Navy - Fitness Plan for Spring 2018

Reference: **WARMUP\_A**

1. Butt Kickers 50m - x4

Jog in a straight line for about 50 m with your heels striking your rear. For a better warmup use small strides and quick movements.

1. High Knees 50m – x4

Jog in a straight line and raise your knees high towards your chest. For a better warmup use small strides with quick movements.

1. Lunge and Stretch 50m – x4

Walk slowly in a straight line and lunge forward with one leg while dipping the knee of the back leg towards but not touching the ground.

1. Frankensteins 50m – x4

Walk forward in a straight line and with one leg try to lift it as high as possible while keeping the knee straight. For the best effect on the way down, actively try to pull the leg down and strike the ground with the ball of your feet.

1. High Skips 50m – x4

While skipping in a straight line try to skip as high as you can go.

1. Bounding 50m – x4

Jog in a straight line and try to extend your stride farther than you normally do.

1. Sprints (Increasing in speed and intensity) 50m – x5

Jog in a straight line for about 50m. Repeat another 4 times but in a faster pace.