

Summer Conditioning Workouts for Middle School Athletes

Preparing to compete in athletics is a full time responsibility for any age athlete. Sports are an opportunity for young athletes to challenge themselves physically. Preparation to play and compete begins in the off season and carries over into your sport.

Here are a few tips and ideas you may want to work on over the summer months preparing for the upcoming Fall!

Stretching is an important part of warming up before you begin. You may want to jog a short while(1/8-1/4 mile) prior to your stretch. It warms up the muscles before activity.

Your stretching may consist of :

Legs apart, straight legs rt-lft stretching hamstrings

Stretch down in the front- legs together stretch-(rt over lft-lft over rt)

Hurdlers stretch, butterfly(groin) stretch.

Running: All athletes should incorporate over distance into their workouts!

Jogging: ½ mile- 1 mile (if you are able to!)

Sprinting: (Begin each Sprint coming out of your Stance)

Work on short distances. 20-30 yard sprints

(5-10 times) 25 yard sprints with a gradual decrease to rest.

You may use an incline: a hill, driveway, up the street. A slight incline will help you build power. Keep this distance from 20-25 yards.

Decline sprinting: Try to find an area, hardtop or grass, about 40 yards.

(6-10 times) Sprint the decline to work on form and

increase speed.

All athletes should finish their workouts with a slow jog and a cool down stretch.

Strength Training:

Three Basic Exercises for strength are PUSH UPS, SIT UPS(Crunches) and PULL UPS.

Push ups: (chest, shoulders and back strength) work in sets. 20push ups X 5sets.

Sit Ups-Crunches(Abdominal strength) work in sets 25 crunches X 5 sets.

Pull ups- (Chest, shoulder, back, triceps)

Work in sets: as many as you can X 4 sets.

Toe Raises: (Builds Calves)

Find some stairs in the house or a level raised up, use the banister or railing to balance, and work toe Raises with both feet together.

Work sets of 25-40 times at least 4 sets(Everyday!)

You will be amazed how quickly you can build definition in your calf muscles! Its great for improving sprinting and Jumping!

Lifting Weights: If you have access to a Weight Machine or Free Weights you may work on some of these Exercises!

Reps=Times

Bench Press: (chest) find an amount of weight you can work with 8-12 times

Ex: 75lbs X 8 reps 4 sets

Find an amount of weight you can work comfortably and safely with before you decide to increase the amount of weight.

Lat Pull: (Builds Lats- back muscles) Be sure to pull the weight down in front of your body, touch down to the chest.

Ex: 60lbs X 8-10 reps 4 sets

Hammer Curls: (Builds triceps strength)

Ex: 20lbs X 8-10 reps 4 sets

Bicep Curls: (Builds Bicep strength)

Ex: 15lbs X 8-10 reps 4 sets

Triceps Extensions: (Builds triceps strength)

Ex: 15lbs X 10-15 reps 4 sets

Dips: (Builds Chest and triceps)

Ex: as many times X 4 sets

Certainly athletes should work on skills specific to your sport: (football, soccer, volleyball, gymnastics, tumbling and cheerleading).

Taking the time to begin your own workout sessions will help prepare you to enhance your skill level in your sport.

Serious Athletes work out hard during the off season months!

The Beach is an awesome place to work on many of these exercise suggestions. If someone tells you “ to go fly a kite!” Get it in the air... and run with ...have a kite relay and hand it off to friends along the beach!

Mowing the Lawn.....by hand, not the riding mower, will be build Cardiovascular endurance and leg strength!

Have a safe summer and lets get ready for Our Fall Athletics Program!

GO WOLVES!