

Weekly Bursts

Week 1



NEW - October Calendar

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WEEKLY CHALLENGE

Challenge: Make it Fun!

This week we challenge you to make your run FUN! Find creative ways to keep your runs engaging and fun for you. Create a new running playlist or try a "tree run" where you walk to one tree, skip to the next, jog to the next and sprint to the fourth tree. Then repeat for however much time you have. Get creative and have fun!

BURST 1: FIRE FEET DRILL BURST

Materials: None

Directions:

- Kids spread out around the room ensuring at least an arm's length away from others.
- The trainer has six different commands they will call out and the kids will do the action as fast as possible. Explain and show the group what each command means:
 - Up: jump squats.
 - Down: drop down and perform a burpee.
 - Left: pivot or shuffle your body to the left.
 - Right: pivot or shuffle your body to the right.
 - Fast feet: move your feet very quickly while on your toes.
 - Shuffle: switch locations with someone else in the room.
- Begin by getting the kids to lightly jog on the spot.
- The trainer/leader will call out: up, down, left, right, fast feet or shuffle.

Variations/Challenges: Change movement for the commands (e.g., down: push-up).

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BURST 2: BINGO BURST

Materials: None

Directions:

- Perform activities from each letter of the word BINGO for 30 seconds:
 - B – burpees.
 - I – inch worms.
 - N – narrow knee squats.
 - G – gallop in a circle.
 - O – hop over an imaginary hurdle.

BURST 3: BOKS RUNNING SKILL CHALLENGE

Materials: None

Directions:

- With a partner, designate one person as partner A and one as partner B.
- Each partner will do their skill ten times then switch.
 - Round one:
 - A - Fast feet.
 - B - Arm swings - "hip to lip."
 - Repeat four times.
 - Round two:
 - A - Heel raise.
 - B - Quick jump.
 - Repeat four times.



BURST 4: TABATA SQUAT

Materials: None

Directions:

- Perform each exercise for 20 seconds followed by 10 seconds rest.
- 20 seconds squats in place.
- 10 second rest.
- Repeat four to eight times.
- On each consecutive attempt try to get the same number or higher of the skill.

BURST 5: ABC WORKOUT - "HYDRATION"

- Use the ABC workout poster on page 3 and the words in the Fitness Calendar to get moving.