



MC United – 3 Week Training and Fitness Plan – “Older/Harder”

All 3 weeks sprinkle in some juggling, 1 v 1 moves against cone or family member, crosses with left and right foot, shots on goal right and left foot, and maybe watch a half hour of German soccer and watch your position.

There are challenges included in the schedule which can be done any day of the week

Week 1

Day 1: Download Nike Training Club App (it's Free for now). You will find it on the App store. There are a lot of Nike Apps, this is specifically the Nike Training Club app

1. Gravity Grinder (Go to workouts, hit browse and type in Gravity Grinder)
2. The Quick Score
3. Quit Hit Abs

Day 2: <https://www.youtube.com/watch?v=5g7ZuQD--6o>
Do entire video

Day 3: Accountability workout. Send a video to your coach of you doing part of the following workout:

20 pushups, 20 jump squats, 10 lunges each leg (with jump in transition between legs), 20 burpees with a push up, 20 skiers jumps, (jump side to side like you are jumping over a rope), 1 minute plank, and 30 sit ups

Complete 3-5 rounds but rest between each round

Day 4: <https://www.youtube.com/watch?v=iNCCr7skVsg&t=312s>
Do entire video

Day 5: Cardio/Strength: Alternating 10 rounds

You will need a deck of cards for this day

Rounds 1, 3, 5, 7 and 9 will either be sprints of 94 feet (Length of Basketball court) or Other Cardio

Draw a card each round:

- If you get a card in the range of 1-10 you will sprint the 94 feet as many times in a row as the number you draw
- If you draw an Ace- Do 10 Burpees with push up
- If you draw a J, Q, or K- Do 30 seconds of knee ups (jump up and down bringing knees into chest-try to go as fast as you can)

Rounds 2, 4, 6, 8, and 10 are Strength rounds

Draw a card each round:

- If you draw a card in the range of 1-3 do 15 pushups
- If you draw a card in the range of 4-6, do 20 alternating lunges with a hop when transitioning between legs
- If you draw a card between 7-10 do 40 situps
- If you draw a J, Q, or K, do 20 plank crunches. Get into a plank and bring your knee to opposite elbow and then return to plank and switch to other leg.

Rest between each round

Challenge- Have your parents (for those that cannot drive) bring you to Rib Mountain and run/walk the hill. Try sprinting as much as you can and then walk/jog and then sprint, etc.

Week 2

Day 1: Go to Facebook (more likely your parents' Facebook page because I am told Facebook is only for old people). Go to Facebook page of Uplift with Sarah

Do the Uplift With Sarah workout from April 19th

Day 2: <https://www.youtube.com/watch?v=7Y9nDetV0us>
You will need a wall or a partner to help you with this video

Day 3: Run 1.5-3.2 miles depending on how in shape you are.....push yourself to get in the 5k if you can
Nike Training App Quick-Core Countdown

Challenge: <https://www.youtube.com/watch?v=n73uNAo8wnY>
Try this video and videotape yourself and send to your coach

Day 4: Simple dribbling to keep from getting rusty
<https://www.youtube.com/watch?v=jwIHc9rz7yo>

Day 5: Nike Training App
1. Breakthrough HIT & Flow 1
2. Ab Burner 2.0

Challenge: Take a garbage can (and if there isn't an empty one, set cones in a circle) and attempt to cross the ball across your yard into the can or cones. Start as close as you need and keep backing up and see how far you maintain your accuracy.

Send your coach a video if you end up like David Beckham crossing on the beach during the Pepsi commercial (cough, cough, fake).

Add in some fun for the week and play horseshoe with the family using a soccer ball and your feet instead of hands and an actual horseshoe. Find a parent who thinks they can play soccer or a sibling who thinks they can and set up a tall slender object or use a tree. Pick a challenging distance and take turns passing to the object. The person closest to the object wins. Each take three turns a round and play 5 rounds. Make it even more fun and play a tournament with all family members.

Week 3

Day 1: Spell your full name (including middle), I hope you have long names

A-30 Jumping Jacks

B-20 crunches

C-20 jump squats

D-15 triangle pushups (hands make a triangle under chest to work triceps)

E-2 minute wall sit (if too easy, put weights on shoulders)

F-20 donkey kicks (get in plank position and kick both legs up and over from side to side as if getting over a line of cones)

G-25 bicycle crunches from side to side

H-30 alternating lunges with jump to switch legs

I-15 jumps forward, as if doing standing long jump

J-30 speed skaters (side to side)

K-20 squat jacks (jumping jack but with a squat)

L-50 plank jacks (in plank position and jump legs out and in as if doing jumping jack)

M-50 mountain climbers (in plank position)

N-50 high knees running in place

O- 15 burpees

P-15 tricep dips off chair or on ground

Q-15 regular bodyweight squats

R-20 spider pushups

S-20 bear crawls forward (get on hands and knees, lift knees off ground 2 inches and crawl forward)

T-1 minute of plank

U-10 plank up/down (get in plank position, lower to elbows and then come back up to hands)

V-hold boat position for 30 seconds (yoga core move)

W-20 wide arm push ups (hands outside of shoulders)

X-30 seconds of jumping knee ups. Stand and jump up and down bringing knees up towards chest as fast as you can for 30 seconds

Y-20 shoulder taps (in plank position, take right hand to left shoulder and tap and put down and switch left hand to right shoulder)

Z-Hold a plank as long as you can

After you have done all exercises, hold a plank for as long as you can (sorry for those with a Z in their name)

Look up exercises if you or parents do not know

Day 2: <https://www.youtube.com/watch?v=adMFN7YZFiU>
Do entire video

Day 3: Go for 2-3.2 mile run
Nike app Full Core Press

Day 4: <https://www.youtube.com/watch?v=4vUTOTJI-HA>

If you do not have a soccer goal, make a simple pass to a parent or sibling in the video. Use cones or other objects you have around the house for equipment if you do not have everything from the video

Day 5: Sprint/jog and first touch

1. Sprint a 30 yard dash and then jog 30 yards and then rest 15 seconds. Do 10-15 reps
2. Grab a soccer ball-dribble as fast as you can 30 yards, leave the ball and sprint another 30 yards, turn around and jog back to the ball and dribble as fast as you can to the start. Repeat five times but rest in between each round

Get a family member to toss you the ball in the air

Take out of air with chest for 3-5 minutes

Thigh 3-5 minutes

Foot 3-5 minutes

If you have a goal, have parents toss you the ball and practice a volley into the goal either off the bounce or no bounce. 3-5 minutes and practice both feet.

Get a family member to pass you the ball on the ground, open up and use inside of foot to turn and shoot on goal if you have a goal. If not pass to another family member. Repeat for 3-5 minutes

Same idea but stay facing family member and use outside of the foot to turn on the imaginary defender behind you and take shot on goal

Same idea but face family member and use a cruyff to turn and take shot on goal

Challenge: <https://www.youtube.com/watch?v=DjCWZU1LUtI>

Please send videos of the challenges