

MCHS WINTER DISTANCE STRENGTH CONDITIONING CIRCUIT (12/12/2022)

-Borrowed from Katelyn Tuohy's 2019 Strength Training Routine (3 x NXN Champion/5x Gatorade Athlete of the Year)
https://www.youtube.com/watch?v=jTDeCFvG-bc&ab_channel=MileSplit

- 15 Station Circuit :30 on > :10 transition (7:30 total work time + 1:50 transition time/total routine takes 9:20)
- Beneficial to strengthen whole body, working all those "little muscle" sets and connections (i.e., hip flexors), good work to prevent injuries!
- Progression can be to do 2 circuits x :05 or :10 on / :15 off, or modify this routine to increase load on "larger muscle" sets
- Each station is set-up for 1 individual
- Other than weights, equipment needed: Medicine Ball, Stability Ball, Battle Rope

15 CIRCUIT SEQUENCE (:30 AT EACH STATION / :10 TO ROTATE TO NEXT STATION):

- 1) **BENCH PRESS** (need a Coach here to spot everyone as they rotate through (bar + ~10/20lbs)
- 2) **STEP UPS** (use plyometric box ~24" high) step up > swing opposite leg all the way through [like high knees] and up in the air using typical running motion (don't forget to use arms) > step down > switch legs
- 3) **BICEPT CURLS** (grab 2 x dumbbells with each hand (10 + 15lb weights as options) > standard bicep curl from hip to shoulder > alternate arms
- 4) **SPIDERMAN PLANKS** (from front plank position > bring up knee to arms > alternating legs)
- 5) **TRICEPT PRESS** (pick-up dumbbell with both hands on ends holding at hip level, legs spread in squat position > roll up to chest > military press above head from chest [OK to use legs a bit] > roll down to hips /repeat)
- 6) **PLANK WITH LEG RAISE** (from plank position > lift leg up ~12-18" off ground, keeping leg straight (using more glute-hamstrings) > switch legs)
- 7) **MEDICINE BALL SLAM** (both hands on ball, lift ball over head, slam to ground from overhead position > catch > repeat)
- 8) **KETTLE BALL SWINGS** (start in squat position, legs spread wide apart > swing weight through legs and up to head level [stay taller when weight is up to head level], try to hold squat position when weight is swinging through, don't use momentum too much, careful with straining back)
- 9) **PLANK JACKS** (starting in front plank position, spread both legs out together/back in together)
- 10) **PLATE PRESS OVERHEAD** (standing tall, holding weight plate above head with both hands, take 1 step forward in lunge position while keeping plate overhead > switch legs > repeat / can also do backwards lunge)
- 11) **STABILITY BALL CRUNCH** (balancing on stability ball, do sit-up/crunches)
- 12) **BULGARIAN SPLIT SQUAT** with back leg toe on front edge of bench (bench is 12"-18" off ground) > take 2-3 small hops forward with forward leg (keep body upright/shoulders above hips/don't lean torso forward!) > dip back leg until knee hits the ground > 5 reps each side > switch
- 13) **MOUNTAIN CLIMBERS** (start on all 4 hands-feet > keep arms long in tall push up position > legs keep pumping steady in running motion/knees to chest)
- 14) **SUMO SQUAT** (start with legs spread wide, feet pointed slightly out and hands together in front of chest > squat or sit deep to where thighs are at least = ground, prefer a bit deeper > fast repetitions)
- 15) **DOUBLE BATTLE ROPE SLAM** (grab rope on both ends > make sure there is slack > pull up/down together, focus on creating force to "slam" rope to ground/should make one single wave > stay in squat position)

...WHEN FINISHED, RACK-UP WEIGHTS!

