261119 | TIME PRIORITY

RX

On a 30:00 clock:
Max calories on choice of machine
- Every 20 calories, accumulate 1:00 side plank.
- Switch machines at 10:00 and 20:00 or stick with the same machine the entire time.

INTERMEDIATE

Same as Rx'd

BEGINNER

On a 30:00 clock:
Max calories on choice of machine
- Every 3:00, take 1:00 off.
- Every 20 calories, accumulate :30 side plank.
- Switch machines at 10:00 and 20:00 or stick with the same machine the entire time.

SKILL

Post-workout accessory
8 rounds of:
:10 L-sit hold
:20 rest



INTENDED STIMULUS

- ✓ 200-300 total calories.
- ✓ Long-duration, moderate-intensity effort.
- ✓ Switch sides on the planks as needed.
- ✓ Maintain a moderate pace throughout the workout.

COACHING GOALS

- ✓ Coach athletes to maintain a straight body during the plank holds.
- ✓ Push athletes to maintain a consistently moderate pace for the entire workout.
- ✓ If athletes choose to switch machines partway through, ensure they don't dilly-dally.

SCALING

Overview

- Reduce the time as needed.
- Scale plank hold duration; have athletes hold from the knees or arm on a box if needed.

SPECIFIC WARM-UP

Machine | 8:00

3 sets:
1:30 choice of machine
1:00 rest

COOLDOWN

Accessory | 5:00

8 rounds of:
:10 L-sit hold
:20 rest

Stretching | 8:00

Accumulate:
2:00 Samson stretch/side
2:00 hamstring stretch/leg

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