

Athletic Drills For Bootcamps

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So you've been running your boot camp for a while and it's been a success. Your clients are running and jumping around, losing fat, and spending quality time outside. Even though things are good you're starting to hear a little grumbling. See, you've been doing a great job and now your clients are shaping up. They might have started out as chubby, sedentary slugs, but that's changed. The problem is that your workouts haven't changed with them. The jumping jacks, push-ups, and lunges just aren't cutting it anymore.

Take a step back and look at your clients for what they are: athletes! They're not out of shape housewives and desk jockeys anymore. They need to be challenged in their new condition and bodies. The best way I've found to bring some fun and challenge back to boot camps is to add athletic speed and agility drills. They're fun, self-regulated, and utilize a bunch of movements that most of your clients don't do in everyday life.

Here are a handful of the drills that I've found most successful in my boot camps.

A-Skips: The classic track drill. This is a great warm-up exercise for clients and helps them develop good running and sprinting technique. Clients will start on a line and move in a straight path towards an end point.

-Think of a normal skip, but make sure the clients are bringing the recovery knee (the lifting leg) as high as possible and their recovery heel as close to their butt as they can. Their arms should be held and move in good sprinting technique with hands moving from pocket to shoulder.

Push-up Sprints: This drill designed to teach clients to move quickly from a prone position.

-Start clients flat on the ground at the bottom of the push-up position.

-At your signal clients should execute a push-up to standing position and sprint to a designated point.

T-Drill: Here's a great change of direction and straight-ahead sprinting drill. Plenty of variations can be set up depending on your need.

-Position three cones in a straight line five yards apart. Place a fourth cone perpendicular to the straight line oriented ten yards from the middle cone. This is the starting point.

-Clients sprint from the starting point to the middle cone, which they tag. They then turn and sprint to the right cone, tagging it, and reverse their direction to sprint to the far cone.

-The clients then reverse direction again to sprint to the middle cone, tag, and sprint back to the start.

Squirm: This drill is a lot of fun since it adds some 360-degree movement.

-Place three cones in a straight line with ten yards between them. Place another three cones perpendicular to the middle cone with five yards between them. The last cone in this line is the start.

-Clients begin at the starting cone and sprint to the next cone. At the second cone they must place their right hand on the cone and turn a full 360 degrees to the right around this cone before sprinting to the next cone, where they repeat the process but with the left arm and left direction.

-When the clients hit the perpendicular straight line of cones they turn and sprint to the right, reversing direction when they get to the end and sprinting all the way to the last cone.

Square Drill: A classic drill that provides sprinting, shuffling, and backwards running.

-Set up four cones 10-20 yards apart in a square. Clients will start at the back right corner.

-Clients will sprint to the front right cone.

-Immediately upon reaching the cone clients will shuffle to their left until they reach the left front cone.

-Clients will back peddle as fast as possible to the rear left cone.

-Clients will shuffle from the rear left cone back to the start.

These drills can be used to provide clients with a refreshing, challenging change of pace. Training can be done for reps, time, or even in competition or relay races. Regardless of how you apply these drills, bringing a little athleticism to your clients' sessions will go a long way to improving their training and waistlines.

For more great fitness, strength training, nutrition, and athletic development information check out Isaac's website <http://www.wilkinpower.com> or his blog <http://www.gotstrengthblog.com> today!