

PREPARATION

PACKET

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KAIZEN INTENSIVE CAMPS

KIC - CHECKLIST

Your Prior Planning will benefit you. Begin training and packing early.

- ❑ MEDICAL RELEASE – This is part of the registration form online, if you have registered online then you have completed this step.
- ❑ PROOF OF INSURANCE COVERAGE (Please bring a copy of your insurance card or your insurance card the day of registration)
- ❑ WRESTLING SHOES – YOU MAY WISH TO BRING MORE THAN ONE PAIR, IF YOU HAVE THEM.
- ❑ PROPER RUNNING SHOES – WE RUN EVERY DAY
- ❑ SWEATS – SOME OF THE MORNING AND LATE NIGHT ACTIVITIES COULD FIND US OUT IN THE COLD – BE PREPARED FOR ALL WEATHER.
- ❑ WORK OUT GEAR (we have 6 workouts per day) Parents: It is important that each wrestler attends every session with CLEAN workout clothes on. This helps to prevent the spread of skin diseases.
 - ❑ SHIRTS (20) WITH NAME ON BACK IN PERMANENT MARKER These can be old shirts or you can purchase cheap t-shirts at Wall Mart, Value Village or Thrift stores. (They MUST have last name across the back shoulders in permanent marker BEFORE coming to camp)
 - ❑ SHORTS (20) – these are minimums – you can/should bring more
 - ❑ ATHLETIC SOCKS (20)

YOU WILL ATTEND EACH PRACTICE WITH CLEAN WORK OUT GEAR.

YOU WILL NOT BE ALLOWED TO WORK-OUT IN DIRTY GEAR – LAUNDRY SERVICES ARE AVAILABLE.

- ❑ HEAD GEAR SHOULD BE WORN DURING ALL LIVE SESSIONS
- ❑ PILLOW – Light Blanket – Light sleeping bag
- ❑ TOWELS / ANTIBACTERIAL SHOWER SOAP / TOOTHBRUSH / TOOTHPASTE
- ❑ PAPER AND WRITING UTENCIL
- ❑ STAMP AND ENVELOPE
- ❑ SPENDING MONEY (\$35 - \$150.00 IS TYPICAL FOR THE WEEK)
- ❑ NECESSARY BRACES / PADS / DEVICES / ETC.
- ❑ DO NOT BRING EXPENSIVE ITEMS. BOOM BOXES, I-PADS, TV'S/ ETC.
- ❑ A COT OR SLEEPING MAT (mattresses are ok – air or traditional)

WASHINGTON INTENSIVE WILL NOT BE HELD RESPONSIBLE FOR YOUR LOST OR STOLEN ITEMS.

In preparation to camp you should be wrestling at least three times a week. Aside your wrestling workouts here is about 20 great workouts that can help you get in shape for camp.

Workout 1

10 minute jog for warm up
1:00 minute high knees in place
:20 rest
1:00 push-ups
:20 rest
1:00 alternating static lunges
:20 rest
1:00 squats
:20 rest
1:00 jumping jacks, arms straight throughout
:20 rest
1:00 mountain climbers
:20 rest
1:00 crunches
:20 rest
1:00 burpees
5:00 cool down run

Workout 2

20 Minute Run- not slow, not fast, where you can still talk while running but winded

Workout 3

10 Minute jog for warm up
1:00 push ups
:20 rest
1:00 chin ups
:20 rest
1:00 Squat Jumps
:20 rest
1:00 Jumping Jacks, arms straight throughout
:20 rest
1:00 High Knees in place
:20 Rest
1:00 Lunge Jumps
:20 Rest
1:00 Mountain Climbers

:20 Rest
1:00 Crunches
:20 Rest
1:00 Mountain Climbers
5:00 Cool down jog

Workout 4

Day of Rest

Workout 5

Day of Rest

Workout 6

30 Minute Slow Jog
10 Minutes of Push Ups and Sit Ups alternating each at 2:00

Workout 7

Jump Rope for 5 minutes warm up
Burpee/Squat Ladder
Start out doing 1 Deep Squat Followed by 10 Burpees
2 Deep Squats followed by 9 Burpees
3 Deep Squats followed by 8 Burpees
4 Deep Squats followed by 7 Burpees
5 Deep Squats followed by 6 Burpees
6 Deep Squats followed by 5 Burpees
7 Deep Squats followed by 4 Burpees
8 Deep Squats followed by 3 Burpees
9 Deep Squats followed by 2 Burpees
10 Deep Squats followed by 1 Burpee
Now you will start from this end and go back the other way!
5 Minutes Jump Rope for Cool Down

Workout 8

30 Minute Intermediate Jog, followed by a 10 Minute Slow Jog

Workout 9

Day of Rest

Workout 10

10 Minute Jog to warm up
50 Walking Lunges with hands locked behind your head, make sure your body posture is upright
:30 Rest
50 Jump Squats
:30 Rest
30 Burpees
:30 Rest
100 Jumping Jacks
:30 Rest
60 Mountain Climbers
:30 Rest
Plank for 2:00
:30 Rest
50 Push Ups
:30 Rest
Wall Sit 2:00 DO NOT CHEAT!, hands down to your side, not resting on your thighs
1:00 Rest
Repeat from the beginning

Workout 11

Jump Rope for 5 minutes warm up, There is NO REST between the following exercises
1:00 Ski Jumps from side to side over an imaginary line
1:00 Ski Jumps forward and backward over an imaginary line
1:00 Plank
1:00 Push Ups
1:00 Mountain Climbers
1:00 Squat Jumps
2:00 Rest and get water
1:00 Froggers (push up position and bringing the leg up to the outside of the elbow while in position)
1:00 Burpees
1:00 Russian Twists
1:00 Bicycle on Back
1:00 Plank
1:00 Squat Jumps
2:00 Rest and get water
1:00 Reverse sit Ups
1:00 Squat Thrusts (squat position, then place hands on floor and thrust legs out in back of you, then back in, stay in squat position, don't come up like a burpee)

1:00 V-ups
1:00 Squat Jumps
1:00 Jumping Jacks
1:00 Plank
Jump Rope for 5 minutes cool down

Workout 12

Day of Rest

Workout 13

45 Minute Intermediate Run

Workout 14

30 Minute Slow Run

Workout 15

Find a box, or step or anything that is about 12" in height for today's workout.

30 on each leg, Place your back foot on the step and get into a lunge position, make sure your front knee does not go over your toe. Lunge until your knee is 2 inches from the floor, do 30 on one leg and on the last one, hold in lunge position for 1:00, then do little tiny pulses in the bottom position for 1:00. This will burn and it should, but try and make it through the complete time. Now do the other side!

100 Jump ups on the step with both feet together up and down as fast as you can without tripping on box or step.

100 Pushups with both feet placed on the step so your chest will go down at an incline when you are doing pushups.

60 Deep squats touching your butt to the step and then slowly coming up, as slow as you can possibly come up, NOT FAST!!! This is a negative and you should feel the burn in your quads. They should actually shake. Also make sure your knee does not extend past your toe if possible, and keep back as straight as possible, use your core.

100 Skates- Think of a speed skater. You will be in the bent over position and from side to side you will push off and bring the opposite foot behind you as a skater would. It's important that you keep your back parallel to the ground and not hunched over, keep your head up as best as possible. You may not feel this in the moment, but tomorrow you should be sore.

Wokout 16

Day of Rest

Workout 17

10 Minute Jog warm up

Burpee/Squat Ladder 2 x through up one side and down the other, then repeat!

Workout 18

45 Minute Intermediate Run

Workout 19

Day of Rest

Workout 20

No rest in between exercises

15 Minute Jog Warm Up

40 Walking Lunges

30 Jumping Jacks

40 Squats

30 Jumping Jacks

40 High Knees

30 Jumping Jacks

40 Burpees

30 Jumping Jacks

Rest 2:00 and get water

Repeat whole set 4 more times

Workout 21

Hill Day- Find a place where there is a good hill that is long enough to sprint for 1:00

15 Minute Jog to warm up

Jog up the hill at a slow pace

Walk back down

Run the hill at medium pace, make sure it's at least a minute to the top or continue until you reach a minute of time.

Walk back down

Sprint the Hill as hard as you can

Walk back down

Sprint the Hill again as hard as you can

Walk back down

Do this series 10 times and you are DONE! Good Job!

Workout 22

Day of Rest

Workout 23

Interval Day – Find a street, large yard, track, football field, park or somewhere you can run. You will need a stop watch or your own watch

15 Minute Warm Up Jog

Sprint for 15 seconds as hard as you can

Walk for 15 seconds

Sprint as hard as you can 30 seconds

Walk 30 seconds

Sprint 45 seconds as hard as you can

Walk 45 seconds

Sprint 1:00 as hard as you can

Walk 45 seconds

Sprint 1:00 as hard as you can

Walk 45 seconds

Sprint 1:00 as hard as you can

Walk 45 seconds

Sprint 1:00 as hard as you can

Walk 45 Seconds

Sprint 1:00 as hard as you can

Walk 45 seconds

Sprint 45 seconds as hard as you can

Walk 30 Seconds

Sprint 30 seconds as hard as you can

Walk 15 seconds

Sprint 15 seconds as hard as you can

REPEAT whole series 2 more times

Jog for 15 minutes cool down

Workout 24

Jump Rope for 5 minute warm up

2:00 Push Ups

2:00 Mountain Climbers

2:00 Jumping Jacks

1:00 Rest

2:00 Burpees

2:00 High Knees

2:00 Plank

1:00 Rest
2:00 Russian Twists
2:00 Squat Thrusts
2:00 Froggers
1:00 Rest
2:00 Squat Jumps
2:00 Lunge Jumps
2:00 Jumping Jacks
1:00 Rest
Repeat this series 1 more time!

Workout 25

Day of Rest

Workout 26

Day of Rest

Workout 27

45 Minute Run Intermediate Tempo

Workout 28

1:00 Run between intermediate and slow

Workout 29

5 Minute Jump Rope for warm up
1:00 Wall Sit
2:00 Plank
1:00 Wall Sit
2:00 Plank
1:00 Wall Sit
2:00 Bicycle
1:00 V-Ups
2:00 Bicycle
1:00 V-Ups
2:00 Bicycle
1:00 V-Ups
2:00 Russian twists
1:00 Full Sit ups

2:00 Russian Twists
1:00 Full Sit ups
2:00 Russian Twists
1:00 Full Sit ups
2:00 Reverse Sit ups
1:00 Plank ups (push up into push up position one hand at a time from plank position then go back
down)
2:00 Reverse Sit ups
1:00 Plank ups
2:00 Reverse Sit ups
1:00 Plank ups

Workout 30

Day of Rest