

UChicago Crew Midway Run

Meet at Henry Crown (stretch and warm up a bit). Squad Captain to organize team and “call” exercises. Captain also determines duration of each exercise and if exercise should be repeated by team due to individual slacking. Numbers are on the map to show roughly where the exercises are done on the Midway. Be careful to run on the paths and watch for cars. Alternatively, this workout can be done on the track in Henry Crown and stopping in one of the corners to do the exercises.

The target for this workout is roughly 45-60 minutes.

THE MIDWAY RUN:

From Henry Crown jog down University Ave. to the Midway (or 4 laps around indoor track).

Exercise 1: *Push Ups* - Progressive Set (Held in UP position between sets)
Back should be straight and bodies never touching the ground even in between sets.

Jog to Cottage Grove (or 2 laps around indoor track). → Indian Run

Exercise 2: *Arm Circles* - vary diameter of circles from small to extremely large (shoulders touching ears). Lactate will build up. If someone lowers their arms exercise starts over.

Jog south to 60th (or 2 laps around indoor track).

Exercise 3: *Star Jumps* – Progressive Set (Held in DOWN squat position between sets)
To execute a star jump, start in a baseball catcher’s squat position. From squat position, jump up into the air extending legs and arms out sideways (looks like a star). The jumps are easy, but holding the squat position between sets is where the lactate builds up. No one should touch the ground with their hands or support their weight with their arms-on-quads between sets.

Jog along 60th to the corner of Ellis (or 2 laps around indoor track).

Exercise 4: *Press Ups* – Builds lactate tolerance in shoulders. Exercise involves holding the push up position in three places: UP (elbows locked straight), DOWN (elbows 90 and body 1-2 inches off ground), MIDDLE (in between UP and DOWN). Exercise interrupted by normal push ups periodically.

Jog along 60th to the corner of Woodlawn (or 2 laps around indoor track).

Exercise 5: *Squat Thrusts* – Progressive Set (Held in DOWN squat position between sets)
From squat position with hands on ground, kick out legs straight behind you horizontally. Then jump back to the squat, and then jump vertically into the air.

Jog along 60th to the corner of Dorchester (or 2 laps around indoor track).

Exercise 6: Rowing Sculls – Progressive Set

From a standing position and hands pulled into chest squat down to the ground while extending the arms out straight and to the about shoulder width. Should resemble a sculling stroke.

Jog around Czech Monument by the Metra track and back around to the corner of Dorchester the Midway. **NOTE:** Use the jogging path on the south side of the grass strip, not the sidewalk near 59th (or 2 laps around indoor track).

Exercise 7: Leg Raises – Builds lactate tolerance in lower abs. Exercise involves holding your leg up off the floor position in three places: UP (legs straight and nearly vertical), DOWN (heels 1-2 inches off ground), MIDDLE (in between UP and DOWN). Exercise interrupted by normal stomach crunches periodically.

Jog along the running path until you get in front of Ida Noyes (or 2 laps around indoor track).

Exercise 8: Piggy Back Sprint (4 times)

Sprint about 50 yards between Kimbark and Woodlawn in front of Ida Noyes with someone of similar weight on your back. Switch positions with your partner and run the other direction with each person sprinting 4 times.

NOTE: If someone has a bad back and can't carry a person (or you're doing the workout on your own), then sprint the same distance 8 times with very little rest. i.e. wind sprint

From Ida Noyes jog back to Henry Crown (or 4 laps around indoor track). Speed back to Crown should not have degraded too much from the start of the session.

Definitions:

Progressive Set: 1 of 1, 2 of 2, 3 of 3, 4 of 4, 5 of 5

Example: 1 Push Up Once, then 2 Push Ups Twice pausing about 10seconds in between, 3 push ups thrice, etc.

Indian Run: Run as a group single file. The person at the rear sprints to the head of the line. The main group runs fairly slowly allowing a couple cycles through the group.

