

2020 VA Cascade Cup | At-Home Training Sessions

Preliminary Round	Final Round
7min AMRAP 5 Ball Slams 5 Box U-Turns 5 KB Raises	For Time (9min cap) 15 Wallball Shots 50 Split Rope Swings 4 Odd Object Lifts (to a box) 1 Agility Shuttle Sprint

**these workouts are NOT known to the participants, do not disclose them prior to the announcement*

TRAINING SESSION #1				
TIMELINE	ELEMENT	TALKING	DEMO	DESCRIPTION
0-5mins	Intro & Explanation of Plan	TINA + ALEC		Expectations Equipment Needed: none or some external load
5-10mins	Warm-Up	LOGAN		-Small-Med-Big Arm circles FWD -Small-Med-Big Arm circles BCKWD -Ext/Internal Rotations (twists) -Shoulder Circles FWD/BCKWD -Head Circles -Crossarm Stretch
10-15	BRIEF: Workout Session	ALEC	LOGAN	- Overview - Demo all movements with variations - *Stress quality over quantity and safety
15-27	Workout Session	LOGAN		3 Rounds For Quality: 60s Hinge (Chest-to-Lap, or best effort) 60s Lap-to-Overhead 60s Torso Twists 60s Rest
27-34	Cooldown & Stretch	LOGAN		- Cool down breathing - Stretches
34-40ish	Next Week's Workout Brief	ALEC		Agility Sprint (need space) Box U-Turn Odd Object Lifts (Need an object to lift)

TRAINING SESSION #2

TIMELINE	ELEMENT	TALKING	DEMO	DESCRIPTION
0-5mins	Intro & Explanation of Plan	TINA + ALEC		Expectations Equipment Needed: weight for "KB"
5-10mins	Warm-Up	LOGAN		-Small-Med-Big Arm circles FWD -Small-Med-Big Arm circles BCKWD -Ext/Internal Rotations (twists) -Shoulder Circles FWD/BCKWD -Head Circles -Crossarm Stretch
10-15	BRIEF: Workout Session	ALEC	LOGAN	- Overview - Demo all movements with variations - *Stress quality over quantity and safety
15-23	Workout Session A	LOGAN		<u>Every 2mins for 4 Rounds:</u> 50 Split Rope Swings or Arm Circles 5 Box U-Turns
23-25	Rest	ALEC & LOGAN		2mins Rest
25-29	Workout Session B			<u>Every 1min for 4 Rounds:</u> 10 KB Raises Shuttle Agility Sprint (remaining time)
29-33	Cooldown & Stretch	LOGAN		- Cool down breathing - Stretches
33-40ish	Next Week's Workout Brief	ALEC		Wallball Shots (need medicine ball) Ball Slams Odd Object Lifts (Need an object to lift)

TRAINING SESSION #3

TIMELINE	ELEMENT	TALKING	DEMO	DESCRIPTION
0-5mins	Intro & Explanation of Plan	TINA + ALEC		Expectations Equipment Needed: - medicine ball or weight -
5-10mins	Warm-Up	LOGAN		-Small-Med-Big Arm circles FWD -Small-Med-Big Arm circles BCKWD -Ext/Internal Rotations (twists) -Shoulder Circles FWD/BCKWD -Head Circles -Crossarm Stretch
10-15	BRIEF: Workout Session	ALEC	LOGAN	- Overview - Demo all movements with variations - *Stress quality over quantity and safety - Goal is quick transitions
15-23	Workout Session A	LOGAN		<u>4 Rounds (30s Stations):</u> - WallBall Shots - Split Rope Swings or Arm Circles - Agility Ladder Sprint - Rest
23-28	Rest	ALEC & LOGAN		5mins Rest
28-32	Workout Session B			<u>Every 1min for 4 Rounds:</u> - 10 Ball Slams - Box U-Turns (in remaining time)
32-37	Cooldown & Stretch	LOGAN		- Cool down breathing - Stretches
37-40ish	What's next?	TINA		