



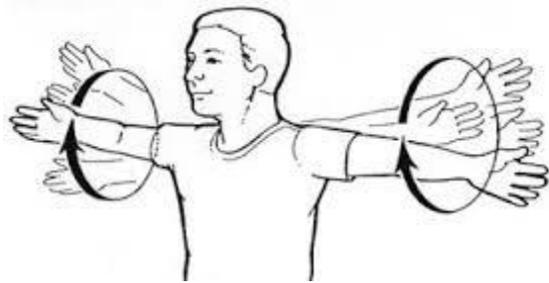
Special Olympics
Speed Skating Training Camp

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. Crossovers-to the end of the gym and back
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

Skipping and jumping jacks



- Skipping- get knees to 90 degrees

Squats (lower body strength)

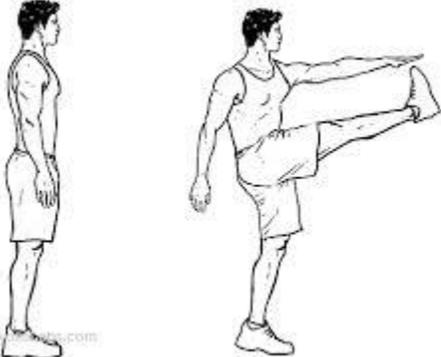


- Squat until knees are 90 to the floor

Crossovers



- Get into the skating position. Cross one foot over the other while travelling. Put your left leg behind the right one and then left leg in front of the right one- continue across gym. Stay low to the ground.

<p>High Knees (lower body strength)</p> 	<ul style="list-style-type: none"> • Knees must touch hands
<p>Butt Kicks (lower body strength)</p>  <p>© Buzzle.com</p>	<ul style="list-style-type: none"> • Leg must lightly tap rear
<p>Leg Extensions (hip flexor flexibility)</p>  <p>Workout.com</p>	<ul style="list-style-type: none"> • Reach as far as you can

Speed Skating Training Exercises:

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-15-20
2. Cross overs-across gym or field and back
3. Stork Stability –as long as you can hold it
4. V-up -30 seconds-as long as you can hold it
5. Lower back extension-15-20 reps

} x3

Exercise	Key Points
<p>Mountain Climbers (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>Cross overs</p>  <p>Stork Stability</p> 	<ul style="list-style-type: none"> • Cross overs: Get into the skating position. Put your left leg behind the right one as if you are just about to complete a cross over. Jump from the right leg to the left and finish by putting your right leg behind the left as if it was a reverse cross over. Keep your head up, don't look at the ground, and look straight ahead. Keep your hips straight and don't twist. Get someone to watch you or practice in front of a mirror. • Stork stability: Start in a stork pose, challenge yourself by bending forward and keeping your balance. Concentrate on an area on the wall/floor.
<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

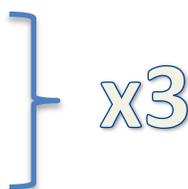
How many reps can you do on the 3rd set? The goal of this workout is to push yourself. Record the number of reps you achieve on the 3rd set in the table below to track your results!

	Mountain Climbers	Cross overs	Stork Stability	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:

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1. Mason Twists-15-20 reps
2. Low Walk 15-20 reps
3. Rocket Jumps 15-20 reps
4. Plank 30+ seconds
5. Stair or hill jumps-3-5 times



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>Low Walk</p> 	<ul style="list-style-type: none"> Put one foot forward and the other one back with your knee on the ground. Without standing up, slide the back foot forward as if you were walking very low
<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>Stair or hill jumps</p> 	<ul style="list-style-type: none"> This exercise can be done just as well on a grassy hill. Stand at the bottom of the stairs. Feet together. Get into the skating position. Jump up the stairs and across to the other side. As soon as you land, jump again to the other side. Jump as many stairs as you can and if you have enough stairs, try to go further with each set. If you are doing it on a grassy hill, put a marker where you land

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	Low walk	Rocket Jumps	Plank	Stair/hill jump
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:

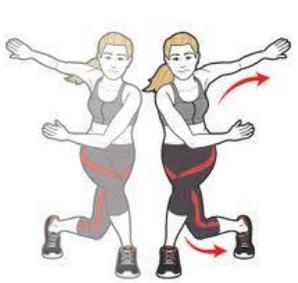
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6. Side leg raises (switch sides halfway through) 20 each side
7. Power Skipping-30 seconds-1 minutes
8. Side to Side jumps 30 seconds-1 minute
9. Ankle strengthening- 10-15 reps on each side
10. Cross over lunge-10-15 reps
11. Balance hop-30-60 seconds
12. Plank-knee up- 15-20 reps

} x3

Exercise	Key Points
<p data-bbox="186 321 787 394">Side leg raises (switch sides halfway through) (hip flexibility, core, lower body strength)</p> 	<ul data-bbox="987 289 1393 405" style="list-style-type: none"> • Flexed foot • Straight leg, raise and then lower
<p data-bbox="186 919 803 951">Power skipping (lower body strength, balance)</p>  <p data-bbox="186 982 360 1010">Dec10_WO_Skipping</p>	<ul data-bbox="987 926 1252 999" style="list-style-type: none"> • Lift knee • Push off ground

Side-Side jumps



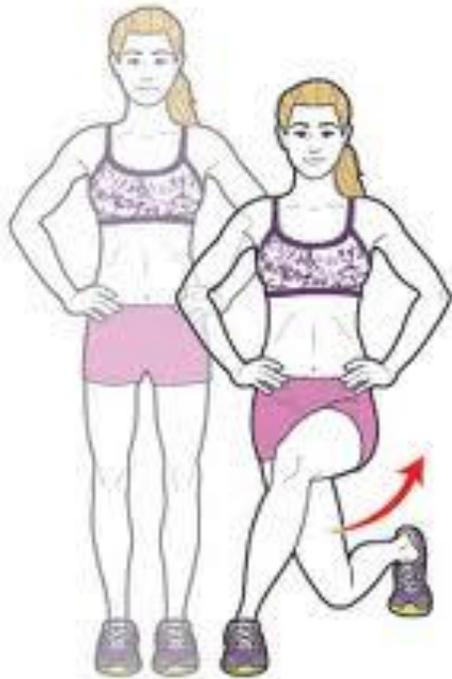
- Get into the skating position. Head up. Keep your body in the one position. Extend one leg to the position you would be in at the end of a push skating. In one movement, change legs to the other side. Your body should hardly move. This movement should be continuous.

Ankle exercise



- Put elastic around foot
- Use one hand to hold theraband tight
- Make sure that it is tight so that it is hard for your ankle to move
- Move the ankle away from the hand holding the band as far as you can-switch legs (10-15 each leg)

Cross-over lunge



- Start with feet shoulder width apart
- Cross left leg behind right and lunge, switch legs
- Continue for 15-20 reps

Balancing jump



- Start with the feet together and jump to the right, as far as you can.
- Land on the right foot and cross the left foot behind you for a balance challenge.
- Now jump to the left, again taking a very wide step, and land on the left foot.
- Continue going from one side to the other, trying to keep the movement low and wide rather than jumping up in the air.
- Continue alternating sides for 30-60 seconds

Plank-knee to chest



- Get into a plank form
- Bring one knee high to your chest while maintaining plank
- Switch legs
- Do 15-20 reps

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	Side to side jumps	Ankle exercises	Cross over lunge	Balancing jump	Plank-knee up
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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Stretches/Cool-down:

Hold stretches for 30 seconds

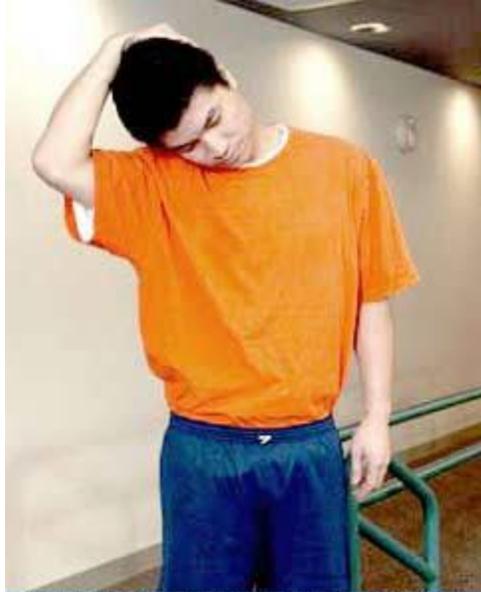
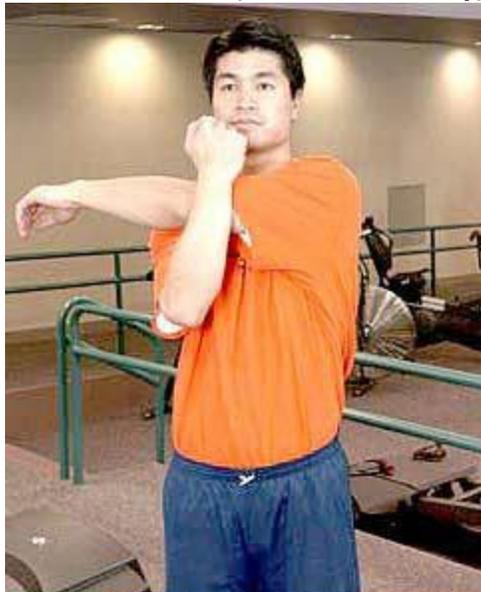
Upper Body

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

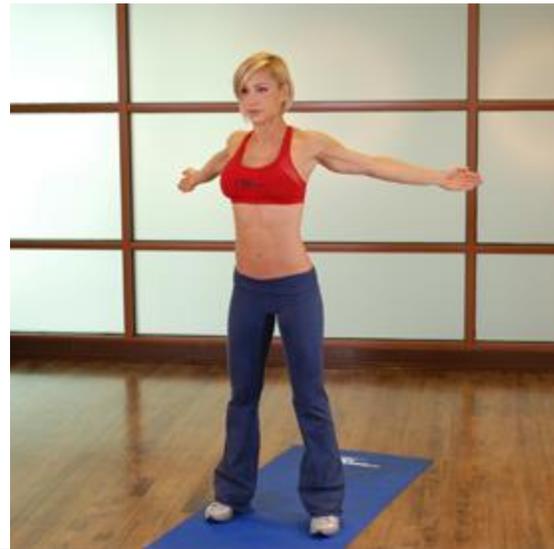
1. Hamstring Stretch
2. Calf stretch
3. High and thigh stretch
4. Quad stretch
5. Lunge stretch

6. Ankle rotations

Stretch	Key Points
<p>Neck stretch</p>  <p>© Mayo Foundation for Medical Education and Research. All rights reserved.</p>	<ul style="list-style-type: none">• Tilt neck to left and hold gently with left hand• Repeat with right
<p>Shoulder Stretch (shoulder mobility)</p>  <p>© Mayo Foundation for Medical Education and Research. All rights reserved.</p>	<ul style="list-style-type: none">• Place arm across chest and hold with opposite arm• Repeat with other arm
<p>Shoulder roll</p>	<ul style="list-style-type: none">• Raise shoulders to ears



Chest stretch



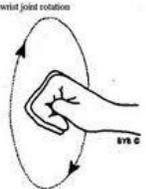
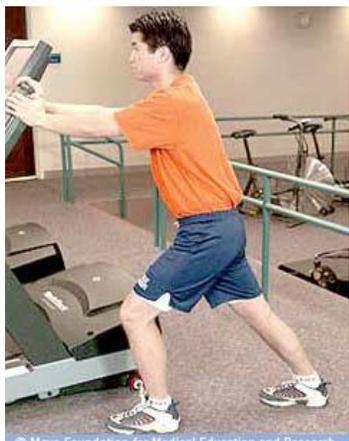
- Bring arms out parallel to the ground
- Move arms behind chest

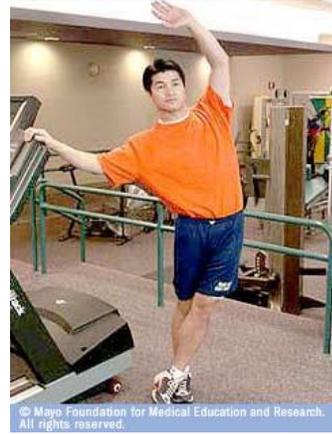
Upper back stretch



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- Place arms in front and pull elbows until they are at 90 degrees

<p>Wrist rotations</p>  <p>wrist joint rotation</p>	<ul style="list-style-type: none"> • Twist wrists in a circle
<p>Hamstring stretch</p> <p>Hamstring stretch</p>  	<ul style="list-style-type: none"> • Extend one leg and bend the back leg
<p>Calf stretch</p>  <p><small>© Mayo Foundation for Medical Education and Research. All rights reserved.</small></p>	<ul style="list-style-type: none"> • Keep back leg straight and heel touching the floor
<p>IT band Stretch</p>	<ul style="list-style-type: none"> • Cross legs and stretch to the same side the front leg is crossed to



Quad Stretch



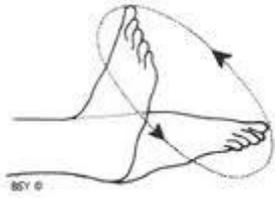
Lunge stretch



- Stand on one leg and grab foot of other leg

- Should feel stretch in hip flexor

Ankle rotations



- Rotate ankles in circles