

Fitness Skill Calendar

Theme: Skill Bursts to improve your fitness



	Weekly Challenges	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Endurance	03 <u>Fire Feet</u>	04 <u>Cardio Tabata</u>	05 <u>Tabata Jumping Jacks</u>	24 06 <u>Squat Clap Challenge</u>	07 <u>Tabata Jump Rope</u>
WEEK 2	Muscular Strength	10 <u>Active Plank Burst</u>	11 <u>Plank Tabata</u>	12 <u>Twist and Flow</u>	13 <u>4 Corner Lunge</u>	14 <u>Plank Flow</u>
WEEK 3	Flexibility	17 <u>Running Tabata</u>	18 <u>Strong Abs Burst</u>	19 <u>Animal Flow</u>	20 <u>Plyometrics Burst</u>	21 <u>Fast and Low</u>
WEEK 4	Agility Coordination	24 <u>Let's Climb Burst</u>	25 <u>ABC Workout</u>	26 <u>Balance and Flow</u>	27 <u>Clap for 10</u>	28 <u>Rock Paper Scissors</u>

How does this work?

- 👉 Click on the activity to see how to perform the exercise.
- Join Daily Activity Bursts: Use the calendar for quick, daily fitness bursts organized by skill - Monday: Cardio/Endurance, Tuesday: Core Strength, Wednesday: Flexibility, Thursday: Lower Body Strength, and Friday: Cardio/Endurance.
- Weekly Fitness Challenges: Incorporate the weekly themes as fun group or individual challenges to build consistency, teamwork, and motivation throughout the week.

Fitness Skill Calendar

Weekly Challenges

WEEK 1

Endurance

The goal of this week is to build stamina for the 1 mile run, pacer test or shuttle runs. Designate an agreed upon amount of time each day of the week. Start with 5 minutes and work on increasing the amount of time by 1 minute each day. Set timer and run for the designated amount of time, record how many times you make it around the route or track. Challenge students to beat that number the next time.

WEEK 2

Muscular Strength

The goal of this week is to increase strength and endurance for both push-ups and sit-ups (curl-ups). Challenge yourselves to perform two pyramids each day – one for upper-body strength and one for core strength. For example, complete a push-up pyramid followed by a sit-up pyramid. Start with 1 rep, then do 2, 3, 4, and so on until you reach your personal max. Rest briefly, then work your way back down the pyramid, decreasing by one rep each time. Repeat this each day and aim to increase your total number of repetitions or your maximum level reached by the end of the week.

WEEK 3

Flexibility

The goal for this week is to try to increase flexibility and mobility for the sit and reach test. Challenge yourself to go through a quick 5-10 minute stretching flow 2 times/day, one morning and one evening session. Start with 2-3 stretches (hamstrings, quads, shoulder, butterfly, forward folds, lunges, back stretches, downward dog). Increasing the number of stretches each day, up to 10 minutes total. See if you can complete for 5 days straight.

WEEK 4

Agility Coordination

The goal for this week is to prepare for the shuttle run or agility drills. Using agility skills we will build up to a full obstacle course of skills by the end of the week. Start with 2-3 skills and increase by 1-2 each day. Skill examples include, running through ladders - with quick feet patterns, alternate balancing on one foot, hopping over cones, tossing and catching a ball, shuffles, zig zags, jump ropes, ball dribbles etc...). At the end of the week put all these skills together and run through the obstacle course.

Check out the Trainer Hub for more resources

[CLICK HERE](#)

