1 RUNNING

CROSSOVER

Wherever You Will Go > 4:40 mins

		HUSIC	SE		SEQUENCE/EXERCISE	ets	REPS	
0:00 0:11 0:23	Intro Instr	(Go)	4x8 4x8 4x8		Transition up from floor Jog OTS. <i>RA</i> Jog OTS. <i>Bent Arm Side Raise Clap</i>	32 32 2	16x	1
0:34	V1	So lately	8x8	Α	Circle Run – clockwise. RA	64		2
0:58	С	If I could	8x8	В	Jog In. <i>Double Arm Reach Up x8</i> Jog B. <i>RA</i> Feet B Run OTS. <i>RA</i>	16 8 8	2x	
1:22	Instr	(Go)	4x8	С	SINGLE KNEE COMBO Single Knee Lift L, R. Single Arm Punch Up Single Knee Lift L, R. Double Arm Push Down	4 4	4x 4x	
1:33	Br		2x8		Jog OTS. RA – transition to Circle Run	16		
1:40	V2	Maybe I	20x8		REPEAT SEQUENCES A to C (Circle Run – anticloc	kwise	e)	
2:38	Instr	(Quiet)	4x8		Jog – move into 4 corners of the room (A, B, C, D)	32		
2:50		(Beat)	12x8	D	CROSSOVER RUN A and C change corners B and D change corners	16 16	Зх	
3:25	QC	If I could	4x8	С	☞ Single Knee Combo	32		
3:37	С	If I could	8x8	B¹	RUN & SINGLE KNEE COMBO Run In. Double Arm Reach Up x8 Single Knee Lift L, R x2. Single Arm Punch Up Single Knee Lift L, R x2. Double Arm Punch Down Repeat B	16 8 8 32		
4:00	Instr	(Go)	8x8	B ¹	ம்ன Run & Single Knee Combo	64		
4:24		(Go)	4x8	Ε	High Knee Run In. <i>RA</i> High Knee Run OTS. <i>RA</i>	16 16		

(4/1)

OPTIONS TO OFFER >>>>>>>>

- Run -- Powerwalk
- Circle Run See Small Room-Options choreography (over page)
- Knee Lift No bounce, stay grounded

SPORTS TRAINING



Track Focus I want my participants to work to and beyond their personal thresholds as I coach them with great options and motivation.

TECHNIQUE - COACHING CUES ♥

Maintain and coach Attack Position for all moves

SHATER & RUN COMBO

- Step wide drive wider
- · Sink low, drop hips closer to the floor

ATHLETIC 3-STEP BUN

- Knee out
- · Butt back
- Chest up
- Shoulders square

POWER 3-STEP RUN

- · Hips back and weight in heels
- Hips and shoulders square to the front
- Push off the ground to activate the glutes and get more power
- . Knees in line with the middle of the foot

SHUFFLE

- Chest up
- · Keep weight even between both feet
- · Stay lifted through upper body

TAP BACK & JUMP COMBO

- · Light, natural arms
- · Knees bent on jump and landing



PLYOMETRIC LUNG

- · Front knee out
- · Push off front heel

COACHING

Cue directions clearly and early. The intensity in this track will come in the way you coach the class to get the most out of the moves.

In the Skater & Run Combo tell them to skate LOW and WIDE, pushing from side to side, then pick up their knees in the High Knee Run Turn.

In the Shuffles tell them to pump their arms, vocally drop your voice back before you go big in the Plyometric Lunges.

In the Tap Back & Jump Combo go for height with knees bent and use the arms to swing up. Then in the Lunges stay low and drive up from the floor. There are three blocks of Lunges and the intensity is short and hard.

You need to offer options but at the same time still keep driving the intensity vocally and physically so everybody can reach their individual max!

FITNESS MAGIC

Role-model great power in the Skater combos and Lunges. Watch how Nathan coaches the class on training at their threshold. He uses this throughout the Plyometric Lunge blocks to drive the intensity of the workout. He introduces the track: "We will push through our threshold and you know you're there when you're at your individual max!"

GEARS COACHING

GEAR 1: Jog recoveries only.

GEAR 2: At the start of the track, then hit Gear 3 quickly into the first Skater combo. Use in Athletic and Power 3-Step Runs, Shuffles Tap Back & Jump Combo and Plyometric Lunges.

GEAR 3: Skater Combos all the way to the Plyometric Lunges and Tap Back & Jump Combo.

GEAR 4: Hit Gear 4 in the last block of Plyometric Lunges.



KNOW IT? SHOW IT! What is the option for the Skater?