

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 9 July, 2017

Workout Focus: Agility & Endurance

You Need: A tabata timer - I like the "Seconds Pro" app, but there are other free ones!

Suggested Warmup: 30s each: jumping jacks, half squats, good mornings, arm circles, lunges, wall push-ups. Then - 2x10 single leg calf raises each side.

Stability training: Single leg squats - 30 to 60s each side

All-Star Speedy Feet 2 Workout

This session follows the Tabata protocol: 20s work (HARD!) / 10s rest, x 8
Maintain good form, but push yourself to produce as many reps as possible, with fast feet, for each interval!

1. Heismans
 2. Skater Strides
 3. Spidermans
 4. Agility Hops - one foot side to side
- Repeat 1 through 4 again - swap sides for the agility hops!
-- Rest 1 minute

The above sequence is 4 minutes + 1 minute of rest. Repeat that entire sequence two more times, for 3 rounds total!

Finish:

Cool down with 3-5 minutes jogging or marching. Stretch!

Notes:

Suggestions for making this easier: High knees to replace Spidermans; go slower; do 2-foot agility hops; do fewer rounds of the workout

Suggestions for making this harder: Go faster! Do more rounds :)

Original post located at: <http://rollerderbyathletics.com/all-star-speedyfeet2>

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