



Weekly Wellness Workout

Week of April 6, 2020

While we all await the return of organized Afterschool Activities, be kind to your body this week by trying these suggested cardio workouts, courtesy of Ms. Ross!

Cardio Fun #1

Fartlek's

On a road with telephone poles, repeat the following pattern, changing your pace each time you pass a new telephone pole: Walk, jog, run. Remember to run against traffic! Get after it for a set amount of time, or a set distance. The choice is yours.

Cardio Fun #2

300 Shuttle

Mark out 25 yards (using cones, shoes, buckets, anything!). Starting at one marker, run to the opposite marker, turn and run back to the start. Repeat six times without stopping, for a total of 300 yards. Time yourself! Rest for 3 - 5 minutes and repeat, for a total of three runs.

You got this, Panthers!

#codeorange