

Vela Athletes

Coach R. Martinez

Students will do cardio 3 times a week and strength and conditioning 2 times a week:

Mon/Wed/Fri- cardio days: high knees, jumping jacks, dot drills, jump rope, shuffle, back kicks, extended forward lunges, running, jogging, sprinting. You can use a variation so you don't do the same cardio all the time. About 20 to 30 minutes should be spent on this work out.

Tues/Thurs—strength work out: You can do a variation of these if no equipment is available to you: quick feet, planks, dips, curl ups, push ups, squats, mountain climbers, pull ups, rows. If weight equipment is available: bench, curl ups, squats, military, step ups. About 20 to 30 minutes should be spent on this work out.

Stretch before working out and drink plenty of healthy liquids. Thanks and see you soon.