

PRACTICE PLANS

WHEELCHAIR RACING – ROLLER WORKOUTS



**HIGH SCHOOL
ADAPTIVE SPORTS**
PRESENTED BY KENNETH WHALEN FAMILY FOUNDATION

► **WARM-UP EXERCISES** (follow same warm-up for each workout)

WARM-UP

- 5 minute push on the roller
- 30 Seconds (per arm) cross arm stretch
- 30 Seconds pectoral stretch
- 30 Seconds (per arm) behind head tricep stretch
- 30 Seconds (per arm) forearm stretch
- 10 Arm circles forward (both arms)
- 10 Arm circles backwards (both arms)

WEEK	PRACTICE ONE	PRACTICE TWO	PRACTICE THREE	CHALLENGE
WEEK ONE	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X1 Minute push - 30 second sprint, 30 second recovery push <p>(Repeat until all eight minutes have been completed)</p>	<p>► DRILLS</p> <ul style="list-style-type: none"> – 4x20 Second sprint, 40 second recovery push – One minute rest – 3x30 Second sprint, 1 minute recovery push – One minute rest – 2x45 Second sprint, 1 minute recovery push 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 10x10 Second sprint (30 seconds rest between each sprint) 	<p>► CHALLENGE</p> <p>Can you transfer into and out of your wheelchair racer with little to no assistance? Record yourself completing this challenge!</p> <p>NOTE: If you are still finding comfort in transferring, complete a few transfers with assistance until you are comfortable doing it with little to no assistance.</p>
WEEK TWO	<p>► DRILLS</p> <ul style="list-style-type: none"> – 6x20 Second sprint, 1 minute recovery push <p>(Repeat until all six sets have been completed)</p>	<p>► DRILLS</p> <ul style="list-style-type: none"> – 6x30 Second sprint, 1 minute recovery push <p>(Repeat until all six sets have been completed)</p>	<p>► DRILLS</p> <ul style="list-style-type: none"> – 6x40 Second sprint, 90 second recovery push <p>(Repeat until all six sets have been completed)</p>	<p>► CHALLENGE</p> <p>Baseline testing (you choose which time(s) you want to test for):</p> <ul style="list-style-type: none"> – How many pushes with good form can you do in 20 seconds? – How many pushes with good form can you do in 30 seconds? – How many pushes with good form can you do in 45 seconds? – How many pushes with good form can you do in 1 minute?
WEEK THREE	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X30 Second sprint (two minute rest between sprints) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X30 Second sprint, 30 second recovery push (Repeat until all eight sets have been completed) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X45 Second sprint, 1 minute recovery push (Repeat until all eight sets have been completed) 	<p>► CHALLENGE</p> <p>Record 20 pushes with good form!</p> <p>NOTE: Focus is on form, NOT speed</p>
WEEK FOUR	<p>► DRILLS</p> <ul style="list-style-type: none"> – 7X20 Second sprint (30 second rest between sprints) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Band pull aparts – 3X8 Banded single arm lat pulls (8 per side) – 3X8 Banded tricep extension – 3X8 Med ball seated trunk rotations 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X1 Minute push - 30 second sprint, 30 second recovery push <p>(Repeat until all eight minutes have been completed)</p> <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball shoulder press – 3X8 Med ball front raises – 3X8 Banded external rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X20 Second sprints (1 minute rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball bench press – 3X8 Med ball chest pushes – 3X8 Seated band rotations (8 per side) 	<p>► CHALLENGE</p> <p>Record your time - how long does it take you to do 30 pushes with good form?</p> <p>NOTE: Focus is on form AND speed</p>
WEEK FIVE	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X40 Second sprint (two minute rest between sprints) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Band pull aparts – 3X8 Banded single arm lat pulls (8 per side) – 3X8 Banded tricep extension – 3X8 Med ball seated trunk rotations 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X30 Second sprint (one minute rest between sprints) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball shoulder press – 3X8 Med ball front raises – 3X8 Banded external rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X25 Second sprint (one minute rest between sprints) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball bench press – 3X8 Med ball chest pushes – 3X8 Seated band rotations (8 per side) 	<p>► CHALLENGE</p> <p>Record your best victory dance after winning a race in your racing chair!</p>
WEEK SIX	<p>► DRILLS</p> <ul style="list-style-type: none"> – 3X20 Seconds sprint (one minute rest between each sprint) – 3X30 Seconds sprint (one minute rest between each sprint) – 3X20 Seconds sprint (one minute rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Band pull aparts – 3X8 Banded single arm lat pulls (8 per side) – 3X8 Banded tricep extension – 3X8 Med ball seated trunk rotations 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 7X20 Second sprint (30 second rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball shoulder press – 3X8 Med ball front raises – 3X8 Banded external rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 2X20 Second sprint (one minute rest between each sprint) – 2X30 Second sprint (one minute rest between each sprint) – 2X40 Second sprint (one minute rest between each sprint) – 2X50 Second sprint (one minute rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball bench press – 3X8 Med ball chest pushes – 3X8 Seated band rotations (8 per side) 	<p>► CHALLENGE</p> <p>Retest baseline testing (retest the same time(s) you picked for testing on week two):</p> <ul style="list-style-type: none"> – How many pushes with good form can you do in 20 seconds? – How many pushes with good form can you do in 30 seconds? – How many pushes with good form can you do in 45 seconds? – How many pushes with good form can you do in 1 minute?