

## **CONTINUOUS AEROBIC JOGGING AND CALSITHENICS**

**Equipment:** Human body

**Location:** Outdoors or upstairs track in WFFC- best done outside in varying weather extremities to better prepare a fitter fighter.

**What is continuous aerobic jogging:** A basic long (low level) run lasting an estimated 45 to 60 minutes.

### **How to do it:**

- Perform a 10 –minute low impact warm-up.
- Static stretch lower extremities.
- Possession FL's in front, mid, and back of running group to ensure subject safety and proper motivation.
- Choose 1 of 3 running courses (see attached handout) in Area B.
- Every 5 –minutes FL's positioned in front, middle, and back of large group should come to a slow stop and immediately perform jumping jacks, low level polymeric ankle hops for 1 set or 8 to 10 reps only. Be sure that surface is somewhat level when performing ankle hops and do not perform to exhaustion.
- Continue run/jog for chosen time and gradually slow down and walk at fast, then moderate, then slow pace until your heart rate stabilizes and you cool-down.
- Immediately perform static stretches for lower extremities.
- Mix and match course runs each week but start slow and avoid hilly terrain when starting.
- Once you adapt appropriately and jogging becomes easier mix and match course runs and start including more hills.