 min @ 7 Repeat x 3 with a new exercise each round WD x 7</p>
Movement Intensity:	Sculling (action) and body (reaction)	Aware: pain free ROM	Focus on technique	Say less; ask more "what do you feel"
Metabolic Intensity:	Practice sculling in warm-up 1-10	Another way to practice gear shift	Allow for some self-selection	Coach to challenge; permission to choose
Variable:				

***Drills for Skills: Target skill related components of fitness for independence and performance.**

Agility drill: Exercises that change from two-and-one footed (i.e.) 5-dot drill with variable jump patterns

Balance drill: Use turbulence (i.e.) run and stop on command (2 or 1 footed); single leg balance with variable arm/suspended leg moves

Speed drill: Build up drills (i.e.) uncomfortably slow, slow, medium, fast

Power drill: Exercises that combine speed and force (i.e.) jump squats, grounded unilateral moves

Reaction time drill: Unpredictable changes on command

Coordination drill: Simply introducing new exercises; new patterns of arm/leg/combo