



## MC United – 3 Week Training and Fitness Plan – “Younger/Easier”

All 3 weeks sprinkle in some juggling, 1 v 1 moves against cone or family member, passing with left and right foot

### Week 1

Day 1:

- Skip around your house going as high as you can 3 times. Take a break in between each round.
- Have your parents time you racing around the house. Race as fast as you can. See if you can beat your score each round. Race 5-7 times. If you have a sibling at home, see who gets the fastest time.
- Do 12 spider push ups. Ask parents to look them up on the internet
- Do 30 sit ups

Day 2: <https://www.youtube.com/watch?v=SoijY4BUCtw>

Do entire video and do each drill 30-45 seconds

Day 3: Go for a 1 mile run with your parents

Do 30 seconds of jumping jacks

Do 10 standing long jumps across your yard

Do 15 squats

Do 20 lunges alternating legs

Do 30 seconds of plank

Do 30 seconds of right side plank

Do 30 seconds of left side plank

Day 4: [https://www.youtube.com/watch?v=QGhTpL\\_R1Lo](https://www.youtube.com/watch?v=QGhTpL_R1Lo)

Do entire video

Day 5: Cardio/Strength: Alternating 6 rounds

You will need a deck of cards for this day

Rounds 1, 3, 5, 7 and 9 will either be sprints of 45 feet (1/2 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 45 feet as many times in a row as the number you draw
- If you draw an Ace- Do 5 Burpees with push up
- If you draw a J, Q, or K- Do 20 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 8 pushups
- If you draw a card in the range of 4-6, do 10 alternating lunges with a hop when transitioning between legs
- If you draw a card between 7-10 do 20 situps
- If you draw a J, Q, or K, do 30 seconds of plank

Rest between each round

Challenge- Juggle with a tennis ball

## Week 2

Day 1: <https://www.youtube.com/watch?v=OIm6xrR0QRg>

Day 2: Laddered Challenge

8 Burpees, 8 pushups, 8 situps  
7 Burpees, 7 pushups, 7 situps  
6 Burpees, 6 pushups, 6 situps  
5 Burpees, 5 pushups, 5 situps  
4 Burpees, 4 pushups, 4 situps  
3 Burpees, 3 pushups, 3 situps  
2 Burpees, 2 pushups, 2 situps  
1 Burpee, 1 pushup, 1 situp  
30 seconds of plank

Day 3: [https://www.youtube.com/watch?v=rXi\\_TY-GizU](https://www.youtube.com/watch?v=rXi_TY-GizU)

Do each exercise 30-45 seconds

Day 4: Play a game of soccer horseshoe with your family. 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.

Day 5: Pick Your Favorite: You get a choice of two exercise in each round. Pick one exercise in each round and rest between each round:

1. 10: Star Jumps or Jumping Jacks
2. 30 seconds: plank or push ups

3. 30 seconds: burpees or squat jumps
4. 30 seconds: sprint as fast as you can or skip as high as you can
5. 20: situps or bicycle situp
6. 30 seconds: mountain climbers or high knee run in place
7. 1 minute: wall sit or squat jumps

Do 3-5 rounds

### **Week 3**

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

A-15 Jumping Jacks

B-10 crunches

C-10 jump squats

D-8 triangle pushups (hands make a triangle under chest to work triceps)

E-1 minute wall sit (if too easy, go longer)

F-10 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-15 bicycle crunches from side to side

H-15 alternating lunges with jump to switch legs

I-8 jumps forward, as if doing standing long jump

J-20 speed skaters (side to side)

K-10 squat jacks (jumping jack but with a squat)

L-25 plank jacks (in plank position and jump legs out and in as if doing jumping jack)

M-25 mountain climbers (in plank position)

N-25 high knees running in place

O- 10 burpees

P-10 tricep dips off chair or on ground

Q-10 regular bodyweight squats

R-10 spider pushups

S-10 bear crawls forward (get on hands and knees, lift knees off ground 2 inches and crawl forward)

T-1 minute of plank

U-5 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-10 wide arm push ups (hands outside of shoulders)

X-15 seconds of jumping knee ups. Stand and jump up and down bringing knees up towards chest as fast as you can for 15 seconds

Y-10 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=IaVjCK\\_ExgI](https://www.youtube.com/watch?v=IaVjCK_ExgI)

Do entire video

Day 3: Grap a quarter and flip the quarter and do the exercise of which side of coin you land on. Rest between each round

Round 1-30 seconds

Heads: Mountain Climbers

Tails: Jump side to side of imaginary rope

Round 2:

Heads: sprint around your house as fast as you can

Tails: Skip as high as you can around house

Round 3: 15

Heads: Jump as high as you can and land in squat

Tails: Jump as far as you can and land in squat

Round 4: 10

Heads: Triangle pushup (hands in triangle in front)

Tails: Spider pushup

Round 5: 10

Heads: Burpee

Tails: plank position and jump legs in and then back to plank

Round 6: 30 seconds

Heads: Plank

Tails: high knee runs in place

Do 3-5 rounds

Day 4: [https://www.youtube.com/watch?v=6UKPtEW6\\_YM](https://www.youtube.com/watch?v=6UKPtEW6_YM)

Day 5: Sprint/jog and first touch

1. 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

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

Take out of air with thigh and pass back 3-5 minutes each leg

Take out of air with foot and pass back 3-5 minutes each foot

3. Make a square with cones, cones about 2-3 feet apart

Have parent pass you the ball while you in the square and pass back to your parent. Start with 3 touches, then 2 touches and then 1 touch. Work 5-10 minutes

Have parent pass you the ball and you take first touch out of square and then pass back to your parent.  
Take first touch out of all sides of square. Work 5 minutes

4. Repeat

<https://www.youtube.com/watch?v=SoijY4BUCtw>

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