

BUILD PHASE:

Use general fitness gains to improve specific goals and improve efficiency by working the nervous-muscle-skeletal systems to max potential; help students take charge of their results "own it."

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

BUILD 3.1 HIIT Basics
(AE + HIIT)
WU x 10 min @ 1-10
ME x 4 min @ 6-7
HIIT: 30 sec @5 /30 sec @9
Repeat x4
Core exercises x 6 min @ 7
Yoga x 2 min
HIIT: 30 sec @5 /30 sec @9
Repeat x4
ME x 3 @5
Core exercises x 10 min @ 7
WD x 7 min

BUILD 3.2 Interval: Tabata
(AE + HIIT)
WU x 10 min
Tabata x 4 min
Continuous training x 12 min
Tabata x 4 min
Continuous training x 12 min
Tabata x 4 min
WD x 5 min

BUILD 3.3 Interval: Fartlek
(AE + speed work)
WU x 5 min
Fartlek x 10 min
Continuous training x 10 min
Fartlek x 10 min
Continuous training x 10 min
WD x 5 min

BUILD 3.4 Mixed Interval: Fartlek + Tabata
(AE + speed work + HIIT)
WU x 5 min
Continuous training x 7 min
Fartlek drill x 7 min
MOB x 2 min
Tabata x 4 min
MOB x 2 min
Fartlek x 10 min
MOB x 2 min
Tabata x 4 min
MOB x 2 min
WD x 5 min

Movement intensity:

Metabolic intensity:

Variable:

BUILD 3.6 Jump Training
(AE + MOB + Jump Training)
WU x 10 min @ 4-10
Ankle MOB x 4 min
AE x 4 min @ 7
Hip MOB x 4 min
AE x 4 min @ 7
Shoulder MOB x 4 min
AE x 4 min @ 7
Jump Training: x 10 sec @ 10 + 60 sec @5
for 11 minutes rotating through five
exercises: Squat, Lunge, Jack, Ski, Single
leg jumps.
WD x 5 min

BUILD 3.6 Circuit: AMRAP
(AE + HIIT)
WU x 7 min
AE x 6 min
As Many Rounds as Possible: Do 4 moves
(i.e.) diagonal back kicks, side to side
jumps, breast stroke "swimming" arms, ski
x 20 reps each for 6 min
+ Ai Chi x 1 min
+ Tabata x 4 min
+ MOB x 1 min
+ AE x 3 min
Repeat x 2
WD x 7

BUILD 3.7 HIIT: Two-Minute Workout
(AE + HIIT)
WU x 10 min
AE x 7 min @ 6-8
2-minute Workout (20 minute): 30 seconds
MAXIMAL + 4.5 minutes recovery (1:9) x 4
repetitions. EXAMPLE: 30 seconds FLUTTER
KICKS + 4.5 minutes JOINT SPECIFIC
(shoulder, ankle, hip, shoulder-hip)
AE x 7 min @ 6-8
WD x 6

BUILD 3.8 Endurance Drills
(AE + ME/LT)
WU x 10 @ 1-10
Lactate Threshold Training (30 min)
+ FAST cadence x 1.5 min + easy x 2 min
+ POWER LB x 1.5 min + easy x 2 min
+ POWER UB x 1.5 min + easy x 2 min
+ HARD total body 1 min + easy x 2 min
AE x 3 min @ 7
Repeat x 2 with a new exercise
WD x 7

Movement Intensity:

Metabolic Intensity:

Variable:

BUILD 3.9 HIIT: Building Intensity
(AE + H.I.I.T.)
WU x 10 with build up drill
AE Unilateral focus x 5 min @6.5-7.5
Building HIIT
5 sec WORK: 10 sec REST
10 sec WORK: 20 sec REST
15 sec WORK: 30 sec REST
20 sec WORK: 40 sec REST
25 sec WORK: 50 sec REST
30 sec WORK: 60 sec REST
AE Unilateral focus x 5 min @6.5-7.5
Repeat OR
Drills for Skills (see base phase) x 15 min
WD x 8 min

BUILD 3.10 Circuit: Two-Minute
(AE + ME)
WU x 10 @ 4-7
Two-Minute Circuit (24-minutes)
2-min 10 sec VERY HARD + 10 sec EASY
2-min AE @ 7
2-min @8.5
2-min AE @ 7
2-min 30 sec VERY HARD + 30 sec EASY
2-min AE @ 7
MOB or Balance x 6 min
WD x 10 min

BUILD 3.11 HIIT: Turbulence Training
(AE/LT + H.I.I.T. + Speed + STR)
WU x 8
AE Unilateral focus x 5 min @ 7
Turbulence Training: not for beginners.
20 sec @ 10: 1-2 min @ 8
Repeat x 6 rounds (for 9 min)
MOB x 3 min
Repeat OR
Reaction Time Drills x 15 min
WD x 8 min

BUILD 3.12 HIIT: Little Method
(AE + ME/LT)
WU x 10 @ 4-10
AE x 12 min @ 7
Little Method: 60 sec @10 / 75 sec @ 5; 8-
12 rounds targeting the whole body
MOB x 6 min @ 7-8
WD x 7 min

Movement Intensity:

Metabolic Intensity:

Variable: