

WSSC Speed Skating Holiday Dryland Training



#	Activity (Link to view on YouTube for A-F)	Sets	Reps	Rest	Points
A	<u>Dead Bug</u> https://www.exercise.com/exercises/dead-bug	1-3	12	1:00 between sets	1
B	<u>Air Bicycle</u> https://www.exercise.com/exercises/air-bicycle	1-3	12-20	1:00 between sets	1
C	<u>Mountain Climber</u> https://www.exercise.com/exercises/mountain-climber	1-3	20-30 (each leg)	1:00 between sets	1
D	<u>Lying Side Kick</u> https://www.exercise.com/exercises/lying-side-kick	1-3	12-20 (each leg)	1:00 between sets	1
E	<u>Lunges</u> https://www.exercise.com/exercises/bodyweight-lunge	1-3	10-15	1:00 between sets	1
F	<u>Single-Leg Circle</u> https://www.exercise.com/exercises/single-leg-circle	1-3	12	1:00 between sets	1
G	Cardio Set (anything that you can sustain for at least 20 minutes like running, skiing, skating, swimming laps, etc.)	1	10-20 minutes plus		5 (per 5 minutes)
H	Stretching or Yoga	1	10-20 minutes		5 (per 5 minutes)

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Date	Letter completed	Points Total	Parent signature
Eg) Dec 24	A = 1 pt. B = 1 pt. C = 1 pt. E = 1 pt. H = 40 min run 2 x 5 pts = 10 pts	14	<i>Santa Claus</i>
GRAND TOTAL			