

26 DAYS OF PRE-CAMP TRAINING FOR MADAWASKA CAMPS

Camp is indeed fun and full of physical activity – so preparation of your body is critical.

- Daily stretching away from the workout time (i.e. early morning) especially focussing on the hamstrings, quads, and back muscles, is essential in your preparation (see back of page).
- Time spent on abdominal work will also be extremely beneficial to performance at camp.

AEROBIC 1 (A1)

Running

Biking

Stair Climbing

Raise heart rate to 130 - 155 bpm

Goal: 40 – 60 minutes

AEROBIC 2 (A2)

Running

Biking

Stair Climbing

Raise heart rate to 160 - 180 bpm

Goal: 40 – 60 minutes

AEROBIC 3 (A3)

Running

Biking

Stair Climbing

Raise heart rate to 130 - 155 bpm
for 5 minutes

Then raise heart rate to 180 bpm
for 1 minutes

Goal: 6 – 10 cycles (i.e. for 40 – 60 minutes)

ANAEROBIC 1 (AN1)

4 x 30m Sprints
(then walk back and go!)

5 x 30m Double leg hoops
(knees high!)

4 x 30m Sprints
(shuffle and cross-over lateral)

4 sets of 10 Knee bend squats
(4-2-4 tempo)

10-12 min Light jog
Full stretch

ANAEROBIC 2 (AN2)

4 x 50m Sprints
(then walk back and go!)

3 x 50m Double leg hoops
(knees high!)

4 x 30m Sprints
(shuffle and cross-over lateral)

2 sets of 10 Knee bend squats
(4-2-4 tempo)

10-12 min Light jog
Full stretch

TRAINING SCHEDULE

Day 1: A1

Day 2: AN1

Day 3: OFF

Day 4: A1

Day 5: AN1

Day 6: A1

Day 7: A1

Day 8: AN2

Day 9: A1

Day 10: OFF

Day 11: AN2

Day 12: A1

Day 13: A2

Day 14: AN2

Day 15: A1

Day 16: A3

Day 17: AN1

Day 18: OFF

Day 19: AN2

Day 20: A1

Day 21: A1

Day 22: A3

Day 23: A1

Day 24: AN2

Day 25: A1

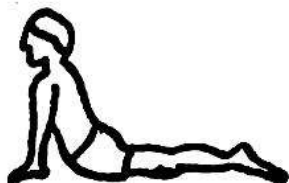
Day 26: AN1

Day 27: A1

Day 28: A2

Stretching Exercises

1. UPPER TRUNK



- Keep pelvis on floor
- Extend arms

2. LOWER TRUNK



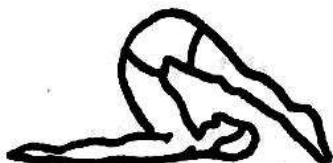
- Grasp ankles from behind and pull
- Hold head up

3. LOWER BACK



- Legs extended, toes pointed
- Grasp outer border of feet and pull head downward

4. UPPER BACK



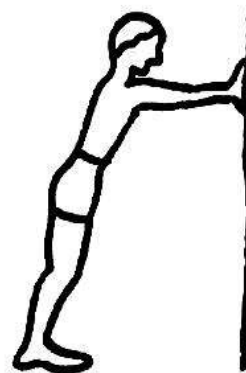
- Raise legs up and over head
- Rest extended toes on floor
- Leave hands and arms on floor

5. TRUNK TWISTER



- Place hands around neck
- Twist from waist, left and right
- Twist from waist, right and left

6. GASTROCNEMIUS



- Feet about 3-4ft. from wall
- Keep body straight
- Keep heels on floor

7. TOE POINTER



- Sit on top of feet and ankles and stretch backwards
- Raise knees from floor slightly
- Balance weight with both hands on floor just behind hips

8. SHOULDER STRETCHER



- Bring right hand to upper back from above
- Bring left hand to upper back from below
- Hook fingers of both hands
- Repeat other side