

UNIVERSITY OF CHICAGO CREW TEAM

Winter Workout

- I. 75 minutes of workout (no more than 4 times per week suggested)
 - A. 10 minute warm ups
 1. light exercises (1/2 mile jog, etc.)
 2. stretches (contract-relax)
 - B. 5 minutes to get into groups and get to stations.
 - C. 3x20 minute stations.
 1. Specificity (calisthenics)
 2. Cardio-respiratory (running)
 3. Weights

Stations

1. SPECIFICITY (20 min.)
 - Circuits- 30 seconds on, 20 secs. off to rest and demonstrate activities if necessary. Rotate activities continuously for 20 min.
 1. Lateral raises (with or without weights)
 2. Tummy crunches
 3. Cromwells (squat jumps)
 4. Push ups
 5. Ergometer (rowing machine)
 6. Abdominal rotators
 7. Bent over row with fly (with or without weights)
 8. Reverse curls
 9. V-ups
 10. 4 way flutters
2. CARDIO-RESPIRATORY (20 min.)

Alternate programs during the week

 - a. Stairs- 20 min. continuous running up and down stairs.
Hops can be added, 1 or 2, single or double leg.

OR

 - b. Repetitive runs- 3 to 4 1/2 mile runs with 225 secs. rest.
Continuous for 20 mins.

OR

Stations (cont.)

c. Interval training- 20 mins. continuously, with appropriate rests.

	<u>Laps</u>		<u>Rests</u>
1.	4 x 1 lap (220)	27	- 90 sec
2.	8 x 1/2 lap (110)	13	- 40 sec
3.	8 x 1/2 lap (110)	13	- 40 sec
4.	1 x 4 laps (880)		120 sec
5.	2 x 2 laps (440)		90 sec

3. WEIGHTS

Circuits- 30 seconds on, 20 sec. off to rest and set machines.

1. Triceps push down
2. Hyper extension
3. Leaper
4. Leg drives
5. Dips
6. Super pull over
7. Leg press
8. Row
9. Sit ups
10. Lateral pull downs
11. Supine row