



2021 WINTER SPORTS TRAINING PROGRAM

SNOWSHOE



**Special
Olympics**
Maine

WORKOUT 1

Warm-Up:

(20 seconds each)

1. [Static High Knees](#)
2. [Alternating Toy Soldiers](#)
3. [Static Butt Kicks](#)
4. [Walking Lunge with Trunk Rotation](#)
5. [Leg Swings](#)



Workout:

(2 rounds)

1. [Step Ups](#) (10 reps)
2. [Walking Lunges](#) (10 reps)
3. [Seated Single Leg Step Up](#) (10 reps/side)
4. [Standing Calf Raises](#) (10 reps/side)
5. [Single Leg Deadlift](#) (10 reps/side)

Cool Down:

(20 seconds each)

1. [Standing Quadricep Stretch](#)
2. [Knee-To-Chest](#)
3. [Cross Arm Stretch](#)
4. [Overhead Tricep Stretch](#)
5. [Downward Dog with Calf Stretch](#)

Click on exercise for example



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WORKOUT 2

Warm-Up:

(8 reps each)

1. [Inchworm Crawl](#)
2. [Fire Hydrant Circles](#)
3. [Knee-To-Chest](#)
4. [Standing Quadriceps Stretch](#)



Resistance Exercises:

(2 rounds - 10 reps each)

1. [Single Leg Step Down](#)
2. [Weighted Swings](#)
3. [Standing Calf Raises](#)
4. [Plie Squats](#)

Cardio/Core:

(2 rounds, 30 seconds/exercise)

1. [Donkey Kicks](#)
2. [Mountain Climbers](#)
3. [Glute Bridges](#)
4. [Flutter Kicks](#)
5. [Incline Plank Holds](#)

Cool Down:

(20 seconds each)

1. [Cross Arm Stretch](#)
2. [Knee-To-Chest](#)
3. [Seated Butterfly Stretch](#)
4. [Runner's Lunge Stretch](#)

Click on exercise for example



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WORKOUT 3

Warm-Up:

(20 seconds each)

1. [Standing Chest Expansions](#)
2. [Standing Quadricep Stretch](#)
3. [Alternating Straight Leg Hamstring Stretch](#)
4. [Walking Lunge with Trunk Rotation](#)



Workout:

(2 rounds, 30 seconds per exercise)

1. [Skaters](#)
2. [Reverse Lunge](#)
3. [Squat Pulses](#)
4. [Tricep Kickbacks](#)

Hot Feet Workout:

(2 rounds, 30 seconds/exercise)

1. [Standing Calf Raises](#)
2. [Static High Knees](#)
3. [Jumping Jacks](#)
4. [Lateral Line Jumps](#)
5. [Mountain Climbers](#)

Cool Down:

(20 seconds each)

1. [Standing Quadricep Stretch](#)
2. [Runner's Lunge Stretch](#)
3. [Knee-To-Chest](#)
4. [Overhead Tricep Stretch](#)
5. [Forward Sit and Reach](#)

Click on exercise for example