

El Cap Youth Team Workouts - Week 12

6.22.2020

Always warm up first

Before doing any of these workouts, always start by warming up! Do something to work up a light sweat and warm up your joints - running, jump rope, 5-10 minutes of full body movement, etc. You can use your own warm-up, or try the example here...

- 5 minutes of cardio
 - Goal is to work up a light sweat, increase blood flow to all areas of the body
 - Do 1 min. of each exercise with minimal rest: high knees -> Air squats -> Alternating Lunges -> Squat jumps -> Butt kickers
 - Rest 1-2 min. then repeat if needed until you feel warm
- 5 minutes of mobility
 - Goal is to loosen up joints, notice any soreness or tightness that you feel today so you can be mindful of these areas during your workout
 - As an example, you can run through this [Dynamic Climbing Warm Up](#).
- Take a quick water break, bathroom break etc. If you need it. Now you're ready for your workout!

Proper form and self-awareness during exercises is crucial

Exercising with proper form helps minimize the risk of injury and maximize the benefits of workouts. We've included links to videos demonstrating form for many exercises. Before starting your workout, look ahead to see what exercises you will be doing. You can use the videos to make sure you understand proper form for each exercise before starting. Remember that as you get tired it becomes more and more difficult to stay aware of your body and maintain proper form. To really make sure you stay focused on form, you can do exercises in front of a mirror or with a friend/family member (in person or via a video call) so you can look out for each other.

*Parents note: many video links are to YouTube, if auto play is on we can't guarantee what comes up next!

Take time to rest

Rest time is just as important as actual workout time when it comes to building fitness and staying healthy! Listen to your body – rest between repetitions or sets, modify exercises as needed, and take rest days between heavy activity. If you notice lingering pain, aches, or soreness beyond normal soreness from an exercise it's important to stop and rest. You may return to the activity soon, or you may take a few days break. Either way, taking the time to stop the activity you're doing and check in with your body will help you find out what your body needs. In addition to injury prevention, starting a workout fully rested allows you to try your hardest and get the most out of that workout.

Stay hydrated and nourished

Don't forget to drink lots of water and eat full, healthy meals! Both these things can be easy to forget, especially when stuck at home. However, they are critical if you want to feel good, avoid injury, and get the most out of your workouts.

Set goals and have a growth mindset

Spend this week exploring the challenges and thinking about the goals you may have already set with your coaches, your local team program or added to your own training journal. In our update next week, we will share strategies that we use across the nation for goals setting, tracking progress through athlete's journals, and the ways we like to celebrate learnings versus success.

Workout of the Week: HIIT Workout

Equipment Required: None

Time: 15-20 mins

Level: All Levels

Description: This workout is focused on 3 sets of 5 exercises targeting different muscle groups in the body. To increase the intensity, the exercises are grouped together by lower body, core and upper body instead of cycling between them.

Each set is 45 seconds on with 15 seconds of rest.

Lower Body Section

Level 1	Level 2
Mountain Climbers	Cross Body Mountain Climbers
Curtsy Lunge	Curtsy Lunge w/ Burpee
Lunges	Jump Lunges
Kick Throughs	Kick Throughs
Squats	Jump Squats

Core Section

Level 1	Level 2
Lemon Squeezers	Cross V-ups
Pike Compression	Pike Compressions w/ flutter kicks
Glute Bridges (alternate)	Glute Bridges w/ one leg (alternate)
High Plank	Extended Plank
Russian Twists	Russian Twists w/ legs straight

Upper Body Section

Level 1	Level 2
Plank Up Downs	Plank Up Downs w/ Burpee
Push Ups	Gecko Push Ups
Crab Dips	Crab Dips w/ twist
Dive Bomber on Knees	Dive Bomber Push-Ups
Donkey Kick Low	Donkey Kick Jump High

Core Challenge

What? This core workout stays the same from week to week, so you have an opportunity to push yourself a little harder every time and see progress as you get stronger and more coordinated. On your first time doing this workout, try to find the intensity and exercise level that is right for you. Once you have this base line, your goal every time you do the workout is to make it a little more difficult. You can increase the intensity level, or increase the level of one or more of the exercises. Listen to your body and stop, rest, and/or choose an easier variation if you are no longer able to do an exercise with good form.

How often? You can do this workout up to 3 times per week. However, most athletes should start with once a week and work up from there as feels appropriate for their bodies. Remember to take rest days as needed throughout the week, to avoid injury and get the most out of your workouts!

Description: This is a 3:1 workout format. What this means is you will do three different core exercises for one 1 minute each back to back to back without rest for 3 total minutes, and then you will have 1 minute of rest. This will be done for 3 sets for a total of 12 minutes The last set has 4 minutes thanks to side planks. Each exercise in the set has three (sometimes four) different challenge levels! Choose the exercise from each row that feels appropriate for you.

1st Set

1 min	Hands Back Pike Compression	Hands Forward Pike Compression	Hands forward Pike Compressions w/ Pulse
1 min	Plank	Bird Dog Planks	Bird Dog Planks w/Knee to Elbow
1 min	Bent Knee Hollow Body Hold	Straight Leg Arms Forward Hollow Body Hold	Straight Leg Arms Overhead Hollow Body Hold (Hold a weight overhead if you want even more of a challenge!)
1 min	Rest	Rest	Rest

2nd Set

1 min	Bicycle Crunch	Cross V- Up	Cross V-Ups Hold 3 Sec
1 min	Superpeople	Superpeople Hold	Weighted Superpeople
1 min	Push-Up Knees on the Floor	Push-up	Burpee
1 min	rest	rest	rest

3rd Set

1 min	Flutter Kick (Hands under butt)	Flutter Kick (Hands on Floor to the Side)	Flutter Kicks (Hands Reached Out Above Head)
1 min	Tuck Ups (Lemon Squeezers)	V-up	Weighted V-Up
1 min	Side Plank (Right Side)	Side Plank Arm and Leg Up (Right Side)	Side Plank Dips (Right Side)
1 min	Side Plank (Left Side)	Side Plank Arm and Leg Up (Left Side)	Side Plank Dips (Left Side)

Cardio Challenge

What? We often do cardio at the start of team / practice / training sessions to warm our bodies up. The big muscles start firing and then we are ready to get on the wall. While working out at home, we can use cardio to build general fitness and to practice important mental skills that will support our climbing. Our goal is to go for 20 minutes, or longer.

How often? You can do this workout up to 3 times per week. However, most athletes should start with once a week and work up from there as feels appropriate for their bodies. Remember to take rest days as needed throughout the week, to avoid injury and get the most out of your workouts!

When doing cardio focus on the following things that can relate back to your climbing:

Pacing ❖ Just like in rope climbing we do not want to burn out right at the start. Pick a pace that you can stick with the whole time, and right at the end try to burn through the remaining energy reserves (ex: sprint the last minute or pick a faster pace for the last set). This would be similar to a rope route when you get to the top of the wall, and have a few hard moves left before the finish and you give it your all to keep making moves.

Intensity Switches ❖ If you are running on flat then the only switch that you need to focus on is keeping a constant pace and not stopping the run. If you are running on hills or stairs than those sections can act like crux sections of a route. When doing the in-place cardio exercises the switches occur more frequently, try to switch smoothly between them, adjusting your pacing for the one that may be more challenging for you.

Awareness ❖ When we climb there are times where we might stop paying attention and have tunnel vision for a specific hold, forgetting about all the other holds. When doing cardio work on noticing when you start to get tunnel vision, and using your breath to bring awareness back to your surroundings.

Determination ❖ Cardio can be long, difficult, and it's easy to want to give up. Don't give in! This is a perfect time to practice staying focused and determined while fatigued. Use your breath and positive self-talk to stay strong and keep moving. The ability to push through a challenge while tired will help you both on and off the wall!

Cardio Workouts

Option 1: Run outside (if possible given local shelter in place rules). Goal is minimum 20 minutes.

Option 2: Jump rope. Goal is 3 - 5 sets of 3 – 7 minutes of activity each set.

Option 3: Follow along with this [at home cardio workout](#), no equipment needed.