

# Weekly Bursts

## Week 2



## NEW - October Calendar

Download by logging into the Trainer Hub

**WEEKLY CHALLENGE**

### Challenge: Build Your Endurance!

This week we challenge you to build your endurance with a long, slow run. Slow down your pace and see how long you can run without having to stop. Each day try to run 1 minute longer than the day before. Try this again at the end of the month and see how much longer you are able to run for.

#### BURST 1: TABATA RUNNING

Materials: None

Directions:

- Perform each exercise for 20 seconds followed by 10 second rest.
- 20 seconds running in place.
- 10 second rest.
- Repeat four to eight times.

#### BURST 2: JUMP ROPE BURST

Materials: None

Directions:

- Have kids pretend to jump rope.
- Ask the kids questions such as: "Do you have a sister?", "Are you wearing black socks?", "Did you have breakfast this morning?", "Do you have a pet at home?", "Is your hair brown?".
- If they answer yes, they can stop pretending to jump rope and perform ten jumping jacks.
- If they answered no to the question, they continue "jumping rope".
- Repeat for allotted time.

Variations/Challenges: • Rotate around the room and have the kids ask questions.

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### **BURST 3: LINE JUMP**

Materials: None

Directions:

- While standing imagine two lines next to your space, one horizontal and one vertical.
- The commands "forward and back" and "side to side" will determine which line you jump over.
- Perform each jump ten times on the trainer's command.
  - Forward and back.
  - Side to side.
  - Right foot side to side or forward and back.
  - Left foot side to side or forward and back.
  - Trainer will mix up the commands, so kids do not know which jump is coming next.
  - Continue for 3-5 minutes.

### **BURST 4: BURST IT OUT JUMPS**

Materials: None

Directions:

- Do each of the following drills for 15 - 30 seconds each for three rounds:
  - Jog in place.
  - Jumping jacks.
  - Squat jumps.
  - Tuck jumps.
  - Rest 30 seconds.
  - Repeat.

### **BURST 5: ABC WORKOUT - "ENDURANCE"**

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

