

2017 Denver East Rugby Spring Break Workout Calendar

Day 1 (Friday, 3/24/17)

1A. Pull-Up	5 x 8
1B. Tempo Push-up (2 sec down, 2 sec up)	5 x 10
1C. Plank	5 x 30s
1D. Bodyweight Squat (3 sec down, 3 sec up)	5 x 10

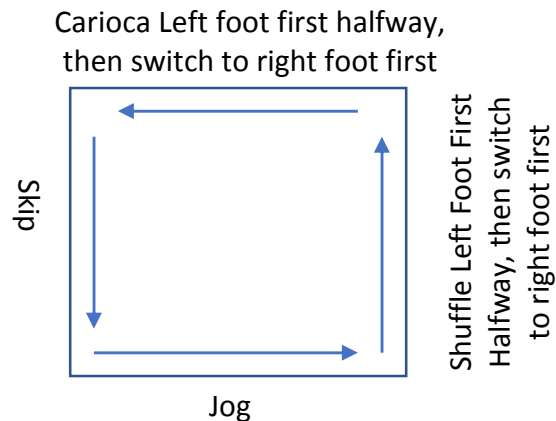
Day 2 (Saturday, 3/25/17)

60 min nice easy jog/nice easy bike ride, or Touch Rugby at EHS from 11:00 to 2:30 PM.

Day 3 (Sunday, 3/26/17)

1A. Lateral Lunges (2 sec down, 2 sec up)	5 x 8ea
1B. Single Leg Glute Bridge (2 sec down, 2 sec up)	5 x 8ea
1C. Side Plank	5 x 20s each side
1D. Supermans	5 x 10

CONDITIONING: Go to a park and do the following in a 20 yard x 20 yard square: Jog, Shuffle, Carioca, Skip. You will do 5 minutes non-stop moving in a square. DO 4 SETS.



Day 4 (Monday, 3/27/17)

1A. Walking Lunges	5 x 10ea
1B. Tempo Push-Up (2s down, 2s up)	5 x 10
1C. Double Leg Glute Bridge (2s down, 2s up)	5 x 10
1D. Elbow Taps (SLOW! OWN IT)	5 x 8 each side

Day 5 (Tuesday, 3/28/17)

REST

Day 6 (Wednesday, 3/29/17)

1A. Pull-Up	5 x 8 (split reps up if needed)
1B. Explosive Push-up (2 sec down, EXPLODE UP)	5 x 8
1C. Plank	5 x 30s
1D. Bodyweight Squat (3 sec down, 3 sec up)	5 x 10
1E. Squat Jump (MAX Effort)	5 x 5

Day 7 (Thursday, 3/30/17)

1A. Lateral Lunges (2 sec down, 2 sec up)	5 x 8 each leg
1B. Single Leg Glute Bridge (2 sec down, 2 sec up)	5 x 8 each leg
1C. Side Plank	5 x 20s each side
1D. Supermans	5 x 10

CONDITIONING: Intervals on a track:

- Set 1: 30 seconds hard effort sprint, 1 minute and 30 seconds rest x 5 reps.
- REST 3 MINUTES
- Set 2: 30 seconds hard effort sprint, 1 minute and 30 seconds rest x 5 reps.

Day 8 (Friday, 3/31/17)

1A. Walking Lunges	5 x 10 each leg
1B. Alternating Lunge Jumps (MAX HEIGHT)	5 x 4 each leg
1C. Tempo Push-up (2s down, 2s up)	5 x 10
1D. Elbow Taps (SLOW! OWN IT)	5 x 8 each side

Day 9 (Saturday, 4/1/17)

45 min nice easy jog/nice easy bike ride, or Touch Rugby at EHS from 11:00 to 2:30 PM.
Your choice.

Day 10 (Sunday, 4/2/17)

REST