

Winter Break Workouts for Freshman/Novice Boys:

-Break is 16 days long: practice on 8 (50% of your vacation) or more days!
2 circuits per week, with a run after to relax the muscles.
2 cardio practices per week: run, bike, swim, jump rope, full court basketball, skiing, sledding (but you must run up the hill between your). All should be 40 minutes or more in duration.

-Warm up before starting-get sweaty. Include stretching afterwards as part of your workout.

-Please include running in your activity because it is our default exercise when we can't row or erg.

-These are minimum suggested workouts. If you want to do more work, do more cardio work.

-Hint: try to find someone else to share the workout with you. I have found:
You will enjoy the work more and work harder.
Your presence will support the other(s) as theirs will you.
You will be more likely to continue the workouts.

Triathlon Circuit: Alternate Circuit:
(freshmen/novice boys weight: 15 to 30 pounds)
50 toe touch squats
20 repetitions each: 40 lunges, alternating
30 Bicycles
20 Squat thrusts
Bent Over Row 10 (or more) push ups
Lunges
Military Press 3 minutes rest
Upright Row
Sit Up 60 seconds side plank
Side Straddle Hop 60 seconds plank
Jumpies 60 seconds side plank left
Squat Thrust PUSH UP 60 seconds bridge (alt. leg?)
Bent Over Row 60 sec wall sit
Lunges
Military Press 3 minutes rest
Upright Row

Rest 5 minutes

Repeat either for 2 or 3 sets in total, as you are able.