



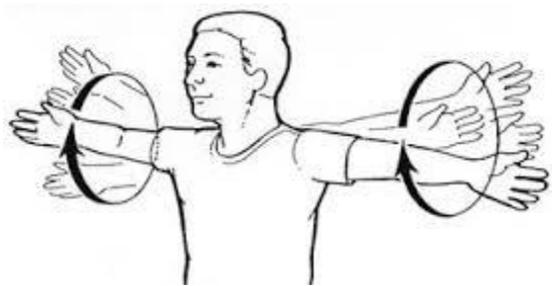
Special Olympics **Athletics Training Camp**

Exercises and Stretches

Let me win.
But if I cannot win,
let me be brave
in the attempt.
- Special Olympics athlete oath

Warm-Up:

1. Run two laps around the gym: run normally then run backwards
2. Line up at side of the room: gallop straight across one way, back facing the other way
3. Run across room doing forward and backwards arm swings
4. Skip across the room, 10 jumping jacks, skip back to the other side, 10 jumping jacks
5. Squats across the gym one way and do lunges on the way back
6. Scoops, with a flexed foot, to one side of the gym and repeat the same movement back to the starting position
7. Run forward while doing high knees
8. Run forward while doing butt kicks
9. Walk forwards while doing leg extensions

| Warm Up | Key Points |
|--|--|
| <p>Running</p> | <ul style="list-style-type: none"> • Run one lap forwards • Run one lap backwards |
| <p>Side Shuffle (Agility)</p>  | <ul style="list-style-type: none"> • Gallop facing one side of room • Switch sides |
| <p>Arm Swings (Shoulder Mobility)</p>  | <ul style="list-style-type: none"> • Keep arms straight |

| | |
|---|--|
| | |
| <p>Skipping and jumping jacks</p>  | <ul style="list-style-type: none">• Skipping- get knees to 90 degrees |
| <p>Squats (lower body strength)</p>  | <ul style="list-style-type: none">• Squat until knees are 90 to the floor |
| <p>Scoops (lower body strength)</p> | <ul style="list-style-type: none">• Flexed foot to one side of the gym and repeat to the starting position |

High Knees (lower body strength)



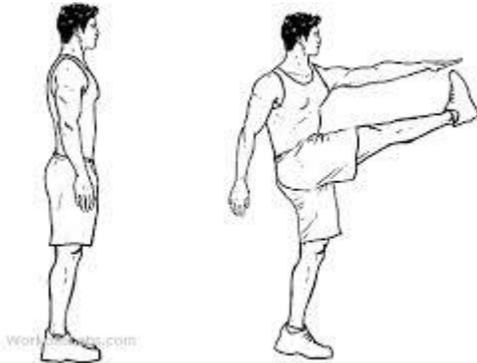
- Knees must touch hands

Butt Kicks (lower body strength)



- Leg must lightly tap rear

Leg Extensions (hip flexor flexibility)



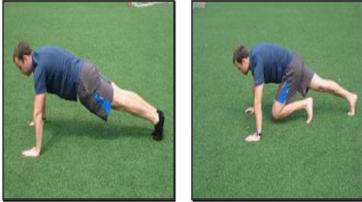
- Reach as far as you can

Athletics Training Exercises:

The following exercises are split into two groups of 5 and one group of 7. You will do 3 sets of each exercise with a 30 second break in between exercises, and a minute break at the end of each set.

1. Mountain Climbers (single leg in)
2. Push up
3. Line jumps
4. V-up
5. Lower back extension

} x3

| Exercise | Key Points |
|---|--|
| <p>Mountain Climbers (single leg in) (upper body and core strength)</p>  | <ul style="list-style-type: none"> • Start in the push-up position. • Bring one leg forward, return to start position and then alternate |
| <p>Push Up (Upper body strength and core)</p>  | <ul style="list-style-type: none"> • full push-ups on toes or knees. |
| <p>V-up (core strength)</p>  | <ul style="list-style-type: none"> • feet flexed, back and legs straight • Slowly lower yourself and explode up. |
| <p>Lower back extensions (core strength)</p>  | <ul style="list-style-type: none"> • feet together on the ground • slowly raise the upper body and return • neck in line with the spine |

How many reps can you do on the 3rd set? The goal of this workout is to push yourself to perform when you are tired. Record the number of reps you achieve on the 3rd set in the table below to track your results!

| | Mountain Climbers | Push Up | Tricep Push Up | V-up | Lower back extension |
|-------------------------|-------------------|---------|----------------|------|----------------------|
| 1 st Workout | | | | | |
| 2 nd Workout | | | | | |
| 3 rd Workout | | | | | |
| 4 th Workout | | | | | |
| 5 th Workout | | | | | |
| 6 th Workout | | | | | |
| 7 th Workout | | | | | |
| 8 th Workout | | | | | |

GOAL:

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

6. Mason Twists
7. Lunges
8. Rocket Jumps
9. Plank
10. Calf raises

} x3

| Exercise | Key Points |
|--|--|
| <p>Mason twist (core)</p>  | <ul style="list-style-type: none"> • Sit and raise the feet off the ground. • Twist the upper body • controlled |

| | |
|---|---|
| <p>Lunges (lower body strength)</p>  | <ul style="list-style-type: none"> • knee does not reach over the front foot • controlled |
| <p>Rocket jumps (lower body strength)</p>  | <ul style="list-style-type: none"> • thighs parallel • explode up with raised arms • squat on return |
| <p>Plank (core strength)</p>  | <ul style="list-style-type: none"> • core tight • Straight back |
| <p>Calf raises (lower body strength)</p>  | <ul style="list-style-type: none"> • Slowly stand on toes • Hold position and return |

How many reps can you do on the 3rd set? The goal of this workout is to push yourself to perform when you are tired. Record the number of reps you achieve on the 3rd set in the table below to track your results!

| | Mason Twists | Lunges | Rocket Jumps | Plant | Calf Raises |
|-------------------------|--------------|--------|--------------|-------|-------------|
| 1 st Workout | | | | | |

| | | | | | |
|-------------------------|--|--|--|--|--|
| 2 nd Workout | | | | | |
| 3 rd Workout | | | | | |
| 4 th Workout | | | | | |
| 5 th Workout | | | | | |
| 6 th Workout | | | | | |
| 7 th Workout | | | | | |
| 8 th Workout | | | | | |

GOAL:

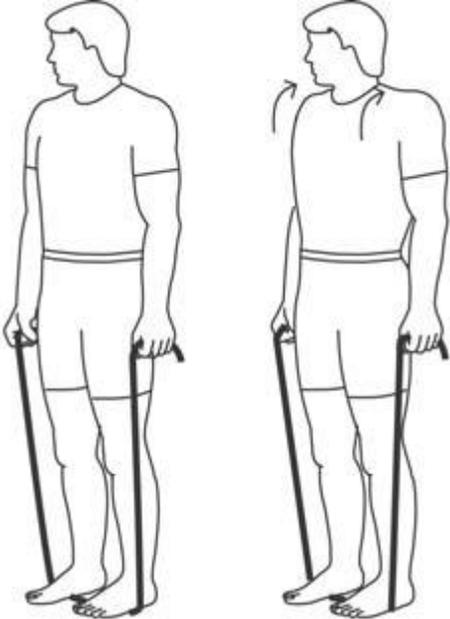
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Equipment: You will need a Thera-band for exercises 13-17

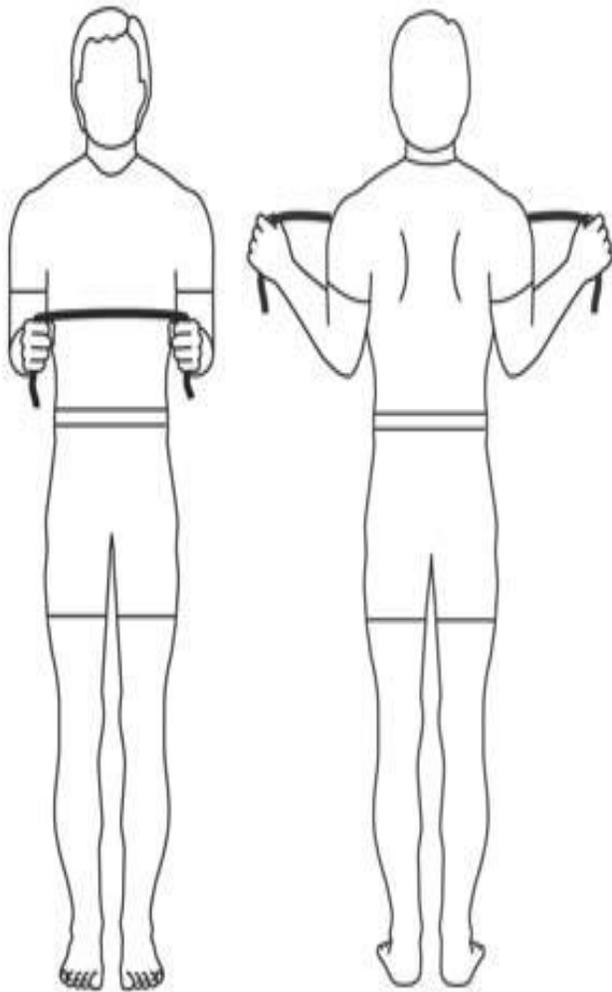
11. Side leg raises (switch sides halfway through)
12. Power Skipping
13. Shoulder Flexion
14. Shrug
15. Scapular Retraction
16. Reverse Flies
17. Shoulder Extension

} x3

| Exercise | Key Points |
|---|---|
| <p>Side leg raises (switch sides halfway through) (hip flexibility, core, lower body strength)</p>  | <ul style="list-style-type: none"> • Flexed foot • Straight leg, raise and then lower |

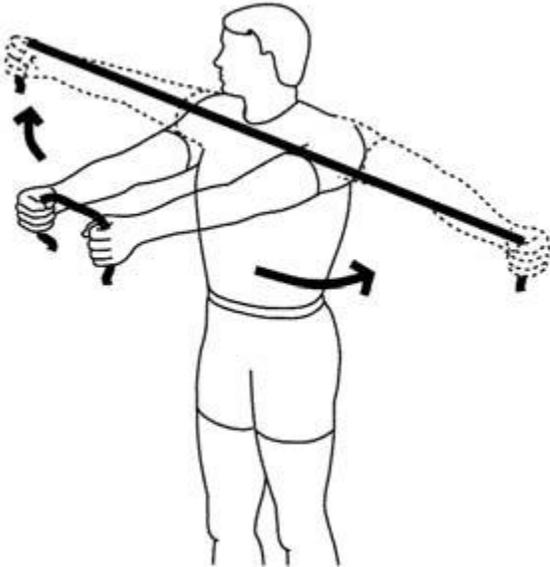
| | |
|--|---|
| <p>Power skipping (lower body strength, balance)</p> <p>Dec10_WO_Skipping</p>  | <ul style="list-style-type: none"> • Lift knee • Push off ground |
| <p>Shoulder flexion (shoulder mobility and upper body strength)</p>  | <ul style="list-style-type: none"> • Stand on elastic • Start with arm at side, elbow straight, thumbs up • Raise arm over head with elbows straight |
| <p>Shrug (upper body strength)</p>  | <ul style="list-style-type: none"> • Stand on elastic • Raise shoulders upward towards ears and roll backwards • Keep elbows straight |

Scapular Retraction (shoulder mobility, upper body strength)



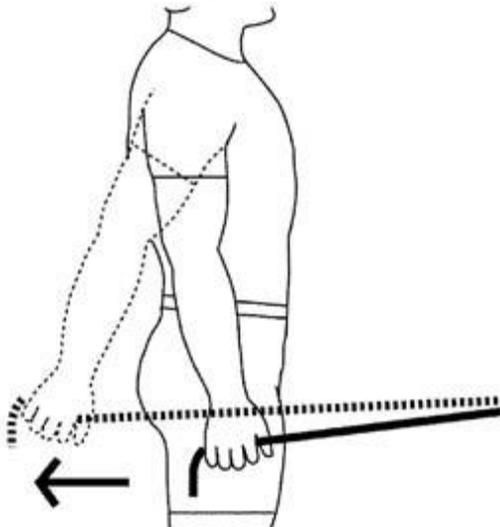
- Hold arm at side with elbows bend holding elastic
- Squeeze shoulder blades together by moving hands outward

Reverse Flies (upper body strength)



- Grab elastic in hands
- Move arms away from each other, out to side

Shoulder Extension (shoulder mobility and upper body strength)



- Secure elastic at waist level
- Grab elastic and pull arm backwards

How many reps can you do on the 3rd set? The goal of this workout is to push yourself to perform when you are tired. Record the number of reps you achieve on the 3rd set in the table below to track your results!

| | Side leg raises | Power Skipping | Shoulder Flexion | Shrug | Scapular Retraction | Reverse Flies | Shoulder Extension |
|-------------------------|-----------------|----------------|------------------|-------|---------------------|---------------|--------------------|
| 1 st Workout | | | | | | | |
| 2 nd Workout | | | | | | | |
| 3 rd Workout | | | | | | | |
| 4 th Workout | | | | | | | |
| 5 th Workout | | | | | | | |
| 6 th Workout | | | | | | | |
| 7 th Workout | | | | | | | |
| 8 th Workout | | | | | | | |

| | | | | | | | |
|--------------|--|--|--|--|--|--|--|
| GOAL: | | | | | | | |
|--------------|--|--|--|--|--|--|--|

Stretches/Cool-down:

Hold stretches for 30 seconds

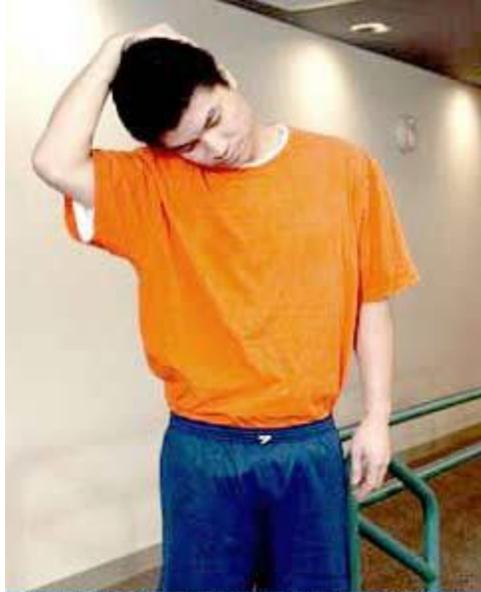
Upper Body

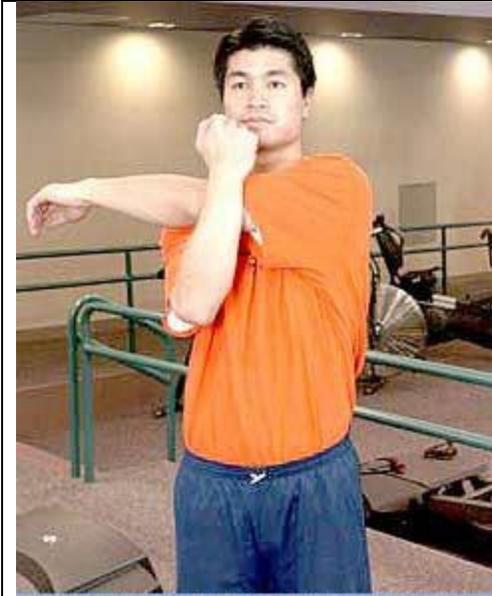
1. Neck Stretch
2. Shoulder Stretch
3. Shoulder roll forward and backwards
4. Torso swing and torso bend
5. Chest Stretch
6. Bicep Stretch
7. Upper back stretch
8. Wrist Rotations

Lower Body

1. Hamstring Stretch

2. Calf stretch
3. High and thigh stretch
4. Quad stretch
5. Lunge stretch
6. Ankle rotations

| Stretch | Key Points |
|---|--|
| <p data-bbox="186 495 358 527">Neck stretch</p>  <p data-bbox="201 1121 652 1161">© Mayo Foundation for Medical Education and Research. All rights reserved.</p> | <ul style="list-style-type: none"> <li data-bbox="1015 495 1305 604">• Tilt neck to left and hold gently with left hand <li data-bbox="1015 617 1273 648">• Repeat with right |
| <p data-bbox="186 1247 672 1278">Shoulder Stretch (shoulder mobility)</p> | <ul style="list-style-type: none"> <li data-bbox="1015 1247 1338 1356">• Place arm across chest and hold with opposite arm <li data-bbox="1015 1369 1338 1400">• Repeat with other arm |



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Shoulder roll



- Raise shoulders to ears

Chest stretch



- Bring arms out parallel to the ground
- Move arms behind chest

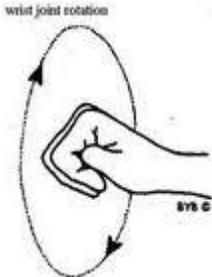
Upper back stretch

- Place arms in front



and pull elbows until they are at 90 degrees

Wrist rotations



- Twist wrists in a circle

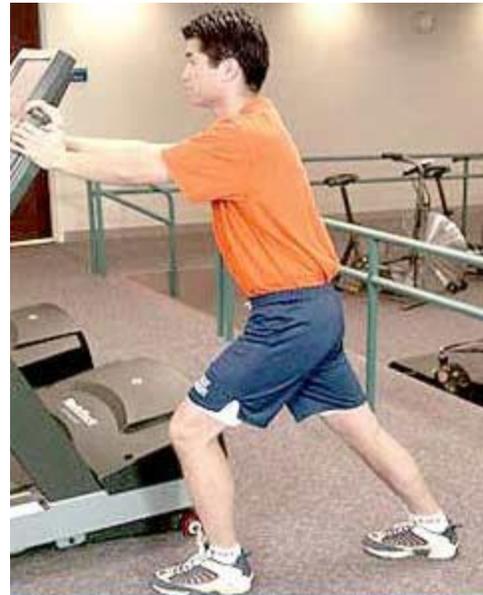
Hamstring stretch

Hamstring stretch



- Extend one leg and bend the back leg

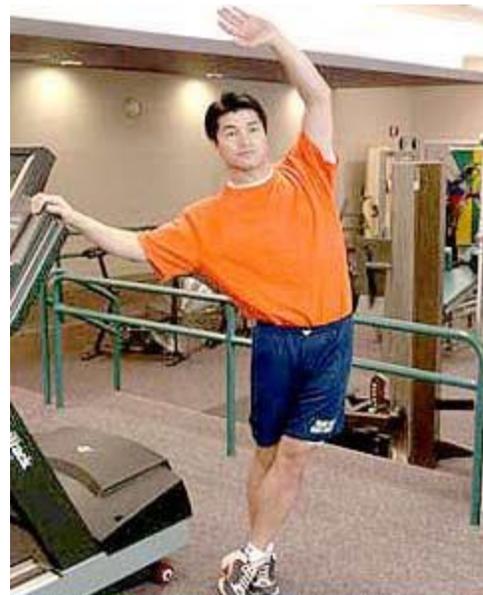
Calf stretch



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- Keep back leg straight and heel touching the floor

IT band Stretch



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- Cross legs and stretch to the same side the front leg is crossed to

Quad Stretch



- Stand on one leg and grab foot of other leg

Lunge stretch



- Should feel stretch in hip flexor

Ankle rotations



- Rotate ankles in circles

